



EmPOWER 65+

connect – learn – save money

EmPOWER 65+ can help you to:

- Learn digital skills.
- Access Energy Advice.
- Save money.
- Cut your household costs.
- Take part in fun learning and activities.
- Meet others, make new friends.
- Get support and advice about debt.
- Access Welfare Rights Advice, Support and Representation.



**I saved £50 a month
when I got help
to change my
Broadband provider!**

**Contact us to get the help and
support you are entitled to!**

Freephone: **0800 432 0422** Call: **0141 556 7103**

Text: **07958 299 496** Email: **jb@gdaonline.co.uk**

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GDA's EmPOWER 65+ caseworker provides information, advice, support and learning:

- **1-2-1 and group support.**
- **Reduce your costs.**
- **Save money** on household bills.
- **Learn digital skills** like shopping, banking and staying safe online.
- **Access financial support**, including debt advice and grants.
- **Energy advice** and **help to access practical support** to make your home more energy efficient.
- **All support and activities are free**, with transport and lunch provided when required.



Our Welfare Rights Officers provide full benefit advice and representation:

- ✓ Benefits information and advice.
- ✓ Check your benefit entitlement.
- ✓ Help to complete forms.
- ✓ Challenge and appeal decisions.
- ✓ Represent you at benefits tribunal.

Contact us for more info or to get the help you need:

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Talking through my fears really helped. I've learned lots of new ways to cope when I feel anxious.

I got help to secure social care support with daily living. My life is transformed!

Regular calls from the Wellbeing Adviser have really helped my mental health. I feel more able to cope.

The learning courses are great. They get me out of the house and give me something to look forward to.

EmPOWER 65+ can also support you to access other GDA services and activities that can help you:

- Fun learning sessions, events and courses.
- Wellbeing support to help you cope with life's challenges.
- Have your voice heard on things that matter to you.
- Get help to navigate and access social care support.





Glasgow Disability Alliance
Promoting Equality, Rights and Social Justice

GDA is run by disabled people, for disabled people. We have around 6000 members across Greater Glasgow. Membership is free.

You do not have to be a member to take part in activities or get help.

We provide a range of free and fully accessible learning, information and services that support disabled people across all aspects of their lives.

We support Glasgow City Council, the Scottish Government and others to include disabled people in policy, decision making and service design.

EmPOWER 65+

is a new project for people aged 65+ living in Glasgow who need some help to reduce their costs and save money.

All support and activities are provided at no cost, with free transport, lunch and personal assistance provided when required.

Get the help and support you are entitled to!

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Scottish Government
Riaghaltas na h-Alba
gov.scot



Contact us via an online
Sign Language Interpreter
Contact Scotland BSL



Independent Age Grants Fund

