

# Information & Advice

Age UK North West Kent provides free confidential information and advice on a wide range of issues for people aged over 50, their families and carers....

We can help support you with issues such as;

- Welfare benefits / form filling
- Housing issues
- Support for carers
- Energy bill advice
- Access to grants
- Aids and adaptations
- Care at home
- Residential care
- Health
- Discrimination
- Leisure and social activities
- Family and personal matters
- Other local services

..... and if we can't help you, we will always put you in touch with people who can.

We also liaise with other organisations to support debt and other financial issues.

**We offer this service to meet your needs. This can be over the phone or face to face appointments at our offices, and home visits to those with limited mobility.**

We can also send out free fact sheets and information on a variety of subjects to help you.

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To find out more please contact us  
**01474 350222 or 07538 950250**

Messages can be left and all calls will be returned.

Email: [information.advice@ageuknorthwestkent.org.uk](mailto:information.advice@ageuknorthwestkent.org.uk)

Web: [www.ageuk.org.uk/ageuknorthwestkent](http://www.ageuk.org.uk/ageuknorthwestkent)

Registered charity number : 1143905



**We can be contacted:**  
**Monday, Tuesday, Thursday**  
**and Friday 9.00am - 5.00pm**