

Information & Advice Services

Is something worrying you? Take advantage of our free and confidential

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



(Cont. overleaf)

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