

Impact Report 2023



We are **Age UK**

West Sussex, Brighton & Hove.

As we reflect on the past year we are filled with gratitude for the unwavering support of our funders and supporters. We couldn't have done it without you. Your dedication and generosity have been instrumental in helping us achieve our mission to make a positive difference to the lives of older people across Sussex.

We're grateful for the organisations who have appreciated how tough things are for many vulnerable older people right now and who've chosen us to benefit from their charity of the year, or corporate social responsibility programmes.

We're also very grateful to all those individuals who have taken on difficult challenges, raised awareness or donated their time to ensure we can reach more people who need us at home, in hospitals or in the community.

The funding and grant giving bodies who partner with us in much of our work are completely invaluable, recognising need and supporting us to deliver a wide range of services locally. They understand that investment in our work is money well spent, appreciating the impact on individuals and families and how that feeds into ill health prevention efforts, allowing people to remain mobile, independent and well, while reducing pressure on GP and hospital services.

Our volunteers continue to be remarkable, selfless and dedicated, whatever role they are tackling. We have everything from gardeners and kitchen assistants, to admin support and class teachers. Many of our volunteers work to alleviate the loneliness and isolation faced by many in later life, which can be life-changing for those involved.

The support we receive, across the board, plays a crucial role in sustaining essential services, such as our telephone advice line—a vital resource for thousands of older people. Contributions also benefit our dedicated teams engaged in hospital services, home services, dementia and extra care, community and centres.

Whenever and wherever older people need us, we aim to be there.

Every funder, volunteer and supporter is part of our team. We are inspired by the shared passion and support for our mission and we look forward to working with you all to achieve even more in the year ahead.

Thank you.



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Chair & CEO's report

Making an incredible difference, every day

A message from our CEO, Helen Rice

This has been another difficult year for many older people. The pandemic cast a long shadow, affecting health, happiness and social confidence.

No sooner had we emerged from covid restrictions, there was another blow as bills increased and belts had to be tightened further – not easy for those on a fixed, low-income, pension.

Our focus remained on being there for as many older people as possible, while managing the financial hit that the pandemic and the cost-of-living crisis dealt us. We share the Age UK brand, but we are a local charity with separate finances. Times have been tough and the support of our partners, funding bodies and fundraisers has been vital.

We launched our Lifeline appeal this year, to help us keep up with demand on our helpline. Our advisors handle enquiries on anything and everything to do with later life, from finances to footcare, frailty to falls.

We know we make a huge difference on that front. Last year, we identified £4 million in extra income for older people in West Sussex, Brighton & Hove. Many people receiving extra benefits had no idea they were entitled to anything and were delighted to have a little more money in their pocket for the essentials.

We've been proud to help people when they needed us the most, offering support at home after a hospital stay, specialist dementia services and bereavement support. For those ready to socialise again, we offered clubs and activities or home visits for those who are housebound. Loneliness can be devastating, and we always want to be the friendly face or the listening ear.

Our staff and volunteers have gone above and beyond this year, as they always do. Their determination, dedication and energy never fail to impress me as they work to improve the lives of others and put smiles on people's faces.

It's a team effort and I know we are making an incredible difference every day. As always, thank you for your support.



Helen Rice
CEO AUKWSBH



Chair & CEO's report

Offering hope to those who felt hopeless

A foreword from our Chair, John Dixon

A recent report by the national Age UK charity gave us a stark confirmation of the difficulties facing many older people during the cost-of-living crisis.

It outlined that 45% of older people in Great Britain were finding it difficult to afford energy bills and that in response to the crisis, 1 in 3 were spending less on food or other essentials.

Some cut their meals to one a day or were selling items from their homes to be able to use their heating. Others were getting into debt to stay warm and fed. With depleted or spent savings and debt issues some have been forced to go back to work or to delay their retirement. Age UK found that 1.7 million over 55s expect to have to keep working indefinitely. We know some people in their 70s and even 80s have been returning to work to make ends meet.


