

Age UK Dacorum 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 Age UK Dacorum, 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 Age UK Dacorum, 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.

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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 Age UK Dacorum 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).

THANK YOU SO MUCH FOR YOUR GENEROSITY.

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

Age UK Dacorum, Half Moon Yard, High Street,
Hemel Hempstead. HP1 3AE
Telephone 01442 259049
Registered Charity No. 1098150

Volunteers needed:

Age UK Dacorum 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

Fridays 10 a.m.– 2:30 p.m.

Pond Close

Tring



01442 221007



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 Friday COGs is Age UK Dacorum's fifth club to open. It will run from 10 a.m.– 2:30 p.m. every Friday. Please ring 01442 221007 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 Active Living Clubs, Befriending & Telephone, Carers' Support, Counselling, Friendship Teas, Handyperson Scheme, Information & Signposting and Memory Support Services.

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 Tring Town Council, Tring Lions and through Age UK Dacorum's fund-raising activities.

How can I join?

For further information contact:

Age UK Dacorum

Half Moon Yard

High Street

Hemel Hempstead

HP1 3AE

Tel 01442 221007

E-mail: mlcoordinator@ageukdacorum.org.uk

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