

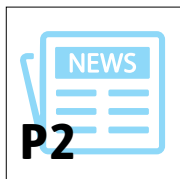
WINTER 2019

# MEMBERS' UPDATE



Our first  
ever shop  
is officially  
open!

## In this issue...



Attend our  
AGM



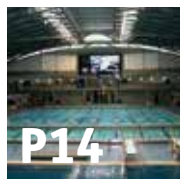
We are on a  
mission!



Events  
calendar



Meet the  
team



Member  
offers



Members' Update is produced by Age UK Sheffield for Sheffield 50+ members and Friends of Age UK Sheffield.



## Welcome to the winter edition of our magazine

This is the time of year when membership of Friends of Age UK Sheffield is renewed. A great big “thank you” to those of you who have already signed up for the next year. And a reminder that, if you haven’t, you will need to pay your £12 annual donation as soon as possible, otherwise your membership will expire.

One of the benefits of being a member is the right to attend the Age UK Sheffield annual general meeting. This year’s meeting will be at our Fire Service HQ on Friday 6 December. We have been reviewing our legal documents, called our “Articles of Association” this year. They are over a decade old and do not make provision for a Friends of Age UK Sheffield-style membership offer, particularly in terms of voting rights. We will be seeking to update these Articles with new ones at this year’s AGM. I will explain the changes at the meeting, but if you would like more information on this before the event, please call (0114) 250 2850 or email: [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk). Please also use these contact details if you would like to book to attend the event.

As usual, this edition of the magazine contains a mixture of information about events, member offers, and campaign information. One issue that we are particularly concerned about at the moment is the lack of public places in Sheffield that are willing to open their doors up freely to people who need to use their toilet facilities. We’re hoping 100 local businesses respond to our campaign by Christmas.



Finally, it is a constant challenge for any charity to raise the money they need to fund their charitable work, and we are no different. So I was delighted when we opened the doors to Age UK Sheffield's first ever charity shop at the start of September. Trading has already been brisk at the shop, at 308 Twentywell Lane. We have also agreed terms on our second shop, at 747 Abbeydale Road, and I am hoping it will be open by the time you read this. Why don't you come and have a browse, and bring us any items you no longer want which we might be able to sell.

The important thing for us is that these shops will produce a surplus which we can spend on providing charitable services to older people in Sheffield.

Best wishes.

**Steve Chu**

Chief Executive, Age UK Sheffield

## CONTACT US



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@ageuksheffield



facebook.com/  
ageuk



@ageuksheffield

# Independent Sheffield makers in our new Bradway shop



From the very start, we knew we wanted our first ever charity shop to be a little different, for it not only to be a space to sell an eclectic variety of kindly donated goods, but also a space to host workshops and information sessions as well as a place to offer a platform to local independent makers in Sheffield to sell their wares.

We are so pleased that this dream has now become a wonderful reality! The shop is open and buzzing with activity! We currently have an amazing variety of hand crafted, locally sourced and designed gifts and products on offer in the shop. Each of the maker's items are as different as the next, and they look fantastic displayed right at the front of the shop.



We currently have 14 different independent makers displaying their items. It's a fantastic opportunity to support local businesses and to help us raise money to fund our vital services.



This is because the makers are kindly making a donation towards our charity for each item sold, so it's a real win- win situation!

From handmade jewellery to Peak District prints, greetings cards to wobbly vases, we wanted to share with you some of the unique and beautiful products up for grabs! If you're ever stuck for a gift



idea, or if you're keen to get a head start on your Christmas shopping, look no further!

**We recently welcomed some special visitors in the shop from the local Bradway primary school to help us celebrate our grand opening.**

All of the children in the school were asked if they'd like to draw a picture or write a poem about an older person that is important to them, and six lucky winners were chosen to have their work displayed in the shop!

During our grand opening celebrations, the six winners and their Head Teacher came to see their work on display. They each received a certificate, a book of their choice to take home with them and a lovely slice of celebratory cake!

You can see the children's work on display, take a look at our Sheffield Makers Section and grab yourself a bargain to



support our charity from Monday – Friday 9am-5pm, 308 Twentywell Lane, Bradway.

# Loo-k out for older people in Sheffield

Sheffield businesses must do better at opening their doors to local people who need to spend a penny.



Age UK Sheffield has launched a campaign to get 100 locations in the city to make their toilet facilities freely available by Christmas, to those most in danger of getting caught short, such as older people, those living with long-term health conditions, or parents with toddlers.

