

- enjoy a good blether
- your safety-net alert service
- community safety advice
- available 365 days

A multi-award winning charity, Good Morning Service provides a unique daily telephone befriending and alert service whereby each day Telephone Befrienders call out to older people. Launched in 2000, Good Morning's **light touch support** has given older people confidence to live alone, or as a carer, retaining their independence to live in their own home and community.



Please support our campaign because loneliness kills.

To donate £5, simply text **GMSC001 to 70970**

Your donation will be processed and administered by the National Funding Scheme, operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org

Contact us

Good Morning Service

G4 Flemington House,
110 Flemington Street, Glasgow, G21 4BF

T: **0141 336 7766** or **0333 101 0036** (local rate)

Email: info@goodmorningservice.co.uk

Website: www.goodmorningservice.co.uk



@Good_Morning_2U

Opening hours

Weekdays:

8am to 3.30pm

Weekends & public holidays:

8am to 12 noon

Recognised by the Scottish Parliament:

“Parliament congratulates the Good Morning Service on its continuing work;... believes that the service is both life-saving and life-enhancing and gives reassurance and peace of mind to many vulnerable people.” S4M-05633

“Parliament acknowledges the invaluable contribution Good Morning makes to individuals and the community as a whole.” S3M-3352



Charity No. SC031960 Company No. SC221598

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the
goodmorningservice
Est.2000

Good Morning Calls

Free telephone alert and befriending service

- start your day with a blether
- light-touch well-being check
- alert a contact person or local police if you fail to answer your phone
- for people aged 55+

Well-being

Telephone Befrienders will call you for a blether and to check all is well. Over time we hope to become a good friend on the phone, someone to share a laugh with or simply be there to listen and give emotional support through a difficult time. If you need help we can refer you to health, social care and local services. You decide what we talk about and the level of service that suits you. You choose when we'll phone: from just once a week to every day – it's up to you.

Safety

We alert to health and safety problems at an early stage. If you don't answer our repeated phone calls we will liaise with other services in an attempt to find you and verify your safety. If you cannot be found we will alert your nominated contact persons or the local police.

Our members feel safer and more confident in living independently knowing that help will be sent if they need it.

You'll have peace of mind.



GMS team members

Impact

“They've given me great encouragement when I've been so low due to my illness. They listen to my problems and make me think of things in a different way.”

Sheila

“I joined a few weeks ago and I feel more relaxed having the support of the service because the Good Morning team are on top of any problems. I feel that helps me keep being independent.”

Ronald

“As a Carer I find this service invaluable. It's reassuring and I can sleep easier at night. It means an awful lot to me to have friends on the other end of the phone that I can trust and rely on, the team are just great!”

June

Connected ~ Safer ~ Valued

Get Togethers

You can also join in with our monthly social outings to interesting places.



Safer Communities

In partnership with Police Scotland and Trading Standards we provide info and advice on how to recognise scams and keep yourself safe from fraudsters.

Community Directory

We'll tell you about local and national services/events which could make a positive difference to you.

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