

Moving abroad

If you are thinking of moving abroad, your first step should be to get as much information as possible about the realities of living in a foreign country.

You will especially need to consider your pension and benefit rights, the arrangements for health care provision, and your ability to communicate in another language. You can find out some of this information in our section [Living abroad and your benefits](#).

The [Housing Care](#) website also gives information on accommodation and care in specific European countries.

Other useful information:

[Age UK](#)'s factsheet for **Returning From Abroad**

[Gov.uk](#)'s information on **Moving or Retiring Abroad**

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Useful Organisations

Citizens Advice Newcastle (CAN)

Website: <http://citizensadvice-newcastle.org.uk>

Telephone: 0191 229 2750

Address: 4th Floor, City Library, NE1 8AX

Newcastle Welfare Rights Service

Email: welfare.rights@newcastle.gov.uk

Website: www.newcastle.gov.uk/welfarerights

Telephone: 0191 277 2627

Housing Care

Email: enquiries@eac.org.uk

Website: www.housingcare.org

Telephone: 0207 820 1343

Address: Suite A, SE1 7JW

Department for Work and Pensions

Website: <https://www.gov.uk/government/organisations/department-for-work-pensions>

Telephone: 0800 731 0469

Age UK England

Email: contact@ageuk.org.uk

Website: www.ageuk.org.uk

Telephone: 0800 731 0469

Address: Tavis House, WC1H 9NA

GOV.UK

Website: www.gov.uk

Telephone: 0800 731 0469

Related Articles

[Living abroad and your benefits](#)

[State Pension](#)

[The practicalities of moving home](#)