Only seven city centre venues are signed up to Sheffield BID's LAVS (Lavatory and Ablution Venue Scheme) and we feel that this is nowhere near good enough.

Steve Chu explains that “Sheffield is one of England’s largest cities, yet there are only seven city centre premises signed up to the LAVS scheme. It is not acceptable for a city that wants to be Age Friendly, and I am calling for change by the end of the year.

“People are more likely to get out and about, go shopping, and spend money in the local economy, if they know they won’t get caught short. This isn’t just an older people’s issue. Thousands of Sheffields of all ages are living with long-term health

conditions and this is also a vital issue for parents of babies and toddlers.”

He added: “I recognise this cannot be a free-for-all, and that businesses can’t open their doors to anyone who wants to come in. But where people are genuinely in need of somewhere to go, they should be welcomed.”

Some people need to plan their journeys and activities around access to toilets. Some don’t even drink when they go out so that they can avoid needing to find a toilet

that is suitable for their needs.

Unfortunately, cuts and privatisation have led to the closure of many public toilets across the country.

Age UK Sheffield has launched a campaign to get 100 public places in the city to make their facilities available to those who need them. The charity will produce a directory of all places which have signed up in time for the busy Christmas shopping period.

Better access to toilets means that everyone will have better access to the community, the city and all that it has to offer. We think that is definitely something worth fighting for.

**For further details about how to sign up for the scheme, visit [www.ageuk.org.uk/sheffield](http://www.ageuk.org.uk/sheffield) or phone (0114) 250 2850.**



**“The BBC reports that UK councils stopped maintaining around 13% of public toilets between 2010 and 2018.”**

# EVENTS CALENDAR

## Here's our events guide for October - January.

Please note: You must be a Friends of Age UK Sheffield member to obtain these discounts, and be able to present your membership card/quote membership number at the time of booking.

### Coach trips

#### Royles Travel

.....

Royles Travel are offering Friends of Age UK Sheffield members **£5 off** any of their day trips. Here is a small selection of their forthcoming trips. To book a trip, simply call the number.

#### Upcoming Trips:

##### Sunday 20th October:

Duxford Imperial War Museum

FOAKS Membership Travel price: £25

Visit a historic airfield and museum of aviation history full of activity, excitement and nostalgia with over six hectares of displays including spitfires and Concorde.

Cost of event on arrival: £13.60

##### Monday 2nd December:

Derbyshire Tour, Castleton Illuminations & Christmas Evening Meal



**ROYLES**  
T R A V E L  
Family Run Business - Est 1990  
[www.roylestravel.co.uk](http://www.roylestravel.co.uk)

**Door to Door Luxury Coach Holidays  
Weekend Breaks & Day Excursions**

**Telephone for Brochure & Special Offers**

**114 Tunwell Avenue - Ecclesfield - Sheffield - S5 9FG  
T. (0114) 245 4519 - M. 07831 192631**

FOAKS Membership Travel price: £20

Frosty mornings and sometimes even snow-capped hills make for a picturesque backdrop to the Derbyshire Tour. You'll visit the Christmas illuminations in Castleton before the last stop of the day at the famous Yorkshire Bridge Inn at Bamford for a sumptuous Christmas Evening Meal.

Cost of event on arrival: £16.45, includes a set two course Christmas evening meal with coffee and a mince pie.

##### Friday 6th December:

Stratford-upon-Avon Victorian Christmas Market

FOAKS Membership Travel price: £24

Visit the Victorian Christmas Market with over 150 stalls. There will be an abundance of seasonal gifts, street food, seasonal drinks and entertainment, all displayed under the famous Christmas lights.

To see all the Royles 2019 day trips, visit **[www.roylestravel.co.uk](http://www.roylestravel.co.uk)**, or call **0114 245 4519**. Or pick up a brochure from the Age UK Sheffield office.



## Digital drop-in sessions

Would you like some help with your smart phone, tablet, camera or computer? Would you like to learn how to video call your family and friends?

### We can help!

Pop along to our free digital drop-in session and see one of our knowledgeable and friendly digital volunteers. Everyone welcome! You can attend one of the sessions at either location below, no need to book, just show up!

