

Forces Friends

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Visiting service for lonely and isolated
military veterans and their dependents
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Health &
Wellbeing



Forces Friends

Forces Friends is a partnership between Age UK Nottingham & Nottinghamshire and the Royal British Legion providing support to lonely, isolated military veterans and their dependents aged 60 and over.

What is Forces Friends?

We offer a trained volunteer visiting service providing support for isolated and lonely military veterans and their dependents aged 60 and over. We aim to provide short term support to enable older veterans and their dependents to reconnect with social networks and help overcome the problems of loneliness.

What do we offer?

- Designated trained volunteer, mainly from a forces or Royal British Legion background
- One-to-one home visits to provide companionship and social support
- Trips into the wider community if desired

What extra support do we offer?

- Help to access other services through Age UK Notts and Royal British Legion

Who is this service for?

- Veterans aged 60 and over
- Dependents of veterans aged 60 or over

Which area does the service cover?

North Nottinghamshire - the districts of Mansfield, Ashfield, Newark & Sherwood and Bassetlaw.

How is this service delivered?

- Designated matched volunteer
- One-to-one home visits
- Trips out if desired



Where is this service delivered?

- In the comfort of your home
- In the wider community if desired

How much does this service cost?

- Nothing. This service is provided completely free of charge.

Our contact details

For more information or to access this service, please contact:

Nick Rhodes
Forces Friends Project Coordinator

t 0115 844 0011

m 07872 839605

e nicholas.rhodes@ageuknotts.org.uk



For more information on any of our services,
please call us on

0115 844 0011

or visit us at

www.ageuknotts.org.uk



Age UK Nottingham & Nottinghamshire is the largest local independent charity providing a wide range of services for older people from all communities and backgrounds in the city and county.

We enhance the quality of life and promote the health & wellbeing of all older people.

Every year we help over 35,000 older people.

We are proactive, we transform lives, but you make it happen!

Your support enables us to create a world in which older people flourish – free from poverty, discrimination and disadvantage.

We have the experience, the expertise and the will to do so.

But to bring this to fruition, we need your help.

- Please help support us financially
- Please donate your time as a volunteer
- Please donate your unwanted goods

Age UK Nottingham & Nottinghamshire takes a zero-tolerance approach to abuse of any kind

We champion equality and diversity.

We recognise and value individual differences and treat people fairly with respect.

For more information or to access any of our services, please contact:

Age UK Nottingham & Nottinghamshire

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