For those with caring responsibilities or health concerns, it's even harder, as returning to work may not be an option. For many people, this is a really frightening time, making the support from charities like ours absolutely vital.

This year, we've taken heart-breaking calls from older people who were hungry, cold and suffering and we've been able to step in with emergency and longer-term measures.

Our team is in high demand, but we're offering support to the most vulnerable, to help them emotionally and practically through these difficult times.

We know some older people feel they have literally nowhere to turn when things go wrong. Isolation can set in following bereavement, or if friends and family move away. We're doing our best to help at this time, both practically and emotionally, offering support on accessing benefits for example, but also providing comfort and that social connection that people often crave.

Often, we're able to offer hope to those who felt hopeless and company for those who are alone. I'm so proud of that, and all that we've achieved during a very difficult year.



John Dixon
Chair AUKWSBH



We want older people to love later life, but where that's not possible, we believe we can always make a difference.

We are the leading provider of services for older people and working age adults who require support through our social prescribing service in West Sussex, Brighton and Hove. We help people access our services and those of our partners in the public, private, and voluntary sectors in order to help them thrive.



Our strategic plan

Improving later life

We improve the quality of people's later life through community and home-based services and enterprises. We enable older people in West Sussex, Brighton and Hove to be:

Informed

Our information and advice services help people, including carers, to know their rights and make informed choices.



Connected

Our community and building-based social clubs, events and activities provide opportunities for people to get out, have fun, socialise and build friendships.



Healthy

Our range of health and wellbeing activities including fitness classes, hobby groups, and 'spa' treatments help people to keep active, stay healthy and improve their mental health.



Independent

Our home-based services support people to stay independent for longer within their own home, including after a period of ill health. They also help to prevent hospital admissions.



In addition, our volunteers, staff, trustees, partners, and other stakeholders also give us incredibly valuable input. This is supported by an analysis of current activities, assets, resources, performance, demand, local and national policy developments and market trends. We never stop listening and we're confident that our work reflects older people's needs and aspirations.



The Age UK Brighton & Hove team Annual Staff Conference held in the Kings Weald Centre in Burgess Hill.

PICTURED



Our services

How we provided support

Here's a brief look at the services we had on offer during the past year...



Information & Advice

Helping with a wide range of queries on a variety of topics, including benefits and money advice.



Help at Home

Supporting people over 50 with services like cleaning, shopping, laundry and gardening.



Home visiting service

Providing support and companionship with weekly visits to people who would benefit from a bit of company.



Dementia & Carers Support

We provide a range of services to help people live with dementia in older age in a social and friendly environment as well as supporting carers too.



Social Prescribing

Our Social Prescribers work with the NHS and other organisations to support individuals and find solutions to their problems e.g. housing/financial difficulties.



Take Home & Settle

Providing immediate support to vulnerable older people upon discharge from hospital or attendance to A&E or similar.



Social clubs and activities

We offer a wide variety of activities at our social centres and clubs across the area that bring people together to have fun in a warm and welcoming environment.



Community Agents

Our Community Agents work in the community to help, support and signpost older people to services, information and guidance that reduces their social isolation and loneliness, and helps improve their wellbeing.



Wellbeing support

We share information on healthy living, nutrition, hydration and exercise.

Brighton & Hove only services



Crisis Care

This is a free short term support service available following an illness, hospital discharge or domestic emergency.



'Lets Get Digital'

This service supports people wanting more confidence getting online and using digital technology. We can even loan tablets if needed to get set up.



Bereavement

Offering practical advice and emotional support to those who have lost a loved one.

Our achievements 2022-23 – a remarkable year

In 2022-23 our team continued to work tirelessly to be there for older people, whatever they were facing. Our support provided a lifeline and often made a dramatic difference to our client's quality of life.

 **3,900**
Information & Advice queries

The Information & Advice team alone were there for over 3,900 people when they had queries on a vast range of subjects, many which were complex or challenging.

 **£4m**
The team were able to help older people access just under £4 million in unclaimed benefits or cost-of-living grants.

