



13th - 17th June 2022

## LONELINESS AWARENESS WEEK

Help tackle loneliness; one conversation at a time

#thebighush





## Thanks for downloading the **big hush** fundraising guide!

By taking part in the **big hush** for **Loneliness Awareness Week**, you will be raising money to support lonely and isolated people right here in Bath & North East Somerset.

**Can you imagine having no one to talk to, day after day?**  
For thousands of people living alone, silence and loneliness is a reality for days and sometimes even weeks at a time.

But together we can help. Your donations will support our **Befriending Support**. We find volunteers who can visit or call people every week to banish this devastating loneliness and become lifelong friends.

**Help us tackle loneliness, one conversation at a time.**

#the**big**hush



# How to take part

**So, you've made it this far and you're wondering how to get involved...**

**The possibilities are endless!**

- Have a sponsored silence with your school friends
- Challenge your family to put their phones away for a day. Fine them every time they sneak a look!
- Have a silent family dinner
- Instagram fan? Be silent on social media for the weekend
- Have a quiet day at work, find new and different ways to communicate



#thebighush



## The difference you can make

Barbara is 84 and lives alone, she told us how her life used to be: “I think I was born 20 years too early as I was a successful woman, and many men didn’t like it that I tried to have a voice. I was brought up to be the boss lady. I wasn’t scared to say what I thought and tell people what do.”



For someone so lively and independent, her life now seems in stark contrast. Due to arthritis and suffering two minor strokes, Barbara is housebound and lives alone in an isolated rural area.

“My voice goes horse as I don’t get to speak to anyone for days. My life is very different now. I can’t get out.”

We matched Barbara with Kat and they have developed a friendship which neither would be without.

“She’s a lovely girl and I really enjoy our chats; I look forward to it a lot. It breaks up my week. It is nice to know that someone has discovered me and knows that I have a brain!”





# How to raise money

It's your challenge, so you can do it your way. Once you have decided what your challenge will be, there are many ways to raise money:

- Get family and friends to sponsor you on Justgiving or using our sponsorship form. Set up a Justgiving page at: [www.justgiving.com/campaign/thebighush](http://www.justgiving.com/campaign/thebighush)
- Your group can pay a fee to take part. For example, everyone in your class could pay £1
- Fine your family if they break the rules!

**We have a long waiting list of people who desperately need a friend... so what are you waiting for?**

**Actions speak louder than words.**



#thebighush



# After your challenge

**Congratulations on completing the big hush challenge! The money you have raised will make a really big difference.**

Don't forget to tell everyone about your challenge and why you wanted to get involved!

We'd love to see any photos and hear how your challenge went, you can email us on [thebighush@ageukbanes.co.uk](mailto:thebighush@ageukbanes.co.uk)

Make sure to follow us on social media to see how other fundraisers have got on and see the difference your donations make. Use the hashtag #thebighush if you're posting anything on your socials



#thebighush



# Sending in your money

Donate **online** at: [www.ageukbanes.co.uk](http://www.ageukbanes.co.uk)

Send a **cheque** made payable to Age UK Bath & North East Somerset to:

Age UK Bath & North East Somerset, 18 Kingsmead Square, Bath, BA1 2AE

If you fundraised through **Justgiving**, your donations will be sent directly to us.

**Thank you so much for joining  
Age UK Bath & North East Somerset  
to tackle loneliness in our  
community; one conversation at a  
time.**

We will NEVER share your details with a third party.

Age UK Bath & North East Somerset, 18 Kingsmead Square, Bath, BA1 2AE  
T: 01225 466135 E: [reception@ageukbanes.co.uk](mailto:reception@ageukbanes.co.uk) W: [www.ageukbanes.co.uk](http://www.ageukbanes.co.uk)

Registered Charity no: 1110455

**#thebig**hush