

We need your support

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

Full Name:			
Address:			
Postal Code:			
Telephone:			
Email:			
Donation Please accept my donation of: <i>(Specify amount or tick as appropriate.)</i>			
<input type="checkbox"/> £100	<input type="checkbox"/> £50	<input type="checkbox"/> £25	<input type="checkbox"/> £15
<input type="checkbox"/> £5	<input type="checkbox"/> £ ___		
Payment Methods			
Cash	Please pay cash into any Lloyds Bank, using the account details shown below. Then complete this form and return it to us, confirming the details of your donation.		
Cheque	Please send your cheques payable to Age UK Dacorum, with this form, to our address as listed on this leaflet.		
Credit/Debit	For secure online donations, including regular ones please visit www.ageuk.org.uk/dacorum		
Online Banking	Please debit the following account and return this form to us filled out confirming the details of your donation.		
Lloyds Bank PLC			
Account No.:	00676128	Sort-Code:	30-94-08
If you are a UK taxpayer then you can give Dacorum Age UK 25% more without it costing you an extra penny.		<i>giftaid it</i>	
All you need to do is tick one of the boxes below and claim 25% back from the tax man. To qualify for gift aid you must pay as much income, or capital gains tax, in the tax year, as the tax deducted from your donation.			
<input type="checkbox"/>	I would like Age UK Dacorum to claim Gift Aid on this specific donation and any future donations until I notify you otherwise.		

You can also support by volunteering, please contact AUKD for further details.

Thank you for your generosity 

Who we are...

Age UK Dacorum is a registered charity working locally to provide support and services to some of the most vulnerable people in our community.

Our trained staff and volunteers work together to deliver a range of high quality services, information, advice and signposting.

Our services

- Active Living Clubs
- Befriending
- Berkhamsted & Tring Good Neighbours
- Boxmoor Good Neighbours
- Carers Support
- Early Intervention Scheme
- Gardening Project
- Handy-person Scheme
- Information and Signposting
- Memory Support Clubs (Cogs / Hertswise) and Home Visits
- Personal Assistants/Home Care
- Shopping Support Service
- Telephone Befriending Club
- Virtual Online Clubs
- Walking Football

Please note that some of these services may not currently be running due to Covid-19.

For further information, please contact:

Age UK Dacorum

Half Moon Yard, Hemel Hempstead, HP1 3AE

Tel: 01442 259049

email: admin@ageukdacorum.org.uk

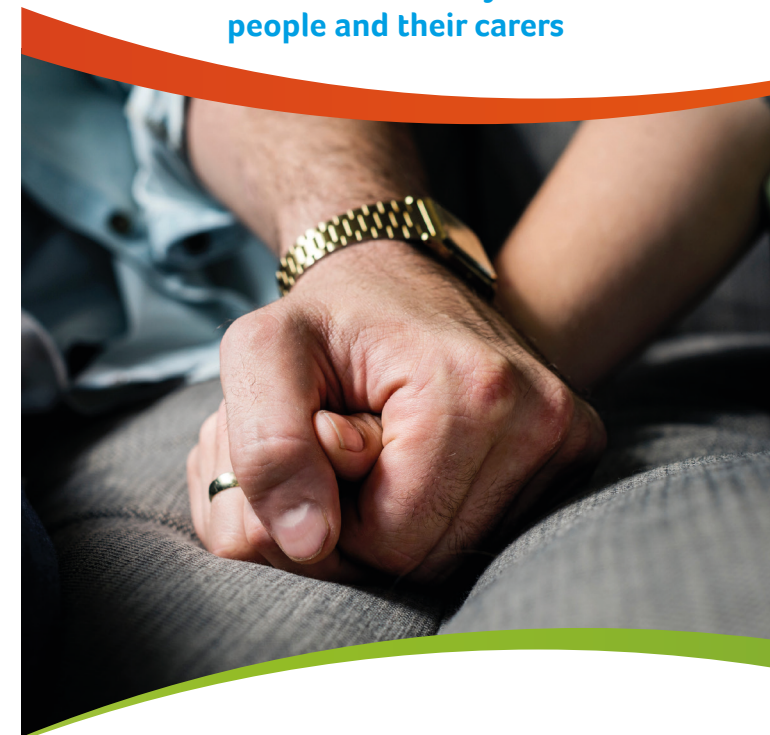
www.ageuk.org.uk/dacorum

@ageukdacorum 

ageukdacorum 



Dacorum's local charity for older people and their carers



Bereavement & Covid-19 Support Service

Covid-19 Pandemic
Helping those to live with loss

What we offer...

Age UK Dacorum now offers a bereavement & Covid-19 support service, providing a local support network for those who need emotional and practical help with:

- Grief through bereavement
- Grief through hardship
- Guidance and support for those living with dementia, low level memory loss and cognitive impairment
- Support for carers
- Coping with loss due to the pandemic
- Anxiety
- Isolation & loneliness

Grief and bereavement can affect those who live on their own, with a partner or with family. Turning to a listening ear can provide a helpful and meaningful pathway towards getting the right help. Many practical problems can bring upon emotional distress.

Knowing how to channel these concerns onto the right support can bring relief and coping strategies.

Covid-19

The coronavirus pandemic has brought new challenges:

- Coping with the effects of the pandemic
- Trying to support someone at the end of their life
- Experiencing the death of someone important to them

Free confidential listening support

Building on an established network of support, AUKD aims to provide help and guidance to those who are facing a wide range of difficulties. Our listening support service assists those who need to talk to someone, to express their feelings and get guidance with the difficulties faced at this time. Open to everyone, all are welcome.

Specially trained staff are here to listen and to offer advice.

Please call our direct line on 01442 507880. We are available between 10am-12noon:

- **Monday**
- **Tuesday**
- **Wednesday**

Outside of these times, please leave a message with your name and number and we will get back to you.

An evolving service

While lockdown restrictions are in place, the support service will be provided through telephone contact.

After restrictions are lifted, AUKD plans to open local venues within the Dacorum area where those affected by grief and bereavement can book in and have a confidential one-to-one conversation with qualified staff.

Details of these venues will be announced as soon as possible.

How we can help...

Emotional support to help with:

- Grief & bereavement
- Confusion
- Depression & anxiety
- Anger
- Exhaustion

Practical support to provide guidance with:

- Advice on continuing care
- Agencies who can help caring for carers
- Organisations to support with bereavement
- Information and signposting to relevant agencies
- Creation of an ongoing support network