2,000
Help at Home clients

The Help at Home service supported over 2,000 people, enabling many to stay independent in their own homes for longer.



 **1,110**

Over 1,100 were helped by Hospital Services ensuring they had someone to turn to after an accident or serious illness.

 **120,000**
We made over 120,000 meaningful interactions with our clients.

99%

99% of our clients said they would recommend our services to their friends.



Our focus

Those we've helped

As a charity we are guided by a shared commitment to make a difference, one act of kindness at a time, and by doing this we develop a sense of community where everyone, regardless of age, feels seen, heard and supported. **Here's a snapshot of some of those people...**

Bob, 82

Bob faced multiple health challenges that significantly impacted his ability to move around independently. He lives with his dedicated wife, who is his primary carer.

Despite receiving pension credit, their financial situation was constrained, and a malfunctioning boiler added another layer of hardship. With limited savings, the prospect of repairing the boiler was financially unattainable.



Our support

AUKWSBH stepped in to support Bob and his wife by offering a comprehensive benefits review. As a result, Bob was approved for a higher rate attendance allowance, along with a carer's premium in their pension credit. Additionally, they received a substantial 45% discount on their water bills and a generous £700 energy grant. An total annual improvement of £8,300.

Outcome

Moreover, Bob was granted a blue badge, providing him with new-found mobility and this not only enhanced his physical well-being but also contributed to an improved overall quality of life.

- ✓ Financial support provided
- ✓ Independence maintained
- ✓ More confident and resilient

Our focus

Those we've helped

Joyce, 93

Joyce, who lives independently, faced a challenging situation with three falls at home within a day. After paramedics were called for the third time, they persuaded her to go to the hospital for a thorough check-up.

During her month-long hospital stay, her strength and mobility significantly improved. Recognising the importance of a swift transition to home care, the hospital staff, in collaboration with our Take Home and Settle (THS) service, arranged this knowing that waiting for hospital transport may cause delays in initiating the care package. A THS staff member promptly assessed Joyce and it was agreed she was mobile enough to be safely taken home in a car.



Our support

Once home, the THS staff helped Joyce into her property. The heating was switched on, the fridge was cleared of out of date food and her lifeline provider was contacted. The smoke alarm was also checked. The staff helped her unpack, made her a cup of tea and a snack and went to the shop for a few essentials.

Joyce had told the staff member that she felt isolated, so referrals were made to our Support at Home After Hospital service. She was also referred to our Community Agents who connected Joyce to clubs and activities.

An Age UK Home Helper was contacted for assistance with housework, laundry and other household tasks. The carers that the hospital arranged arrived that evening to start a temporary package of care until Joyce was able to be independent again.

Outcome

Joyce said she was very grateful for all the support, she had a comfortable drive home from hospital, arrived in time for the carers to start and all the little extras that the THS staff member provided were wonderful. **“...an amazing service, I cannot thank Age UK enough.”**

- ✓ Reduce risk of hospital readmission
- ✓ Link to ongoing support

Our focus

Those we've helped

Jane, 68

Jane had suffered a major stroke, leaving the left side of her body severely impaired. She had mobility issues as a result, and could only walk with the support of a walker.

She initially attended our specialist Gym in Bognor Regis with an NHS physiotherapist, and was told that due to her condition she would never be able to use a treadmill. Jane wanted to build back her strength and confidence and be able to do her own hair.



Our support

Our dedicated gym team worked with Jane one-to-one to understand her fitness and mobility levels, and made an appropriate and realistic plan to help her achieve her goals. To help her be able to do her own hair, the Gym Team's plan targeted mobility in her shoulders and strength in her arms. When she first came through our doors, she was using a piece of equipment for approximately 90 seconds, that has now increased to 5 minutes. She can now spend a minute on the treadmill and has been able to add resistance to the machines she uses, something that seemed impossible when she first started with us.

Outcome

Jane is well on her way to regaining independence, building her confidence and being able to do her own hair, against all the odds. Her unwavering dedication and the support of our Gym Team mean that her life has changed for the better.

