

- enjoy a good blether
- your safety-net alert service
- community safety advice
- available 365 days
- available in Glasgow and South Ayrshire

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. Since 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

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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

Connected | Safer | Valued

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 65+

Light-touch

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 can choose what we talk about. We will explain the levels of alert available.

Safety

If you don't answer our repeated Good Morning Calls we can alert your emergency contact person, if you have one. If we can't speak to your contact person we will liaise with other services in an attempt to speak to you. If we can't speak to you or your emergency contact person then we can ask the police for a welfare check.

Our members feel safer and more confident to live as independently as possible.

You'll have peace of mind.



GMS team members

Impact

"I was starting to feel lost before I signed up to the service. I look forward to my call, and they structure my day and my week. It balances out my mind and I feel I can cope with whatever comes along."

James

"It's a great service because it's not intrusive. They're understanding and that means a lot to me."

Client

"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 whole team are just great!"

June

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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