

# Are you, or do you know, a Veteran who could use some help keeping their mind active?



Our Veterans at Home Service, in partnership with The Armed Forces Covenant Fund Trust Fund and The Royal British Legion, are supplying tailored activity packs to lonely and isolated Veterans to assist with their cognitive stimulation.

We can provide:  
Puzzle books, Sudoku books, Magazines, Jigsaws, CD's, DVD's, books, talking books, craft materials, dementia activities and much more.

To access this service, refer someone you know, or for more information, please contact:

**07872 839605**

**[activeveteransservice@ageuknotts.org.uk](mailto:activeveteransservice@ageuknotts.org.uk)**