- ✓ Maintain level of independence
- ✓ Improving health and wellbeing
- ✓ Building strength and resilience

Everyday we are touched by urgent requests pouring in from older individuals who seek assistance. Their requests range from necessities like food and heating to much more complex issues such as healthcare, companionship and emotional support.

Our staff

The people who make it happen...

Our frontline staff and volunteers make a huge difference every day and go above and beyond to ensure we help our clients as much as possible.

This may be because they provide a listening ear, some social connection, some fun, or help and support with anything from finances to frailty.

AUKWSBH is an incredible team made up of 160 staff and approximately 215 volunteers. As times get tougher for the people we work with, there is a knock-on effect on the staff and volunteers who so kindly give up their time for us.

Behind the scenes we have gardeners, admin assistants, fundraisers, kitchen staff, IT experts... a whole range of people in roles that support our charity to run smoothly and effectively, allowing us to reach as many older people as possible.

AUKWSBH Staff Conference

PICTURED



Our volunteers

Invaluable support to our services

Volunteers are the lifeblood of AUKWSBH. Without them, we couldn't deliver our extensive range of services or develop new ones.

Like most other charities in the country, AUKWSBH has seen a reduction in the number of active volunteers, however their efforts equate to over 46,800 hours of donated time throughout the year. An increase of 5.2% on the previous year.

Volunteers are matched to roles based on their interests, skills, and experience. Roles are diverse and include helping with activities or in kitchens, visiting people in their own homes, telephone befriending, providing administrative support and gardening within our centres. Volunteers also play a vital role in supporting many fundraising events.

In 2022, our volunteer team conducted its inaugural volunteer survey to gather insights from our active volunteers. The aim was to better understand their needs, enhance training and support programs, and inform future recruitment efforts.

The value of volunteer hours this year was more than £463,320 and their invaluable support allows AUKWSBH to continue to deliver great services across its area.

The one thing all our staff and volunteers have in common is their desire to use their time and expertise to make a difference. We are so grateful for all they do.

Across the year the volunteer team have held surgeries and celebrated National Volunteer Week saying thank you to those who have supported us.

PICTURED



Our partners

A shared vision to drive real change

Broadening our outreach enables us to make a greater impact in providing support for older people in Sussex.

In addition to working in partnership with Age UK national:

We work closely with our local county, city, district, borough and parish councils, and we deeply value these relationships that enable us to influence policy change, better outcomes for older people and encourage age-friendly communities. We appreciate the financial support that many are also able to provide us.

We support the NHS, particularly with the discharge of older residents, often flexing and upscaling when the need arises.

We work closely with the wider third sector, making best use of specific knowledge and expertise. We have many informal and formal relationships that include Community Transport Sussex, West Sussex Mind, Guild Care, Carer's Support West Sussex, Age UK East Grinstead and the Royal Voluntary Service.

We bring together professionals through our local Older People's Network meetings. Over 300+ people share learning, project updates, gaps in services and offer peer support and training through these connections.

We advocate for older people through the Community Works' Rep programme, where our team provide voice and representation for Older People in Brighton & Hove. We also work with local MPs and elected members to keep older people's needs high on their agendas.

We know that prevention is better than cure, and our partnership with local GP surgeries through social prescribing, public health, the multi-disciplinary West Sussex County Council Prevention and Assessment Team and other health initiatives all help local people age better.

“It’s a systems-wide approach, working hand-in-hand with the NHS, local authorities, other charities, local and national businesses, we all pull together to have a bigger impact and wider reach, all the more so in the current economic climate. Quite simply, none of us could help all local older people alone.”

Jo Clarke – Director of Partnerships & Localities



Our partners

A shared vision to drive real change

Working with organisations like Sky, who share our vision to reduce loneliness and isolation in older people, means we can keep people connected. The Sky Cares programme was built for this purpose and Sky believes in providing their customers with a service that goes beyond their products. Their corporate social responsibility focus to help tackle loneliness both nationally and locally has been a great success story. With thanks to Legal and General, we were also able to pilot a digital programme in Brighton & Hove.