### Virgin Money Lounge

#### Fortnightly on Thursdays

**Thursday 10 and 24 October**

**Thursday 7 and 21 November**

**Thursday 5 and 19 December**

**Thursday 2, 16 and 30 January**

**1pm-3pm**

### Central Library

#### Fortnightly on Fridays

**Friday 4 and 18 October**

**Friday 1, 15 and 29 November**

**Friday 13 December only  
Friday 10 and 24 January**

**9.30am-11.30am**



### Digital at Home Service

If you're unable to attend one of our drop in sessions or feel that you'd benefit from a member of the Age UK Sheffield team visiting you in your home to support you with using your phone, tablet, computer etc. then we can organise this for you! Our staff are all fully DBS checked, knowledgeable and very friendly. To enquire about this service for yourself or a family member/friend please email:

**AUKS.Digital@ageuksheffield.org.uk** or call us on **(0114) 250 2850**.

## Monthly meetings and coffee mornings

**Sheffield 50+ monthly meetings** (open to all Friends of Age UK Sheffield members)

**The first Thursday of every month at the South Yorkshire Fire & Rescue HQ**

**1.30pm-3.30pm**

**Thursday 3 October**

Speaker: Ripple Project, Sheffield Mind

**Thursday 7 November**

Speaker: Katie Ryan from Shelter.

**Thursday 5 December**

**\*Time TCB\***

Speaker: Liz Murray, the Ican therapy Centre

**Coffee mornings at Crucible Corner Café**

**Every Friday**

**11am-12pm**

Our popular coffee mornings take place every Friday from 11am-12pm. New members are especially welcome! Join us for a hot cuppa and good company in the city centre.

**Venue:** Crucible Corner Café.

## Coffee mornings at Woodseats Library

### Every Wednesday

**10.30am-12pm**

Everybody welcome! They take place every Wednesday from 10.30am-12pm at Woodseats Library. New members are more than welcome to turn up on the day and join us to make new friends!

**Venue:** Woodseats Library

## Events at The Virgin Money Lounge

### Every Wednesday

**10.30am-12pm**

The following events are free to attend at the VM lounge on Fargate, City Centre.

- **Book Group:** Join our friendly monthly book group – they're always looking to welcome new members. 11am-12.30pm, on 5 November and 3 December.



- **Knit & Natter Group:** All welcome to join our friendly monthly knitting group. An ever expanding group meeting to enjoy their group knit or crochet and have a good natter. 10.30am-12pm on 12 November and 10 December.

- **Crime Reduction Drop-in:** Your chance to chat with our local Police Community Support Officers about staying safe when you're out and about and at home. 10.30am-1pm on 28 November and 19 December.

**Venue:** Virgin Money lounge, 66, Fargate, City Centre



## Memory Cafés



We are now running two more memory cafés as well as the current cafés in Dore and Totley. The New cafés are in Hillsborough and Porter Valley. We want to encourage people experiencing memory loss or people who have a diagnosis of mild to moderate dementia, their carers and friends to come along and join us. There are activities to engage, inform, stimulate and entertain everyone. Plus, it'll be an opportunity to make new friends, keep active and feel more confident.

- **Dore:** The Dore cafés are held on the first and the third Tuesdays of each month at Dore Methodist Church Hall on Savage Lane. 2-4pm.
- **Totley:** The Totley cafés are held on the second and fourth Tuesday of each month at All Saints Totley Church Hall on Totley Hall Lane. 2-4pm.
- **Hillsborough:** The Hillsborough cafés are held on the second Wednesday of the month at Hillsborough Arena, Middlewood Road. 10am-12pm.

- **Porter Valley:** The Porter Valley cafés are held on the first and third Thursday of the month at the Bents Green Methodist Church, 172 Knowle Lane. 2-4pm.

Everyone is welcome and the sessions are free to attend, (Small donations towards refreshments & running costs are always welcome and greatly appreciated as they help us continue to keep these services running.)

We do ask that you let us know that you're coming simply by calling us on **0114 2502580**.

Transport 17 will be offering accessible minibus door to door transport for the Dore and Totley cafés only. Transport to and from the venues costs £1.50 return per person. Let us know if you would like to book your place on the minivan when you call us on the above number to let us know you're coming.

### Christmas dinner

Our annual Christmas Dinner is currently being organised, please call us if you'd like to be added to the list of people interested in attending and we will

inform you of the details once they are confirmed.

### Sporting chatter

#### Every other Friday

#### 10am-12pm

11 and 25 October, 8 and 22 November, 6 and 20 December. No booking required, everybody welcome.

**Venue:** Totley Library

### All abilities gentle Yoga

New dates and location still to be confirmed. Please contact us to be added to the wait list.

