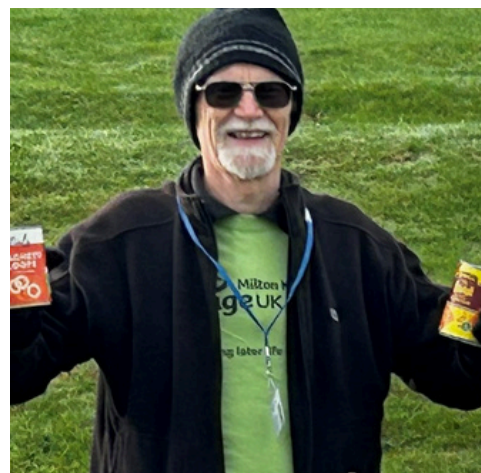


Personal Support Pack



Who we are

Age UK Milton Keynes is a local, independent charity that has been dedicated to supporting older people for more than 46 years.

ageukmiltonkeynes.org.uk
search [ageukmiltonkeynes](http://ageukmiltonkeynes.org.uk)

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The information and articles in this brochure were correct at time of going to print based on data available at time of collation. Stock images have been used throughout and do not depict individuals featured in the editorial unless clearly stated.

Love Later Life



Getting started with your fundraising

I would like to take this opportunity to personally thank you for choosing to support Age UK Milton Keynes. We are delighted to be working with you and look forward to helping you in raising funds for Age UK Milton Keynes.

Funds raised by you will help to improve later life by reducing loneliness and isolation for older people locally. Over a million older people say they often feel lonely and five million say that television is their main form of company. This does not have to be the case and by reaching out this year we will make an enormous difference to those isolated in their own homes.

In this pack you will find a little more information about who we are and what we do. We also have some fun fundraising suggestions and a typical Age UK Milton Keynes events calendar, this one outlining the events this year.

If you have any questions, queries or just need some fundraising advice then please give the fundraising team a call on 01908 557891.

Once again, thank you for supporting Age UK Milton Keynes and I wish you the best of luck with your fundraising efforts.

Simon Tuck
Events and Community Fundraiser



About Us

Age UK Milton Keynes is an independent local charity. We have been working to improve later life in the borough of Milton Keynes for over 45 years. We have a dedicated workforce of around 153 paid workers (mostly part-time) and 365 volunteers who provide services and support to older people in Milton Keynes.

Age UK Milton Keynes works with and for older people to make a real and positive difference that contributes to their wellbeing and quality of life.

We have provided activities and vital services to local people since June 1978 and every £1 given to the charity enables us to carry on improving later life in Milton Keynes. Money raised in Milton Keynes stays in Milton Keynes.

We are proud to be affiliated to the national charity Age UK, formed from the merger of Age Concern and Help the Aged, but we are an independent charity, not a branch of Age UK. We share the same values, standards and overall aims:
To help all older people make more of life.



We offer a range of support, services and activities to enable local older people to make the most of later life.

These include our clubs, activity centres', dementia support, providing information and advice, offering befriending, help at home services and assistance when returning from hospital, as well as practical support in the community.

Many of our services are free to use and can provide an essential lifeline to some of the loneliest and most isolated older people.

Our vision is a world in which older people flourish and our mission is to help improve later life by providing services and support to reduce poverty, isolation and loneliness and to keep older people informed, connected, healthy and independent.



Your Support Helps

"Age UK Milton Keynes' meal delivery has been a lifesaver. The food is always warm and tasty, but it's the friendly volunteers who make it special. They bring a sense of companionship with each visit, which brightens my day. It's comforting to know that someone cares and is looking out for me."



Meet Grace

Grace had lived in Milton Keynes for nearly 40 years with her husband, David, raising their two children in a close-knit suburban community. After David's death five years earlier and her children moving to other parts of the UK, Grace felt isolated and her mobility was declining, making socialising difficult.

One day, she discovered Age UK Milton Keynes at a local community fair, where she learned about our befriending service and social activities.