Members at Lamb House, Haywards Heath with a team member from the Sky Cares programme



Our community involvement

Forging new partnerships

Kings Weald Event

The partnership between the council, AUKWSBH and Croudace developers culminated at the end of 2022 as staff and volunteers joined together and organized a special seasonal event at Kings Weald Community Centre, thanks to the sponsorship from Croudace. Furthermore, we were delighted to be awarded the Co-op Community Fund to set up a coffee and company café in Haywards Heath. These efforts reflect our ongoing commitment to community wellbeing and connection.

The AUKWSBH team with the Mayor of Burgess Hill at the Merry & Bright festive event.



Our 65th birthday Making memories

Our community engagement

We marked our 65th birthday - a great milestone and one we were proud to celebrate.

We reached every corner of Sussex, visiting many communities on our travelling birthday bus, travelling from Crawley to Chichester, Mid Sussex to Brighton and beyond to celebrate with our members, supporters and the general public.



A member of our Haywards Heath centre celebrating our 65th and Older People's Day with a ride on the Brighton Regency Routemaster Bus.

PICTURED



Our fundraising & engagement

Generosity, resilience and triumph

As we reflect on our fundraising journey, we are extremely grateful for the incredible support we've received from individuals and organisations in Sussex who increase our local impact.

From our funders and corporate partners to fundraisers and volunteers, their contributions are vital in making a difference in our community. Their time, dedication, and enthusiasm are truly appreciated, and we hugely value their ongoing support. Throughout the year we organised a series of events and brought together supporters, donors and friends who shared a passion for our cause.

Our online campaigns have played a key part in reaching a wider audience and engaging individuals. Social media has become a power tool for spreading awareness, success stories and inviting people to join our cause. The digital landscape has enabled us to direct supporters to Connect Magazine and fundraising news.



We appealed to knitters across Sussex who took up their needles to create thousands of little Innocent Smoothie hats and raised over **£6,500**. It was a real community fundraising event and the little hats could be seen Sussex-wide!



At the beginning of 2023 we were raring to go for the Brighton Half Marathon which was a fantastic event and proved an amazing fundraiser for our Dementia Services raising over **£3,700**.

What a team!



Our fundraising & engagement

Generosity, resilience and triumph



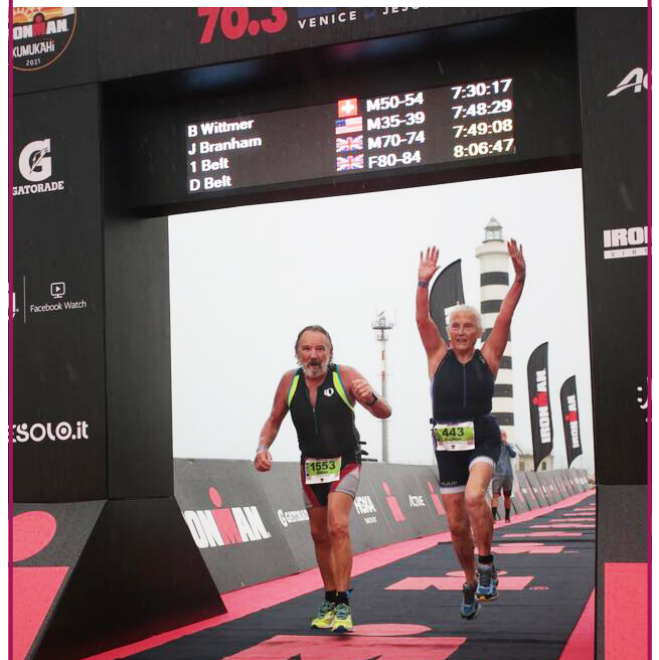
We've had individuals who have gone above and below for us this year, with Richard Cook hurling himself out of a plane in a sponsored skydive and Parul Chatterjee, crawling under camo netting and through bogs, in a 10k Tough Mudder challenge.