### Body conditioning class

#### Thursdays

#### 2.30-3.30pm

Coffee afterwards. No booking required

**Venue:** Dore and Totley United Reformed Church

### Table tennis

#### Thursdays 3-5pm and Fridays 7-9pm

No booking required, everybody welcome.

**Venue:** Bradway Community Hall



## MEET THE TEAM

# John Parr

John is one of our information and advice officers who joined our charity in November 2018.



John Parr

### What does your role involve?

My role is predominantly based around advising people about their benefit options, but I also offer information and advice to support older people with a variety of different social and economic problems.

### How did you come to work for Age UK Sheffield?

After studying my masters in politics at the University of Sheffield, I knew that I wanted to get involved in the charity sector. When I saw the job opportunity, I already knew that Age UK was a great charity, so I decided to apply! I

knew from the moment I walked into my interview that this would be a great place to work. It's such a welcoming and supportive environment and I really enjoy working as part of this team.

### What's your favourite part about the job?

There's a new challenge every day. I love that I get to go out and meet new people and that we have such a person centred approach. When we meet a new client we find out what they need, rather than meeting them with a plan already in mind. It's not like there are strict

targets or deadlines to meet, and when they are met we leave. Instead, we can take the time to really support a client for as long as they need our help.

### What inspires you in your work?

The people we support. We get to meet so many different people from different backgrounds that are experiencing difficult circumstances, yet are so motivated to create a better life for themselves and others. It's really amazing to see the motivation that carers have, they do amazing things and have such drive



to look after the person or people they care for. I recently visited a client who's partner cares for them. Their carer has mobility issues and my client had suffered a stroke and was recently bed bound. But he stood up and was very proud to show me how far he could walk now, which was quite an emotional and very inspiring moment.

### **Do you think there are any misconceptions about your role?**

I think people might assume that I mostly just help people to fill in lots of forms, but there's so much more to it than

that. Everyone on the information and advice team puts so much effort into supporting each of our clients. Once you start to talk to a client you build a rapport and often a small thing can unravel a whole host of things that they need help with. It's a real privilege to help somebody, especially when they are able to open up and share something that might be difficult for them. For example by sharing that they are lonely and struggling with social isolation, which is something we can then help with. So it's not just filling in forms, it's really getting to know

an individual and being able to support them holistically.

### **Tell us a fun fact about yourself!**

I play guitar! I'm part of a duo and we write our own songs and play covers too. We are called "The Shambles" because we can be pretty disorganised!

**You can contact our Information and Advice service by calling 0114 250 2850 or emailing [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)**

# Membership offers



## Swim and sauna for free!

We've teamed up with Nuffield Health, off Ecclesall Road to organise a free 14 consecutive day pass for our members, and you have the option to bring a +1!

Facilities include...

- 25m Swimming Pool
- Sauna, 3 Jacuzzi's and Steam Room
- Fully equipped and air-conditioned gym
- Over 100 classes per week
- On site medical centre with fully qualified GPs and Physios
- Beauty salon
- Café

For further information, call **0114 276 5333** or email [jack.smith@nuffieldhealth.com](mailto:jack.smith@nuffieldhealth.com)



## Daybell and Choo

15% discount for members. The promotion can be used for spectacle purchases in-store.

Daybell and Choo, 290-294 Sharrow Vale Road, Sheffield S11 8ZL

**0114 267 1828**

[info@daybellchoo.co.uk](mailto:info@daybellchoo.co.uk)



## Greensleeves Lawn Care

Free consultation and 20%. Get a free lawn consultation with Greensleeves Lawn Care (South Sheffield), and get 20% discount on your first year. To claim this offer, simply phone (0114) 245 6539 or e-mail: [southsheffield@greensleeves-uk.com](mailto:southsheffield@greensleeves-uk.com)

Offer available within the

following Sheffield post code areas: S7, S8, S9, S10, S11, S12, S13, S14, S17, S18.

## John Lewis

### John Lewis

Members can claim a £50 John Lewis voucher\*, after purchasing a laptop or tablet from the Barker's Pool store. To redeem the offer, simply send proof of your purchase to Age UK Sheffield.

\*Limited supply, first come, first served.



## Redbrik Estate Agents

20% off selling commission. Quote AGE UK – Redbrik19 when booking your valuation. Redbrik is the #1 Agent in Yorkshire & helps people sell homes across Sheffield.

Call **0114 399 0567** for a free valuation today.

