

## 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)

**Email:** [citycab@newcastlecab.org.uk](mailto:citycab@newcastlecab.org.uk)

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

**Telephone:** 0808 223 1133

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

### Newcastle Welfare Rights Service

**Email:** [welfare.rights@newcastle.gov.uk](mailto:welfare.rights@newcastle.gov.uk)

**Website:** [www.newcastle.gov.uk/welfarerights](http://www.newcastle.gov.uk/welfarerights)

**Telephone:** 0191 277 2627

**Address:** \*\*POSTAL ADDRESS ONLY - No face-to-face advice is given here, NE7 7LX

**Telephone:** 0191 277 2627

## Department for Work and Pensions (DWP)

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

**Telephone:** 0191 277 2627

## Age UK England

**Email:** [contact@ageuk.org.uk](mailto:contact@ageuk.org.uk)

**Website:** [www.ageuk.org.uk](http://www.ageuk.org.uk)

**Telephone:** 0800 678 1602

**Address:** Age UK, EC3N 2LB

## GOV.UK

**Website:** [www.gov.uk](http://www.gov.uk)

**Telephone:** 0800 678 1602

## Independent Age

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

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

**Telephone:** 0191 731 4000

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## Related Articles

[Living abroad and your benefits](#)

[State Pension](#)

[Practical help to move home](#)