

Dacorum Age UK needs your support

If you would like to help us support older people living in Dacorum, please make a contribution today.

Name:	When you make a donation to Dacorum Age UK, we guarantee your money goes straight to our projects, making a positive difference for older people living in Dacorum.
Address:	
Post Code:	Leave a legacy. Legacies are crucial to our income and help us sustain services upon which so many vulnerable older people depend.
Tele No.:	
Email:	

DONATION

Please accept my donation of : (Please tick as appropriate)

£100 £50 £25 £15 £5 Other Amount £__

Payment Methods

Cash Please pay cash into any Lloyds Bank, using the account details below and send this form to us to confirm details of your donation.

Cheque Please send cheques payable to Dacorum Age UK, with this form, to our address shown below.

Credit or Debit Card For **secure** online donations, including regular ones, please go to www.ageuk.org.uk/dacorum

Internet Banking Please credit the following account and send this form to us, confirming details of your donation

Lloyds Account no: **00676128** Sort Code: **30-94-08**

Use Gift Aid and you can make your donation worth more

giftaid it

For every £1 you give us, we get an extra 28p from the Inland Revenue at no extra cost to you. So just tick below.....

I would like Dacorum Age UK to claim Gift Aid on this donation, and any future donations, until further notice

Please tick Dated.....I have paid UK income and/or Capital Gains Tax at least equal to the tax that will be claimed on donations made in each tax year (currently 28p for each £1).

Please note you must advise us if your tax status changes.

THANK YOU SO MUCH FOR YOUR GENEROSITY

Dacorum Age UK, Half Moon Yard, High Street, Hemel Hempstead, HP1 3AE.

Telephone 01442 259049

Registered Charity No. 1098150

Volunteers needed:

Dacorum Age UK could not function without its team of dedicated, hardworking volunteers who provide support and opportunities for older people in Dacorum.

Whether you give two hours per month or half-day or more each week, we would welcome your support. We offer training and support for a wide variety of roles across the organisation.

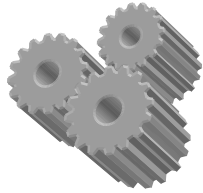
If you are 18 years or over, would like to volunteer and have the opportunity to learn new skills and make a positive difference to someone's life, please call us on 01442 259049 for more information or email admin@ageukdacorum.org.uk.



Working in partnership with



COGS CLUB



For people experiencing memory problems

Thursdays 10 a.m.-3 p.m.

Lagley House

Douglas Gardens

Berkhamsted

HP4 3PE



Dacorum's local charity for older people and their carers

www.ageuk.org.uk/dacorum

What is a COGs Club?

The club is modelled on Cognitive Stimulation Therapy (CST).

CST is a programme of structured activity sessions for small groups of people experiencing memory problems. The club provides a range of stimulating and enjoyable activities as well as the opportunity to interact socially, have fun and make new friends.

COGs clubs provide support, guidance and optimism to local older people who have memory problems. For their carers the clubs provide the opportunity to have a break and some time to themselves.

The Thursday COGS was Age UK Dacorum's second COGs club to open. It runs from 10 a.m.-3 p.m. every Monday. Please ring 01442 259049 for more information.

Age UK Dacorum is a local charity supporting older people and their carers in the community by offering a range of services including Handyperson, Befriending, Advice and Guidance, Carers' Support, Day Clubs and Friendship Teas.

Why should I attend?

For individuals:

- ◆ Regular activities to stimulate the memory
- ◆ Chance to make new friends and share experiences
- ◆ Access to trained staff and volunteers
- ◆ Light lunch/snack/tea/coffee/biscuits

For carers the options are:

- ◆ to have a break
- ◆ to attend carers' group meetings
- ◆ to discuss or acquire information on living with someone with memory problems
- ◆ Guidance on living safely at home

Is there a charge for this service?

There is a cost for attending the club, which we try to keep as low as possible. The club is supported by Dacorum Borough Council and through Dacorum Age UK's fundraising activities.

How can I join?

For further information contact:

Age UK Dacorum

Half Moon Yard

High Street

Hemel Hempstead

HP1 3AE

Tel 01442 259049/221000

E-mail:

ilsmgr@ageukdacorum.org.uk

***To love a person is
to know the song
in their heart
and sing it to them
when they have
forgotten***