

A close-up photograph of an older woman with short, wavy, light-colored hair. She is smiling warmly while holding a white smartphone to her ear with her right hand. Her left hand is holding a white mug. The background is softly blurred, suggesting an indoor setting.

Connecting you with  
information, advice  
and support in later  
life

**Would you like to find out more about:**

Maximising your income? Managing a health condition?  
Social activities or lunch clubs in your local area?

**Meet us at The Manors, Adderlane Road, Prudhoe  
Age UK Northumberland Information & Advice Clinic  
Last Wednesday of Every Month between 1pm - 3pm**

Age UK Northumberland is a charitable company limited by guarantee and registered in England and Wales. Registered charity number: 1072394. Company number: 3639406. Registered office is: Age UK Northumberland, The Round House, Lintonville Parkway, Ashington, Northumberland, NE63 9JZ.