



information NOW, have a series of booklets which provide older people with information about services that may be useful to them in Newcastle.

Three eye catching stories have been produced to raise awareness are services that are available across Newcastle, including themes such as home repairs, staying active and digital technology. You can download these leaflets for free below.

Each 'Just What I Need' story gives a simple and clear message about key services for older people and details of how to contact them. Please click the links below to view the leaflets.

- [Janet's Story](#) - housing advice, home repairs and hairdressing
- [Eric's Story](#) - staying active, and home safety
- [Mersha's Story](#) - digital technology and getting online

Other Useful Information

Paper copies of the Just What I Need leaflets are available upon request.

Free Information Sessions Available

In addition to the leaflets, we have volunteers who can visit community groups to let you know all about the information and services that are available for older people who live in Newcastle, and hopefully have a lively discussion! If you would like us to visit your group at a coffee morning, meeting or event, just give us a call and we'll be happy to come along.

Contact Lauren Prince on (0191) 255 1984 or email lauren.prince@qualityoflife.org.uk for further information or to book a visit.