A few weeks later, Grace decided to call Age UK Milton Keynes to sign up for a befriender. She was paired with a volunteer named Eleanor, a retired teacher with a vibrant personality and a love for gardening. Eleanor visits Grace once a week, and they've quickly formed a close bond, sitting in Grace's cozy living room, chatting over cups of tea about everything from gardening tips to the latest news. Eleanor's visits have become the highlight of Grace's week.

Through Age UK Milton Keynes, Grace has also discovered a weekly social group that meets at The Peartree Centre. Though she was hesitant at first, Eleanor encouraged her to give it a try. The group was a mix of people from different backgrounds, but they all shared a common need for connection. Grace has made new friends and even reconnected with a few old acquaintances she hadn't seen in years.

As Grace has become more involved with Age UK Milton Keynes, she finds herself participating in activities she hasn't done in a long time. These activities not only help her stay active but also give her a sense of purpose and belonging.

For Grace, Age UK Milton Keynes has become more than just an organisation providing services - it is a source of warmth, connection, and a reminder that even in the later stages of life, new friendships and experiences are always possible.



Meet Tom

Tom had always been the reliable one in his family. A retired engineer, he was known for his precise memory and knack for solving complex problems.

He and his wife, Janet, had spent over 40 years in Milton Keynes, raising their two children and embracing their community. But when Tom began forgetting small things - where he'd left his glasses, the names of neighbours - Janet grew concerned. The final straw came when he got lost on his way home from the local shop, a route he'd walked for decades.

A doctor's visit confirmed their worst fear: Tom had early-stage dementia.

Janet felt overwhelmed by the diagnosis. While she was determined to care for Tom at home, she didn't know where to start. A friend suggested she contact Age UK Milton Keynes. The very next day, a compassionate advisor named Claire came to their home. She sat with Janet and Tom, explaining the resources available to them and listening to their concerns.

Claire helped Janet set up a daily routine for Tom, incorporating simple tasks that kept him engaged without causing frustration. She also introduced Janet to a local support group for caregivers, where she could share her experiences and find comfort among those who understood her struggle. The group became a source of strength for Janet, allowing her to vent and learn from others who were going through similar challenges.



For Tom, Relief Care at Age UK Milton Keynes arranged a weekly companion service. A volunteer named George began visiting Tom twice a week, taking him for walks in the park and helping him with puzzles, which Tom still enjoyed. These visits gave Janet a much-needed break, allowing her time to rest and take care of herself.

With the help of Age UK Milton Keynes, Tom and Janet found a new rhythm in their lives. While the journey ahead was uncertain, they felt supported and knew they weren't alone in facing the challenges of dementia. The organisation's guidance made a world of difference, bringing light to a path that once seemed daunting and dark.





Getting started with your fundraising

Here are a few things to think about before you get going...

Decide what you want to do

When choosing what kind of fundraising or event you want to do, pick something you will enjoy. If you love being fit and active, you may want to take part in a sponsored sports event, such as a marathon. Or if you love getting people together and socialising, maybe you would enjoy hosting a quiz night or social event.

Make a plan!

Think about how you are going to make your fundraising happen. Make a list of everything you'll need to do to make it a success. How will you raise the money? Do you have a fundraising target to aim for?

If you are taking part in a challenge, such as a marathon or skydive, you could ask friends, family, your employer, colleagues, and your local community to sponsor you. We can provide sponsor forms and it's a good idea to set up an online fundraising page (see 'Get online').

Whatever you choose to do, make sure your fundraising target is realistic and you have a plan to achieve it.

Spread the word!

Once you know what you are doing and when you are doing it, let everyone know!

The more people you tell, the more potential you have to raise funds, so drum up interest by telling friends, family, work colleagues and social media contacts. Don't forget to let us know what you are doing too - please complete the registration form at the end of this pack and return to us so we can support you!

Get online

You can set up a fundraising page by clicking the '**Fundraise For Us**' button at the top of our page. Follow the step-by-step instructions and don't forget to include in your story why you are fundraising for us. The more emotive it is, the more people will want to donate! This is one of the easiest ways to fundraise as donations are sent directly to us including any Gift Aid. Don't forget to let people know about your page by sending them the link - you could also share on social media. If you have any problems setting up your page or you need any help, just let us know. If you are collecting donations and have money to send us, please see 'How to send your money to us'.

