

## **Information & Advice Services**

Is something worrying you? Take advantage of our <u>free and confidential</u>

### Information & Advice service to:

- claim benefits you're entitled to
- maximise your income and deal with debt
- make a blue badge application
- keep your home warm (energy comparison/help to switch/installing free energy efficiency measures)
- discuss housing options and applications
- discuss care options and make arrangements



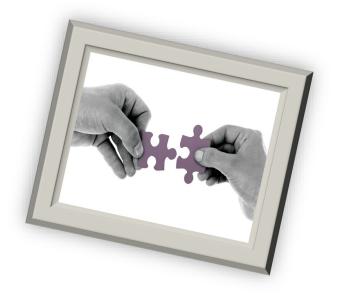
#### We can also help you with:



- refreshing or learning digital skills using computers, tablets and phones
- sorting out digital problems
- understanding your device whether computer,
  tablet or phone

### And connect you with others:

- with telephone support
- by helping you set up social activities you want in your neighbourhood
- by finding out what's going on in South
  Tyneside and what is available to you



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Our Information & Advice and Digital Inclusion Service helps thousands of older people each year;

- to claim millions of pounds in additional benefit and other income
- to connect them to the right sort of support
- to become more active and connected in their community
- to live happier and healthier lives



We provide our services at our base in South Shields; from outreach venues in your community; at home visits where needed; and by telephone or technology where possible (email/skype/whatsapp)

# Call us on 0191 4566903

ACTS is supported to provide these essential services by Lotteries Community Fund, South Tyneside Council, Energy Redress, Good Things Foundation and The Henry Smith Charity