

Our mission is to help adults in Portsmouth and SE Hampshire enjoy a better quality of life, with a specific focus on all aspects of getting older.

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Information & Advice
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Help Around The Home
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Hairdressing, Beauty and Footcare
- 

Gardening
- 

Social Activities
- 

Insurance and Independent Living Products
- 

Café
- 

IT Classes
- 

Joining Forces Portsmouth
Services for veterans
- 

Close Encounters
Overcoming loneliness



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Close Encounters



Free practical support to reduce loneliness for older people in Portsmouth and Gosport



NHS
South Central
Ambulance Service
NHS Foundation Trust



UNIVERSITY OF
PORTSMOUTH



Free practical help and support to alleviate loneliness

There are currently an estimated 18,000 lonely older people in Portsmouth and Gosport. Loneliness can negatively affect health and wellbeing leading to increased use of local health services.

Close Encounters is a three-year project that is designed to improve the quality of life for lonely and isolated older people to help reduce the pressure on ambulance services which provide support to older, frequent callers who may benefit from more social support.

Services we can offer

Information and Advice

We can provide information and advice on a range of subjects and help find services to assist with practical tasks both in and outside the home.

We can attend these information sessions with you or you can attend independently.

Advocacy

Our advocates can support you, give you self-confidence and be your voice.

We take action to secure your rights, represent your interests, say what you want and obtain services you need.

Come Here And Talk (CHAT)

We offer opportunities to join a social group, which bring three or four befrienders and their befriendees together at a host's house.

This can generate confidence and help you towards joining groups such as lunch clubs.

Befriending and Facilitated Support

If you are housebound and/or very lonely we can offer befriending or facilitated support tailored to your individual needs.

This could be a visit on a one-to-one basis, a weekly phone call or accompanying you to an activity.



Who we work with

Age UK Portsmouth works in partnership with a number of local organisations in order to deliver the Close Encounters service. Our main partner is **Gosport Voluntary Action** who provide older people's services including advocacy, information, form filling and end-of-life planning.

Other partners include **South Central Ambulance Service**, the **University of Portsmouth** and **Age Concern Gosport**.

How can I get help?

Referrals to Close Encounters can be made quickly and easily via email, telephone or face-to-face. The project has been fully funded by the National Lottery Community Fund and the service is provided completely free of charge to all users.

For further information please contact

Age UK Portsmouth

Tel: **023 9288 3522**

Email: close.encounters@ageukportsmouth.org.uk

Gosport Voluntary Action

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