## Solicitors

### Free legal advice

The following solicitors firms offer free legal advice sessions on older people's issues if required to Age UK Sheffield members and customers.

- Keebles
- Best Solicitors
- Howells LLP

For information on booking a free legal advice session, call the Age UK Sheffield office on **(0114) 250 2850** or e-mail: [enquiries@ageuksheffield.org.uk](mailto:enquiries@ageuksheffield.org.uk)

### Discounts from solicitors

Keebles – 15% off fees relating to Wills or lasting Power of Attorney. **0114 276 5555**.

Best Solicitors – 20% off all services. Home visits available if required. **0114 358 3134**.



### Self-Guided Sheffield Heritage Walks

Explore, discover and enjoy Sheffield with two unique, self-guided, quirky, heritage walks with an optional treasure hunt.

Buy in booklet or instant download format from [www.curiousabout.co.uk/sheffield](http://www.curiousabout.co.uk/sheffield) and explore in your own time. Enter code **“Sheffield20”** at the checkout for a 20% discount when you spend £10 or more with Curious About.

**SHEFFIELD  
THEATRES**

### Sheffield Theatres

Sheffield Theatres are offering Friends of Age UK Sheffield members 10% off at their café and bar, on production of your membership card.



## The AgeUK LifeCARD

In order to access the lifeCARD, all customers need to provide their AgeUK card at the point of purchase. We are pleased to confirm the following across our sites:

- **Discounted Swimming** – Age UK Lifecard holders can swim at **any** SIV pool, during opening hours, at a discounted price;

**Ponds Forge** - £2.55 (Mon-Fri 6.30am-3.30pm) / £4.65 (Mon-Fri after 3.30pm and weekends) – in the competition pool. Selected leisure pool sessions Mon-Fri £3.85/Weekends £4.65

**Ponds Forge** dedicated Age UK only sessions;

- Mondays - 12-2pm (competition pool) / 12-1.30pm (leisure pool) (Both members-only sessions)
- Wednesdays – 10-11am (leisure pool – open session)
- Fridays 12-1pm (competition pool – members-only session).

**The session on Friday 25 October is cancelled due to Swim England Master competition. Apologies**

- **Café Discount** – 15% off selected food and beverages at the foodtc café at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre and Ponds Forge.
- **Up to 20% discount** – off a wide range of sport and leisure activities across the city.
- **Access to discounts and offers** – from SIV and their partners

**Our members should go to Ponds Forge to get their LifeCARD, which is free for new members. These LifeCARDS will not be issued at any other leisure centre.**



- **Variable swimming prices** –

Pool	Offer
Ponds Forge	LifeCARD £4.65. Age UK LifeCARD Session £2.55
Heeley Pool, Springs Leisure Centre, Westfield Sports Centre & Concord Sports Centre	£3.85 for casual swim with Any LifeCARD. Over 60 rate £2.55 with any LifeCARD (Called Age UK Swim at Concord Sports Centre).
Hillsborough Leisure Centre	£4.65 with any LifeCARD

**All first time Age UK members have the opportunity to receive a free lifeCARD with loaded free activities.**

This offer has been funded by Sheffield City Trust, a charity whose primary role is to benefit the health and wellbeing of the people of Sheffield. SIV is the operating arm of Sheffield City Trust.

All offers can be redeemed Monday-Friday before 3.30pm. The Age UK LifeCARD is free and is open to all new members of Friends of Age UK

Sheffield even if you already have an existing LifeCARD.

**Age UK LifeCARD holders have 6 months to use the following free offers from the date they receive their card:**

- **Free swimming** – swim for free 4 times at Concord Sports Centre, Heeley Swimming Pool, Hillsborough Leisure Centre, Ponds Forge or Springs Leisure Centre.
- **Free fitness classes** –take part in 4 classes

at Concord Sports Centre, EIS Sheffield, Hillsborough Leisure Centre, Ponds Forge, Springs Leisure Centre or Westfield Sports Centre. They can be the same class, or different ones, it's up to you.

- **Free tea dance** – you are entitled to one free entry to the tea dance at Sheffield City Hall on a Tuesday or Thursday – dates vary.
- **Free Golf** – enjoy a free 18 hole round of golf at Beauchief, Birley Wood, Sinfin (Derby), Tinsley Park or Tapton Park (Chesterfield) golf courses. The discount is for the green fee only.