We can help!

This pack is designed to give you tips and advice on how to make your fundraising a success but the team at Age UK Milton Keynes are also here to help! Contact us on fundraising@ageukmiltonkeynes.org.uk

Keeping it safe and legal

When you are fundraising for Age UK Milton Keynes, we want you to have fun and enjoy the experience, but we also want you to stay safe and keep everything legal. Below are a few things you may need to think about...



Raffles

You don't need to get a licence for a raffle as long as you are holding the draw on the same day as you sell the tickets. You can use cloakroom tickets but make sure all tickets are sold for the same price and the reason for the raffle, e.g to benefit Age UK Milton Keynes, is made clear.

Licences

There are some things you will need special licences to cover, for example if you are planning to sell alcohol at an event or you want to hold a street collection, you will need to obtain a licence from the relevant local authority. If you want to hold a collection on private property, you will need permission from the owner. You must not collect door to door. If you are unsure whether you need a licence for your fundraising activity, your local authority will be able to advise you.

Children

Any children taking part in fundraising under the age of 17 must be accompanied by an adult. You must also get parental permission if you take any photographs.

Insurance

You are responsible for any third-party event that you host, so always check with the venue that they have appropriate insurance. Age UK Milton Keynes cannot accept liability for any third-party fundraising activity.

Money

Make sure you count any cash you raise with another person so they can verify what you've raised. If any of your supporters/sponsors want to give you their donation as a cheque, please ask them to make it payable to **“Age UK Milton Keynes”**.

Always keep a record of what you've received for each activity and see the section on sending us your donations for how to pay in what you raise.

Food Hygiene

If you are preparing or handling food yourself, please remember to adhere to basic rules for the safe and hygienic preparation, cooking and storing of food. For more information, please visit The Food Standards Agency website www.food.gov.uk



Maximise your fundraising

Don't forget to shout about what you are doing - people can only donate if they know about it!

Share, share, share!

If you have set up an online fundraising page on Just Giving, make sure you share the link with all your connections and tell them what you are doing and why. You can spread the word via social media such as Facebook, X and Instagram or email/text your contacts if you need any support with your online page please get in touch!

Gift Aid It

Thanks to Gift Aid we can claim an extra 25p for every £1 donated at no extra cost to the donor, helping your fundraising to go even further. If your donors/sponsors are eligible for us to claim Gift Aid on their donation (they must be a UK taxpayer and pay Income Tax or Capital Gains Tax at least equal to or more than the amount of Gift Aid claimed on all their donations in that tax year) make sure they tick the Gift Aid box on your sponsor form and provide their full name and home address to enable us to claim this. If they are donating online, they will be asked for these details.

Contact your local media

People love to hear what others in their community are doing. Contact your local press (newspaper, radio etc) with details of your story and a photo? The more emotive or unique your story is, the more likely they are to pick it up.

Document your achievements

Take photos and videos of your preparations /training and of the fundraising activity itself. As long as you have consent from anyone in the photos, you can use these to post updates on your online donation page, on social media, by email to your contacts etc. When posting on social media, don't forget to tag us in your Facebook and Instagram posts (@ageukmiltonkeynes) and mention us on X (@AgeUKMKchatter).

Matched Funding

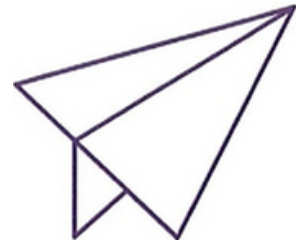
Some companies offer a matched funding scheme . Ask your company if they offer this or if they will consider giving a donation towards your total.

We can help!

If you're in doubt about anything, please contact us for advice! Please do get in touch for more guidance or with any questions.

fundraising@ageukmiltonkeynes.org.uk

Sending us your donations



Now the hard work of fundraising is done, it's time to get those donations sent in so they can help us support local older people.

JustGiving

If you are fundraising through JustGiving all donations will automatically come direct to Age UK Milton Keynes, you don't need to do a thing!