IRONMAN 70.3

One of our most inspirational fundraisers continues to be Daphne Belt, who proves age is just a number by taking on new triathlon challenges in her eighties. She took part in the Ironman 70.3 World Championships in Utah, consisting of a 1.2 mile open water swim, 56 mile bike ride and a half marathon run.

She smashed her fundraising target and a few misconceptions about ageing at the same time.



This year, we focused our fundraising efforts, specifically in grants, trusts, and legacies.

These channels can offer valuable income and by dedicating more attention to these avenues, we aim to establish reliable sources of funding for our ongoing initiatives. This will enable us to continue to offer vital services to our community long term.

Our sustainability plan

Here for the long haul

After a tough year, our organisation has a close eye on the sustainability of the charity, so we can continue to be there for older people well into the future.

Services

We review, evaluate and adapt our services to meet the changing needs of older people locally and ensure that our work remains relevant and effective.

People

We're supporting and retaining volunteers and staff, recognising their contributions and providing opportunities for professional development and personal growth.

Finances

We're ensuring sound financial management and long-term financial planning to maintain our stability and viability. We're also developing diverse fundraising strategies to secure a stable income stream and reduce reliance on a single funding source.

Partnerships

We're nurturing our strategic partnerships and collaborations with other organisations and individuals to maximise our impact and share resources.

Environmental impact

We're implementing measures to reduce our environmental footprint and we've created a 'Green Team' charged with helping us achieve this. We're reviewing and improving on issues such as energy efficiency, waste reduction, recycling and adopting sustainable practices in day-to-day operations.

Technology

We're embracing innovation and technology to enhance our services, improve efficiency and reach a wider audience.

Sadly, the cost of living is having an adverse effect on many charities, with many closing their doors, so it's more vital than ever that we carefully manage our services, finances and environmental impact.

Our environmental impact

Contributing to a greener, brighter future

We've created a framework which illustrates our current sustainability assessment and our plans for next year.

Our culture

Looking at ourselves



In 2023


We reviewed our culture and governance and what we are doing currently. We identified **eco champions** across the organisation to **encourage sustainable behaviour** and **improve how we operate now**.

In 2024

We'll write a **mission statement** and plan to **update our policy** and implement plans to **change our behaviour** and **raise more awareness** through blogs, tips of the week, educational tools and more promotion.

Our audit

Getting practical




In 2023

We **completed an audit** and focussed on our **cafés, our electricity/energy providers, our supply chain, water use, waste management**, and more. We used **less paper** with more digital working and **lowered our emissions** by travelling less. We also made the most of our **solar heating** in some buildings and will review in 2024.

In 2024

We plan to write a **supplier code of conduct** and **review our energy suppliers** and heating options at the Bognor Regis Centre. We'll switch to **LED lighting**, and look at more **sustainable heating** methods across the organisation.



Our environmental impact

A key focus

In 2023

We **reviewed energy, water, carbon footprint, transport, waste and plastics** and made the most of our **solar heating** in some buildings.

In 2024

We'll improve **recycling facilities** including water butts and **review options for more solar panels**. We'll do **fewer car journeys** and fundraise more sustainably.

Our social values

Making a positive difference

As the leading older person’s charity in our area, we provide social value to the economy, community and society in a range of different ways.



Our inspiration

Queen Elizabeth II

People across Age UK were deeply saddened by the death of Her Majesty the late Queen Elizabeth II.

The late Queen was a figure who drew respect and love from every generation. It has been heartening to see young and old take comfort and inspiration from her majesty's sense of duty, responsibility, and community spirit. For so many older people the late Queen was a constant in their lives; someone who marked momentous occasions in their own life histories. But she was also a family woman and as a wife, mother, grandmother and great-grandmother, she played a role shared by many of our beneficiaries. There are very few people in life who are watched so closely as they age.

But through every passing decade, the late Queen was an example of what it is like to age, and as someone who continued to work right up until her death, she challenged stereotypes about older people and their place in the world.

