

# SUPPORTING OUR COMMUNITY IN 2021

## INFORMATION AND ADVICE

We provided advice and support to 1,269 older people across Northumberland, helping to claim back £1,082,649 in Welfare Benefits



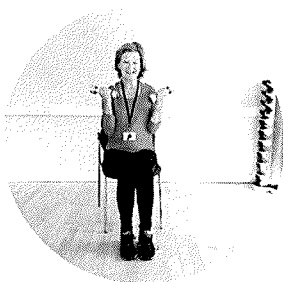
## ADVOCACY

Our team gave 79 people a voice, helped them to understand their options and identify the solution that best suits their needs.



## HEALTH AND WELLBEING

Delivered a range of classes from core stability to zumba across the community via face to face and zoom supporting 822 with exercise groups and gym membership.



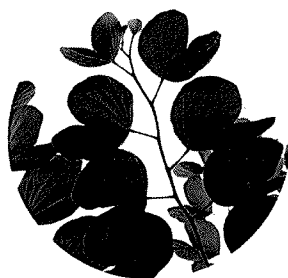
## BEFRIENDING SERVICES

Provided over 4,000 friendship calls, 5,000 welfare calls / visits and ran 4 social groups supporting over 50 attendees.



## BEREAVEMENT SUPPORT

Launched face to face bereavement service, providing people with practical support and advice and emotional support.



## LIVE WELL WITH DEMENTIA GROUPS

Weekly 2-hour sessions filled with activities and social workshops proven to improve cognitive function, memory and mood.

