

# Age UK North Tyneside

## Specialised Support Service Offered

1. Dedicated veteran for those aged 50 plus in North Tyneside. Referring and signposting to find the best service and support available to Veterans. Including Operation Veteran drop In - every Thursday and beach walk every second Wednesday where Cheryl - Veteran Coordinator, will be available to speak to.
2. Age UK North Tyneside free, confidential and impartial Information & Advice service for veterans, their spouses and carers
3. Engagement and campaigning in North Tyneside within the community, working in collaboration with local and national partners for the benefit of people aged 50 plus.

## Additional Support Services Offered:

Money & Legal – Benefits, pensions, energy and debt advice

Health & Wellbeing – Health and wellbeing advice, active age, healthy eating, befriending

Care & Support – Arranging social Care, Help for Carers, dementia specialist support

Work & Learning – Education, learning, technology

## How to Self-Refer:

Contact by email or phone, [enquiries@ageuknorthtyneside.org.uk](mailto:enquiries@ageuknorthtyneside.org.uk) or Tel: 0191 2808484 Option 1

Social Media: LinkedIn, Facebook, Twitter, Instagram, TikTok

Website: <https://www.ageuk.org.uk/northtyneside/about-us/contact-us/>

## Contact Details

Address: Age UK North Tyneside, Bradbury Centre, 13, Saville St West, North Shields, NE29 6QP

Phone Number: 07813533396 / 0191 2808484 OPT 1

Email: [CHERYL.NEWTON@AGEUKNORTHTYNESIDE.ORG.UK](mailto:CHERYL.NEWTON@AGEUKNORTHTYNESIDE.ORG.UK)

Website: <https://www.ageuk.org.uk/northtyneside/about-us/contact-us/>