Everyone at AUKWSBH sent their deepest condolences to our Royal Patron, His Majesty the King and the Royal Family. King Charles III has been a long-standing supporter and champion of Age UK's work and along with The Queen Consort, Royal Patron of The Silver Line Helpline, has taken a great interest in ageing issues and the services which we provide to our beneficiaries.



Thank yous

Feedback from our community

We are continually thrilled and grateful to receive sincere feedback from our communities throughout Sussex.

Whether it comes from a caller, a letter, an email, or through our digital channels, the heartfelt gratitude resonates deeply with us. Our dedication to customer satisfaction is a source of pride, reflected in the remarkable 96% of customers who express their happiness and contentment with our support and services.

Keep up the great work! Very impressed with your kind and friendly services.

I just had to praise the wonderful Daybreak team at Age UK WSBH. Mum has Alzheimer's so attends Daybreak twice per week. I cannot praise them enough.

A big thank you for driving me safely home from a hospital appointment.

After being supported to purchase a mobility scooter, a client said: "When I saw it, oh it is amazing, thank you so so so much, I love it, it's just gorgeous, wonderful, beautiful, amazing, just everything. Thank you."

My Daybreak clients were so happy to attend the performance and be a part of it all. It was lovely hearing them tell their loved ones about it. Well done for organising such a wonderful event.

Thank you for taking me home from hospital in comfort, helping me with some shopping and seeing me safely inside.

Huge thanks to you all for looking after our family member with such care, respect and consideration and really helping her on the road to recovery. You are literally lifesavers. We can't thank you enough.

The future

Together we can make a difference

We have been able to support thousands of people in later life but there are many more who still desperately need our help.

But we can't do that alone. It is only with the support of our teams, volunteers, members, supporters, funders and partners that we can continue to tackle the challenges and inequalities that our older people face.

Many calls we received this year were hard ones to take. Our Information and Advice team dealt with a lot of callers who were upset, worried or frightened about their situation during the cost-of-living crisis. Although these calls are emotional, they are very much welcomed, because we know that just one phone call to us can make all the difference. People often put the phone down feeling much better than when they called – not only because they receive practical advice, but also because they are heard and cared for.

In our pursuit of making a difference for the future. We believe that positive change is not only possible but essential to ensure older people have the future they deserve.

We are more determined than ever to be there for those older people most in need.

Our values

Everything we do will be underpinned by our values

Customer first



Being trusted



Making a difference



Sustainability



Resilience



Growing older is the future we all face, let's work together and make it a better one.

We are committed to transforming West Sussex, Brighton & Hove into a pioneering community that champions healthy ageing, promotes independent living, and cultivates strong social connections across Sussex.



Marking the end of the 65th celebrations with customers, staff and friends at our Haywards Heath Centre.

PICTURED



Our team

Our Executive Team & Trustees



Helen Rice
Chief Executive



Sarah Watson
Chief Operating Officer
In post until September 2023



Jo Clarke
Director of Partnerships
and Localities



**Susan
Brigstock-Parker**
Director of Health



Parul Chatterjee
Director of People



Angela Croucher
Finance Director
In post until March 2023

Our Trustees

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Amanda Latham (Vice-Chair)
Caroline Instance
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Sam Jones

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Company number: 04146487

September 2023

The information and articles in this document were correct at time of going to print based on data available at time of collation. Stock images have been used and do not depict individuals featured in the editorial unless clearly stated. Additional images sourced from AUKWSBH and the Centre for Ageing Better.

Age UK West Sussex, Brighton & Hove is a local, independent charity that has been supporting older people across the county for over 65 years.



We'd love your support

Our goal is to inspire and enable people in our communities to love later life. You can help AUKWSBH in so many ways



Donate



Volunteer



Fundraise

 www.ageukwsbh.org.uk

 0800 019 1310

 info@ageukwsbh.org.uk

    @ageukwsbh

 Age UK West Sussex, Brighton & Hove

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