

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.

Next of kin, emergency contacts, supporters details **Tick all that apply:**

Next of Kin Emergency contact Charity supporter / club member

Please write group name here (if applicable)

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 No

Post: Yes No

Post + Large Print: Yes No

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.