

Staying Connected

Your consent requirements

This form is to give Age UK Essex your consent for us to hold and process your personal data and how you wish to receive information from us. There are two parts to the consent you need to provide:

- **Consent to hold and process your data safely and securely.**
- **Consent for us to communicate with you in your agreed format.**

Age UK Essex, just like other organisations **must** do this to comply with the General Data Protection Regulations (GDPR). Without your consent we can not hold or process your personal data in connection with the service(s) you or someone connected with you may receive. You can update your consent at any time. If you are not sure, need some help or just have a question you can ask a friend or relative to help or give us a call.



Client details (for next of Kin, emergency contacts or other supporters please see overleaf)

Title	First name
Initials	Last name
Address	
Town/City	County
Postcode	Date of birth
Your email address	
Your preferred phone number	
Office use only Charity log ID / service	

Talking to you

You must tell us how you wish Age UK Essex to communicate with you. If you receive services from Age UK Essex we will need to phone you e.g. to book an appointment. But you also need to **choose one** of the following:

Email:	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Post:	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>
Post + Large Print:	Yes	<input type="checkbox"/>	No	<input type="checkbox"/>

What you want to receive

You can choose what you wish to receive. We will not bombard you with lots of different things and we do not share your data with anyone without your express permission.

Charity news: Yes No

Only information relating to Age UK Essex services: Yes No

Signature:

Date:

Please return to Age UK Essex via one of our staff or post to Age UK Essex Widford Hall, Widford Hall Lane, CHELMSFORD Essex CM2 8TD.