



Kindness at Christmas!

At a time of year when many are celebrating the festive period with friends and family, thousands of older people across the Bradford District will be on their own at Christmas; many will not even see or even speak to anyone. The thought of anyone being lonely at Christmas is simply heart breaking, so here at Age UK Bradford District we are determined to make a difference. But we need your help this Christmas. In order for us to continue the fight against loneliness at this important time of the year, we are asking for support to raise money and awareness and to get involved in our campaign, 'Kindness at Christmas'. All activities are the ultimate gifts of kindness when we see the impact they can have on an older person. The difference that you could make is huge. For example:

£2/month enables us to support 10 older people with Telephone Buddies

£3/month enables us to support 3 older people with Home Buddies

£5/month enables us to deliver an additional activity session for an average of 10 older people

£10/month enables us to fund and support engagement with 6 older people who are in crisis

£20/month enables us to recruit and train a new volunteer who will provide support to 30 older people on an ongoing basis

£10 enables us to support an older person with a Home Buddy

£20 enables us to fund and support engagement with an older people who is in crisis

£50 enables us to support 20 older people with Telephone Buddies

£100 enables us to deliver an additional activity session for an average of 16 older people

£250 enables us to recruit and train a new volunteer who will provide support 30 older people on an ongoing basis

Some of the activities we would love you to get involved with are:

Winter Wonderland Wear: it would be great if you and your family, place of work, friends group or school agreed to wear your Christmas hats or jumpers and had a collection where people donate what they can. There is no set date for this – just decide when this works for you and you can then make your donation online at: www.justgiving.com/campaign/christmaskindness2019

If you have a Secret Santa to buy for, have you looked at our sister-brand, Studio BD - www.studiobd.co.uk for inspiration on eco-friendly, upcycled and recycled gifts? Items are modern, unique and environmentally friendly.





What about making a donation to support our work at
www.justgiving.com/campaign/christmaskindness2019

Feeling eco-friendly this year? Would you consider donating to Age UK Bradford District the amount you would otherwise spend on Christmas Cards? If so, you can make your donation here:
www.justgiving.com/campaign/christmaskindness2019

Have you met Buddy? Our Buddy Scheme allows for a monthly or one off payment to Age UK Bradford District. In return a range of benefits will be provided including a discount card to use across our 8 Age UK Bradford District shops, an invitation to an exclusive Buddy event each year plus more! Full details at:
<https://www.ageuk.org.uk/bradforddistrict/about-us/news/articles/buddy-scheme2/>

Thinking ahead to New Year's resolutions, could you or someone you know become a volunteer for us and help us to make a difference? We are looking for people with a wide variety of skills. information about volunteering with us is here:
<https://www.ageuk.org.uk/bradforddistrict/get-involved/volunteer/>

These are just a few of the ways you could get involved and we know that you will have some great ideas of your own! We really hope you can consider us to be a charity you can support this Christmas time. All monies raised will go towards helping older people in Bradford District to live their best life.
If you have any queries or would like to get involved in fundraising for Age UK Bradford District this year, please contact Chris Alexander at
chris.alexander@ageukbd.org.uk
or call
01274 391190.

**Thank you and Merry Christmas from
Age UK Bradford District!**