# NEWS IN BRIEF

## **Coach House update**

Progress towards our proposed centre at The Old Coach House in Hillsborough Park is continuing. We have submitted our planning application to the council and have been speaking to several potential operators of the café. Further discussions are continuing with the Council, with the aim of submitting our final bid to the National Lottery Heritage Fund later this year.

## **Nationwide donation**

Staff from the Nationwide Building Society's Sheffield call centre visited our Wellbeing Centre to hand over a cheque for £3,405.44 that they raised from a year of fundraising. It'll be used to support our dementia services across the city. Thank you so much to everyone involved!

## **New services**

The council have chosen our charity to provide their new specialist dementia advice service, starting in October. We'll be working with local professionals such as volunteers, libraries, and housing officers, to increase their knowledge of dementia, with the aim of making Sheffield a truly dementia-friendly city.

We've also won small amounts of new funding to support local dementia projects in South-West Sheffield. We now have small grants to offer to any local community organisation that wishes to start new dementia-friendly groups, or expand existing groups to be more dementia friendly.

If you know of a local organisation which could benefit from this funding, please contact us.

## **New LGBTQ+ Resource**

age UK have created a brand new resource for older members of the LGBTQ+ community. It contains a wealth of helpful information on topics such as legal matters, marriage and civil partnership, health and wellbeing and residential care. The "LGBTQ+, navigating later life" Resource can be downloaded from the Age UK Website, or you can contact us to discuss or access this resource.

## **Age UK/Cadbury Campaign**

Age UK is working with Cadbury to help draw attention to the 225,000 older people who often go a whole week without speaking to anyone. Cadbury has donated the words from their Cadbury Dairy Milk bars. For every bar sold, 30p will go directly to Age UK to help provide vital services, support and friendship when older people need it most.



# Christmas Raffle!

Great Prizes up for grabs plus 100% of raffle ticket money goes directly to Age UK Sheffield.

We know it seems a little early, but it won't be long 'til it's that time of year again! Every year the national Age UK charity organises a Christmas Raffle in which local Age UK's like us can sell raffle tickets at a cost of £1 each. Our charity keeps the full £1 from every single raffle ticket we sell and so it's a fantastic opportunity for us to raise some funds to support the services we provide, and in turn, help even more people access our support across Sheffield.

It also allows us to spread some Christmas cheer and gives everybody who buys a raffle ticket the chance to win some pretty great prizes! If you win, you could keep your prize or even gift it to a loved one for Christmas.

If you'd like to buy some raffle tickets, you can purchase these either from our central office or from one of our new charity shops in Bradway, or our upcoming Abbeydale Road charity shop. If you have any questions at all, please don't hesitate to call us. Good luck!

**1st prize:**  
**£10,000  
or a stylish  
Hyundai  
i10**

**2nd prize:**  
**£1,000  
or a luxury  
cottage  
escape for  
two**

**3rd prize:**  
**£500**

**4th prize:**  
**£250  
cash**

**5th prize:**  
**£100  
cash**

**Please note:** The last date for purchasing tickets is 8 December and the draw takes place on 19 December. If your raffle ticket is drawn you will be contacted by Age UK to let you know which prize you have won.

# Renewal time

As a member of Friends of Age UK Sheffield, your membership runs until 30 September 2019. So now is the time to renew for the next year.

## As a reminder, members benefit from:

- This quarterly magazine and events calendar posted to your home
- A wide range of member discounts – including dedicated members only swimming sessions at Ponds Forge
- John Lewis £50 voucher (available once during membership)
- iPad loan
- Opportunities to be involved in consultations, focus groups and recruitment
- The right to attend and ask questions at Age UK Sheffield AGM
- One-to-one internet sessions

To renew your membership, simply do the following by 30 November 2019:

## Donation

Pay the £12 membership donation in any of the following ways (please tick one):

- Make a bank transfer of £12 to Age UK Sheffield. Sort code 20-76-89. Account number 90103101. **Note: you must include your name in the reference line**
- Enclose a cheque for £12 made payable to Age UK Sheffield
- Bring £12 in cash to our office. The address is at the bottom of this form.

## Your details

Title: \_\_\_\_\_ First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

E-mail address\*: \_\_\_\_\_

Postcode: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Gender: \_\_\_\_\_

Please tear off this form and return it to: **Age UK Sheffield, First Floor, South Yorkshire Fire & Rescue, 197 Eyre Street, Sheffield, S1 3FG. By 30 November 2019.**

\*From time to time we are informed of local events and offers at short notice. Please tick this box if you would like us to email you when we hear about opportunities like these

