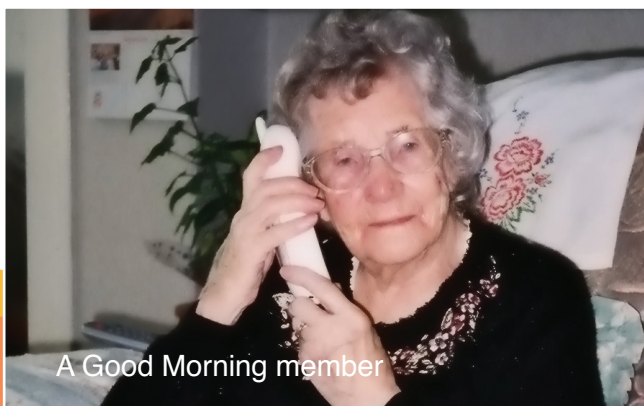


- available 365 days
- a life-saving and life-enhancing service
- early warning of bogus callers in your area
- join the Good Morning Community and get reassurance, peace of mind and enjoy a good blether too.

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



A Good Morning member

Contact us

Good Morning Service

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

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

Website: **www.goodmorningservice.co.uk**

Opening hours

Weekdays: 8am to 3.30pm	Weekends & public holidays: 8am to 12 noon
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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 registration no: SC031960 Company registration no: SC221598
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Free telephone alert and befriending service

- well-being check
- alert a contact person or local police if you fail to answer your phone
- a good friend on the phone
- for older people aged 60+

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.

Measuring Impact

According to 168 Good Morning members:

How has Good Morning made a difference?	Don't know	Strongly agree
Reduced feelings of isolation and loneliness	-	100%
Feel safer at home	-	100%
I feel cared about	-	100%
Boosted self confidence and self esteem	1%	99%
Improved health and well being	1%	99%
Feel better connected to the community	1%	99%
Improved knowledge of community services and events	2%	98%
Helped family, neighbours and friends by giving them peace of mind	2%	98%



Telephone Befrienders Jeanette, Douglas and Ruth

In their own words

I'm not too well in the morning but when the phone rings and they say 'hello', it's a better tonic right away than all the tablets I swallow."

Ann, 86 years

"I live my life differently because they make me feel confident. I know if I have a problem I can tell the caller about it. I feel I know them and they know me."

Harry, 79 years

"Good Morning are a lifesaver. Mum would've been lying there til tomorrow if they hadn't called me this morning."

Daughter of member

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

the
goodmorningservice
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