

# Forces Friends

.....  
Visiting service for lonely and isolated  
military veterans and their dependents  
.....

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

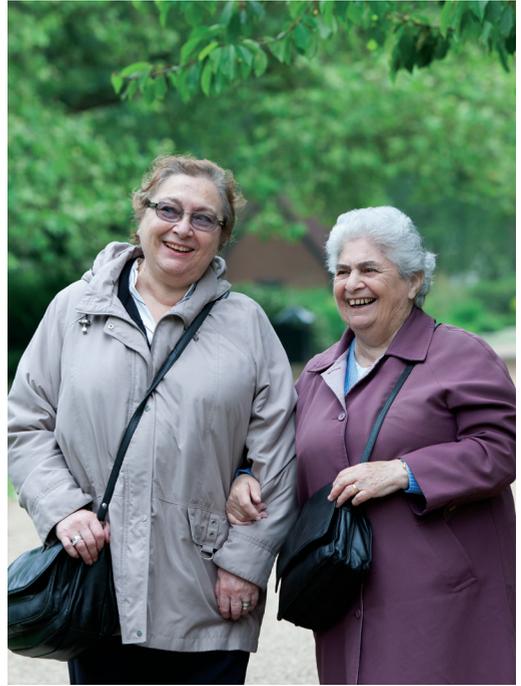
For more information or to access this service, please contact:

Nick Rhodes  
Forces Friends Project Coordinator

**t** 0115 844 0011

**m** 07872 839605

**e** [nicholas.rhodes@ageuknotts.org.uk](mailto: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](http://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**

Bradbury House  
12 Shakespeare Street  
Nottingham  
NG1 4FQ

**t** 0115 844 0011

**f** 0115 841 4460

**e** [info@ageuknotts.org.uk](mailto:info@ageuknotts.org.uk)

**www.ageuknotts.org.uk**



Follow us on twitter  
[@ageuknotts](https://twitter.com/ageuknotts)



Find us on facebook  
[facebook.com/ageuknotts](https://facebook.com/ageuknotts)

#### Funders, partners and accreditations



Age UK Nottingham & Nottinghamshire is a registered charity (registered charity number 1067881) and a company limited by guarantee registered in England and Wales (registered company number 3455485). Registered office: Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ. Royal Patron HRH: The Prince of Wales KG KT GCB.