Collecting cash donations

If you are collecting donations / sponsorship from people, you will need to send this to us along with any sponsor forms that go with them or a note with your name and contact details and what the money is for.

Please don't send cash in the post - please convert cash donations into one cheque made payable to Age UK Milton Keynes and send to us at or pop the cash to the Fundraising Team, Age UK Milton Keynes, The Peartree Centre, 1 Chadds Lane, Peartree Bridge, Milton Keynes MK6 3EB.

Paying over the phone

Alternatively, you can pay in your donation or sponsorship over the phone: Call us on 01908 550700 with your card details. Please tell whoever is taking your donation what you are donating for. If you have any sponsor forms, please either scan and email them to us fundraising@ageukmiltonkeynes.co.uk or pop them in the post to the fundraising team.

Paying by BACS

You can pay directly into our bank account. Please contact us directly for information.

If you haven't already, please also get in touch to tell us by emailing us at fundraising@ageukmiltonkeynes.co.uk so we can thank you! And don't forget to send us any completed sponsor forms.

Whatever you decide to do to raise funds, thank you for choosing Age UK Milton Keynes to benefit!



A-Z fundraising ideas

A: Arts and crafts fair, Afternoon Tea party, Auction / Auction of promises, Abseiling.

B: Barn dance, BBQ, Bake sale. Bingo, Beard shaving, Birthday fundraising, Bike ride.

C: Cake sale, Coffee morning, Cinema screening, Concert, Cream Tea.

D: Disco, Dinner party, Dances, Darts match, Dress Up Day.

E: Easter Egg Hunt, Exhibitions, Eating Competition, Easter Party, Eurovision Party.

F: Fashion show, Fun Day, Face painting, Football match / 5-a-side football, Fancy-dress, Film Nights.

G: Golf fundraising, Games night, Girls Night In, Give it up for a day, week or month!

H: Head shave, Hair dye, Halloween party, Hogmanay, Hiking.

I: Ice skating party, International evening / International Day, It's a Knockout, Irish Night / Day

J: James Bond evening, Jumble sale, Jewellery making/selling, Jazz Night.

K: Knitting, Kids fun day, Karaoke night.

L: Lunch party, Lawn mowing, Luncheon / Lunch Club, Leap Year Day Fun, Livestream.

M: Matched giving, Music concert, Marathon events, Mulled Wine evening, Music Night.

N: New Year's resolutions, netball tournament, No Make-Up Selfie / Natural Week, Name the Teddy.

O: Opera night, Olympics day, Office Collection Day / Office Fundraising, Open Garden, Obstacle course.

P: Plant sale, Pyjama day, Pamper Day, Pancake race / Pancake Day / Shrove Tuesday, Pool Competition.

Q: Quit chocolate for a month, Question Time, Quiz night, Quintessentially British Day.

R: Race night, Raffle, Running, Read-a-thon.

S: Sponsored silence, Sweepstake, Skydiving, Swimming.

T: Tuck shop, Treasure hunt, Tea party, Tug-of-War, Talent Contest, Triathlon.

U: Uniform dress up, Unwanted present sale, University Challenge Night.

V: Village fete, Villains and Superheroes night, Valentine's Day, Vintage Sale.

W: Xmas hampers; Xmas card sale, X-Factor Competition, Xbox / Playstation / Console Night.

X: Wine and cheese party, Weight of the cake, Walk, Wax It, Wear It. Who wants to be a Millionaire.

Y: Yacht race, Yo-Yo competition, Yoga marathon, Year to Remember.

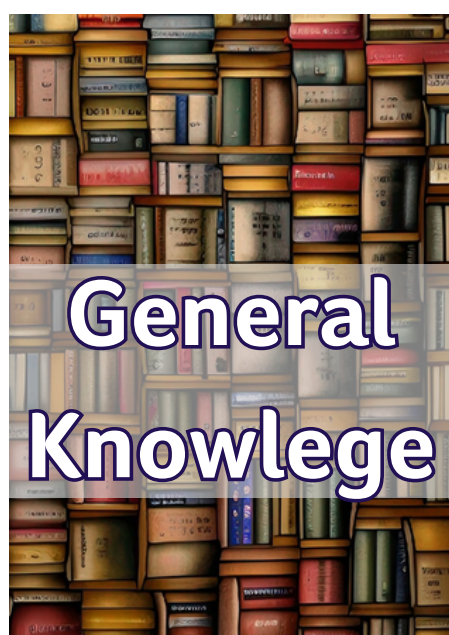
Z: Zumbathon, Zoo themed fancy dress, Zip Wire Teddy.

