

The newsletter of Age Concern Thurrock

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The weather getting warmer brings with it thoughts of the summer ahead. If you have not already done so, it is time to plan your holidays, short breaks and days out.

Age Concern Essex has a number of short breaks holidays during the summertime and 'Turkey and Tinsel' breaks at different resorts around the country. Brochures are available from our Beehive office please call in or phone us for one.

If you are thinking of travelling to Europe this year check that your E111 card is still in date, as it is only valid for three years. You can apply for an update at your local post office.

Days out to places of interest, stately homes, river cruises, visits to gardens etc. are available through Trans Vol if you are a member. Phone us for details on 01375 389872 or phone Trans Vol direct on 0845 241 03 99.

Also it is worth remembering that many older peoples groups and clubs and complexes arrange outings during the summer months. Many may be happy to allow non-members/residents to fill up places on the coach.

So it is worth approaching them for information if you are interested.

Age Concern has travel insurance for older people as well as car insurance and car breakdown cover. These booklets can be obtained from the Beehive office.

If you are disabled you may qualify for a R.A.D.A.R. key for entry to accessible toilets. These cost £3.50 plus proof of disability and are available from TIRC, DIAL offices (at the Beehive), or from the Council offices.



Hot weather can be equally difficult for young and old alike. There is a really good booklet published by the NHS giving lots of tips for keeping safe during a heat wave. Please contact the Beehive for a copy.



Age Concern Thurrock is a registered charity no 1000274

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