

Are you planning to fly to your next holiday destination, but not looking forward to the journey?

Age UK do a very useful information sheet with top tips on flying that may help you to better enjoy your experience. Call us on 01375 389872 and we will be pleased to send you a copy.



Age UK Essex has a number of short breaks available to different resorts around the country.

Later in the year they run 'Turkey and Tinsel' breaks. Call us for a brochure on 01375 389872.

Days out to places of interest, stately home, river cruises, visits to gardens, pub lunches are available through Trans-Vol if you are a member. Phone us for more details of the outings, or how to join, on 01375 389872 or call Trans-Vol direct on 0845 241 03 99.

If you wish to visit museums and art galleries in London on the trains and think that you will be making a number of off-peak train journeys you may consider getting a Senior Citizen's railcard. These cost £28 per year and allow you to receive a third off of the cost of your rail ticket. On 19th May 2013 the cost is due to increase to £30. Members also receive special deals at certain restaurants and hotels.



Age UK has a range of insurance products for older people including travel insurance. Call **0800 032 7082** for further information

If you were born before 2nd Sept. 1929 and are a British national you may be entitled to a free 10 year passport.

If you are travelling within Europe check that you have a European Health Insurance card (EHIC). You can get one online or by calling 0300 330 1350

It is always worth remembering that many older people's groups and clubs and complexes arrange day outings during the summer months. Many may be happy to allow non-members/ residents to fill up places on the coach.