

WHEN YOU DON'T KNOW WHO TO ASK.. ASK OPAAL

WWW.OPAAL.ORG.UK



HERE TO HELP OLDER PEOPLE
SPEAK UP ABOUT THEIR NEEDS AND
WANTS

TALK TO US!



EMAIL US:

If you have a question and you don't know who to ask, email us and we will try to find the right person to answer your question:

admin@opaal.org.uk



GET OUR FREE CHECKLISTS:

You can get our FREE checklists to help you or an older person have the difficult later-life conversations:

<https://opaal.org.uk/resources-for-individuals/>

DON'T KNOW WHO
TO ASK FOR
HELP?

CAN'T GET
THROUGH ON THE
PHONE?

ISSUES WITH
FORM FILLING?

NEED TO FIND
SOME LOCAL
SUPPORT?



OUR PROJECT
WAS MADE
POSSIBLE
THANKS TO
#NATIONALLOTTERYPLAYERS

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