

Practical advice and wellbeing support to veterans aged 50+ living in Northumberland.



How we can help:

Our team, some of whom are veterans themselves, are proud to support our local veterans, their families and carers with practical advice and support services funded by The Covenant Fund.

Services are provided free of charge and are independent, confidential and non-judgemental.

Whether that's checking you're receiving the right benefits, putting you in touch with social groups and activities, or providing practical and emotional support after the loss of a loved one.

Services we provide to support, enable and inspire you to live well and thrive in your local community include:

- **Information and Advice**
- **Welfare Benefits Assessments**
- **Advocacy**
- **Live Well with Dementia Programme**
- **Bereavement Support**
- **Health and Wellbeing Exercise Classes**
- **and Conditioning Support**
- **Home Care and Personal Planning Advice**

For more information about how we can help, please email info@ageuk-northumberland.org.uk or call **01670 784 800**

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