

National Services for Older People

Health & Wellbeing

General Enquiries

NHS inform

Telephone: 0800 22 44 88

Age Scotland

Telephone: 0800 12 44 222

www.ageuk.org.uk/scotland

Specific Enquiries

Action on Hearing Loss

Telephone: 0808 808 0123

www.actiononhearingloss.org.uk

National Osteoporosis Society

Telephone: 0808 800 0035

<https://nos.org.uk>

RNIB Scotland

Telephone: 0303 123 9999

www.rnib.org.uk/scotland

Alzheimer Scotland

Telephone: 0808 808 3000

www.alzscot.org

Carers Trust

Telephone : 0300 772 7701

www.carers.org/country/carers-trust-scotland

Falls Prevention

Age Scotland

Telephone: 0800 12 44 222

www.ageuk.org.uk/scotland

NHS Health Scotland Up and About Booklet

Telephone: 0845 125 9732

Food & Nutrition

Meal Makers

Telephone: 0141 551 8118

www.mealmakers.org.uk

Eat Well Age Well

Telephone: 0131 4478151.

www.eatwellagewell.org.uk

Food Train

Telephone: 01387 270800

www.thefoodtrain.co.uk

Loneliness & Social Isolation

Contact the Elderly

Telephone: 0800 716543

www.contact-the-elderly.org.uk

The Silver Line

Telephone: 0800 4 70 80 90

Royal Voluntary Service

Telephone: 0845 608 0122

Befriending Networks

Telephone: 0131 261 8799

www.befriending.co.uk

Keeping Active

Paths For All (walking groups)

Telephone: 01259 218888

www.pathsforall.org.uk

Age Scotland

Telephone: 0800 12 44 222

www.ageuk.org.uk/scotland

Money Worries

Citizens Advice Bureau (CAB)

Telephone: 0345 404 0506

<https://www.citizensadvice.org.uk/scotland>

Oral Health

Emergency Dental Services

In case of emergency you would normally contact your usual dental practice. A list of helpline numbers for every Health Board in Scotland can be found below:

<https://www.scottishdental.org/public/emergency-dental-services/>

Registering with a dentist

Find your local NHS dental practice

Telephone: 0800 22 44 88

<https://www.nhsinform.scot/scotlands-service-directory/dental-services>