Quiz Nights

Let us help you create the Best quiz night ever.

- Online we have quiz Questions.
- We can create a Quiz Posters for you.
- Provide Banners. T-Shirts

Get in touch and allow us to help you.



Have a look online at our website

<https://www.ageuk.org.uk/miltonkeynes/get-involved/fundraising/quiz-nights/>



Dedicated Support Worker

We are pleased to offer the provision of a dedicated Support Worker for your upcoming fundraising activity.

Our Support Worker will be committed to enhancing the success and impact of your event, providing invaluable assistance and support throughout the process.

Leaflets Banners and posters!!

In addition, our team can assist you in designing high-quality promotional materials, including leaflets, banners, and posters, tailored to effectively advertise your event. Our goal is to elevate your fundraiser's visibility and reach, ensuring maximum engagement and participation.

Social Media!

Harnessing the power of social media, we propose the creation of engaging TikTok videos, reels, and dynamic posters to amplify awareness of your event. Take a glimpse into our past endeavors and promotional content on our YouTube Page.

[YouTube Page: youtube.com/@agemk]

Moreover, we are committed to boosting your event's visibility across various social media platforms. Connect with us on:

- Facebook:
facebook.com/ageukmiltonkeynes/
- Twitter: twitter.com/AgeUKMKchatter
- Instagram:
instagram.com/ageukmiltonkeynes/

Let us collaborate to make your fundraiser a resounding success, leaving a lasting impact on your cause and community.

How we support you

Creating a Just Giving Page

We are dedicated to streamlining your fundraising efforts. Let us expedite the process by assisting you in setting up a JustGiving page. Alternatively, you can watch our instructional video (accessible via the link on the back page). By establishing a JustGiving page, donors can contribute effortlessly, and we can efficiently claim Gift Aid on eligible donations.

Promotional Wear

To enhance your visibility and brand recognition, we are pleased to provide Age UK Milton Keynes Tee-shirts for your use. Additionally, we will procure a running tee-shirt tailored to your preferences, ensuring comfort and style as you champion our cause.

We can help!

In addition to the resources provided in this pack, our dedicated team at Age UK Milton Keynes is readily available to offer guidance and support to maximize the success of your fundraising endeavors. Feel free to reach out to us via email at fundraising@ageukmiltonkeynes.org.uk for personalized assistance and expert advice.

Let's collaborate to make your fundraising efforts a resounding success, leaving a lasting impact on our community.



Fundraising

Support Pack

Please complete and return this form to : Fundraising Team, The Peartree Centre, Chadds Lane, Peartree Bridge, Milton Keynes MK6 3EB or email to fundraising@ageukmiltonkeynes.org.uk

Your Details

Name :

Address :

Phone :

D.O.B.:

Email :

Facebook:

X:

Fundraising details

How are you planning to raise funds for us

If you are taking part in an event please give details

Event :

Date :

What's the story behind why you want to give to Age UK Milton Keynes

If you would like a running vest please let us know what size

Do you have a fundraising target? If so how much are you hoping for?

£20 Will help an older person receive a free benefits check to increase their monthly income.

£45 A visit by a befriender to a vulnerable older person in their own home

£50 Will train our Community I&A Officers, who provide practical and emotional support.

[illegible]

Helpful Links



Do you still need help?

JustGiving

Unsure of how to set up a justgiving page connected to us?

YouTube Link



Other Fundraising Activities

Meet other people who have raised money for Age UK Milton Keynes

YouTube Link



Our Fundraising Pages

For other inspiration see our online fundraising page



Sponsorship Forms

Looking for more Sponsorship Forms online?



What's App

Join our What's App Community Group to hear about new events and information from the fundraising team.

