

## Independent Age

Useful information on: when someone dies; grieving; and Grief Chat line

Independent Age provide a range of services for older people including advice, fact sheets and a friendship service and discussion groups. They offer free and impartial advice and campaign on older people's issues. They also have volunteer opportunities.

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**Telephone:** 0191 731 4000

**Telephone note:** Newcastle office

**Website:** <https://www.independentage.org/>

**Helpline:** 0800 319 6789

*National Advice Line*

**Fax:** 0207 605 4201

**Email:** [charity@independentage.org.uk](mailto:charity@independentage.org.uk)

**Twitter:** <https://twitter.com/IndependentAge>

**Facebook:** <https://www.facebook.com/independentage/>

**Youtube:** <https://www.youtube.com/user/IndependentAge>

**Cost:** Free

**Address:**

The Grainger Suite, Dobson House  
Regent Centre  
Gosforth  
Newcastle upon Tyne  
NE3 3PF

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