

# HOW TO GET IN TOUCH



Call our 24/7 helpline  
**0808 808 8141**

Our Helpline is entirely confidential and free to call from a landline or mobile. The number will not appear on your phone bill. Our lines are open 24/7 – including weekends and bank holidays.



Text message our helpline  
**07860 052906**

Texts from outside the UK will be charged at their standard international rate which will differ depending on location and service charges of your phone provider. The number will appear on your bill and in your phone records but will not be identified as Hourglass



Email our helpline  
**helpline@wearehourglass.org**



Talk to us live on our  
**Instant Messenger**

Simply log on to our website [www.wearehourglass.org](http://www.wearehourglass.org) on your phone, tablet or desktop and tap the IM icon. Our IM is open from Mon - Fri from 9am-5pm



Get information from our  
**Chatbot**

Simply log on to our website [www.wearehourglass.org](http://www.wearehourglass.org) on your phone, tablet or desktop and tap the chatbot icon



Get information from our  
**Knowledge Bank**

Knowledge Bank is a curated collection of advice, information, and data on the abuse and mistreatment of older people, ageism, and safer ageing. Organised into helpful categories and free to use.

**[knowledgebank.wearehourglass.org](http://knowledgebank.wearehourglass.org)**



## Hourglass

Safer ageing · Stopping abuse

Scotland

**SCAN TO DONATE £20**



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[wearehourglass.scot/scotland](https://www.wearehourglass.scot/scotland)

[scotland@wearehourglass.org](mailto:scotland@wearehourglass.org)

[@HourglassScot](https://twitter.com/HourglassScot)

[facebook.com/HourglassScotland](https://facebook.com/HourglassScotland)



Hourglass is the working name of Hourglass (Safer Ageing), a charity registered in England and Wales (reg. no: 1140543), and also in Scotland (reg. no: SC046278). Hourglass (Safer Ageing) is registered as a company in England and Wales under number 07290092.



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**Keeping You and  
Your Loved Ones  
Safe from Abuse**

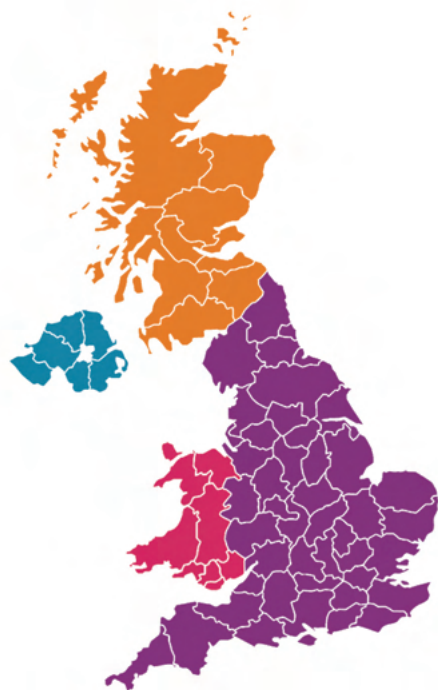


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# We are Hourglass



the only UK-wide charity calling time on the harm, abuse and exploitation of older people.

## CONCERNED ABOUT AN OLDER PERSON?

1 in 5 people don't know what to do if they suspect an older person is being abused.

Hourglass works to end the abuse of older people and promote safer ageing for all.

- Financial abuse
- Psychological abuse
- Sexual abuse
- Physical abuse
- Domestic abuse
- Neglect

**Hourglass is here to help.**

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**0808 808 8141**

## FOR MORE INFORMATION



You can view and download our brochures by scanning the QR code

