



Information & Advice

Our Information & Advice caseworkers are on hand to support you with a wide range of issues such as housing issues, health and wellbeing, pensions, benefits, accessing home adaptations and more.

Armed Forces Pensions

We can check whether you are eligible and support you in applying for your pension. You may also be eligible for a war pension; there are several different categories and related allowances. They depend on your length of service, when you served and whether or not you were injured while in action.

Health & Activities

We offer you a wide range of activities to enable you to keep fit and socialise. Our programmes are all designed to improve health and wellbeing giving you the opportunity to make the most of your later years.

They include:

Arts & Crafts



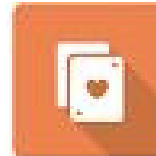
Computer & Technology



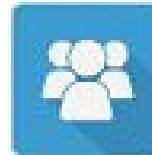
Exercises



Social Groups



Befriending



Outdoor Activities



Activities include support & social groups, walking groups, day trips, and walking football and we are continually working with veterans to explore and meet individual needs and interests.

Armed Forces Veterans Badges

If you have served in the UK Army, Royal Navy, Royal Marines, Royal Air Force, Volunteer or Regular Reserves you are entitled to an armed forces veteran's badge - and it's totally free. We can help you apply.

Medals & Service History

If you have served in the UK Army, Royal Navy, Royal Marines, Royal Air Force, Home Guard or the Reserve Forces we can help you apply for medals and/or service history records.





The Joining Forces Veterans Project provides you with a range of activities and services to meet your needs right here in Tyne and Wear.

It includes:

- An Information and Advice service including support with benefits.
- A programme of activities created around your interests, not just promoting health and well-being but looking at support and social groups too.
- Befriending and bereavement support services.



Contact Us



Age UK Gateshead
(for Newcastle & Gateshead)
Contact 0191 477 3559
www.ageukgateshead.org.uk
Charity Reg. number 702561



Age UK Sunderland
Contact 0191 514 1131
www.ageuksunderland.org.uk
Charity Reg. number 1086995



Age UK North Tyneside
Contact 0191 280 8484
www.ageuknorthtyneside.org.uk
Charity Reg. number 1049527

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AGE UK IN TYNE & WEAR
JOINING FORCES
VETERANS PROJECT

- Are you a Veteran?**
- Have you served one day or more in the British Armed Forces, Merchant Navy or done National Service?**
- Were you born before 1950?**

