



Age UK Advice Line: 0800 678 1602

Lines are open 8am-7pm, 365 days a year.



Cost of living



Help and support for carers respite & support

If you look after a partner, relative or friend who is ill or disabled, or are a carer. You may be entitled to financial support. Find out more from Age UK.



Benefits calculator - what am I entitled to?

Our Benefits Calculator can help you to find out what you could be claiming, quickly and easily.

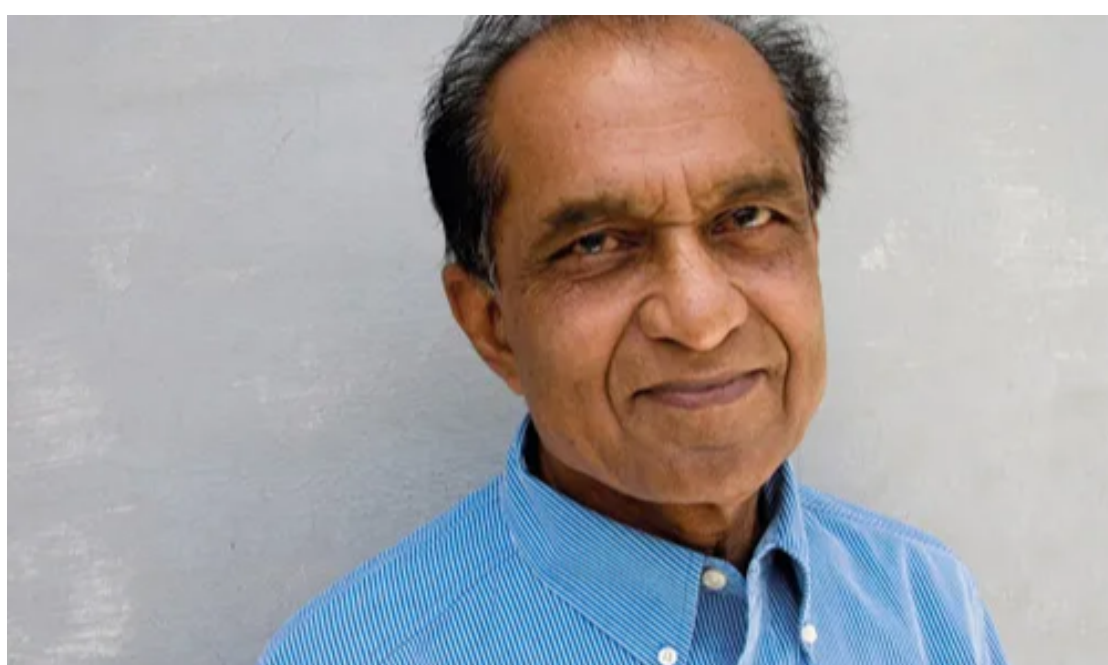
Age UK



Advice on keeping warm and well in winter

As we get older, it can be harder to stay healthy in winter. Find out what the causes are, and what we can do to keep well - from beating the winter blues to making sure our home is warm enough.

Age UK



Feeling lonely - how to deal with loneliness

Feeling lonely doesn't necessarily mean you have no one nearby. You may be surrounded by friends and family but still feel lonely. Find help from Age UK.

Age UK

Age UK Are there to help with lots of advice and support

