



WHAT IS EAT TOGETHER for AGE UK EXETER?

#EatTogetherExeter
is a fundraising initiative created by Age UK Exeter.

WE WANT TO ACHIEVE THREE IMPORTANT OBJECTIVES:

- 1. Raise Awareness of loneliness and isolation in Exeter**
- 2. Raise Funds to support older people in Exeter**
- 3. Bring People Together over food**

WHY GET INVOLVED?

Loneliness is a huge problem in modern society. In Exeter there are 20,400 people over the age of 65; 1 in 10 of those are lonely most or all of the time. **That's over 2,000 lonely older people in Exeter!** We undertook research with Exeter Senior Voice which saw that figure rise to nearly 1 in 3 in people over 80. In the UK, half a million older people go at least five or six days a week without seeing or speaking to anyone at all (Age UK 2016).

By supporting **#EatTogetherExeter** you're directly helping Age UK Exeter to reach out to isolated and lonely people in the city through a variety of schemes including:

- Careline** - telephone calls & friendship to lone older people who have few social contacts
- Pop-in Groups** - social groups and activities happening throughout the city
- Befriending** - volunteers of all ages & from all walks of life are carefully matched up with lone older people who may feel isolated & visit them at home for an hour or 2 each week.

EVERY DONATION COUNTS

£10 pays for a month of 'Careline' calls to someone living alone.

£25 pays for a month of face-to-face visits to someone isolated in the community.

£50 pays for an older person to attend one of our social groups for six months.

£100 pays for 20 people to attend a social group once a week for a whole month.

£250 pays for a lonely older person to be matched with a volunteer visitor for a year.

HOW TO GET INVOLVED

We have oodles of ideas to inspire you. If you can, why not invite your older neighbours, friends and relatives to your get-together?

Host a Supper Club - Anyone can host their own #EatTogetherExeter supper club to raise funds for Age UK Exeter's campaign to combat loneliness. Simply invite your friends, ask them to donate and enjoy an evening of delicious cooking for a cause.

Have a Bake Sale - Organise your own #EatTogetherExeter charity bake. Get creative and team up with your friends, family and colleagues to bake some delicious cakes and to donate the proceeds.

Give an #EatTogetherExeter amateur cookery class - Are you a keen cook? Why not ask your friends for donations while you show them how to cook your favourite dishes and eat together.

Feed your colleagues - Host an #EatTogetherExeter breakfastor lunch at work.

Picnic in the Park- Take it outside with a family or community.

These are just a few ideas. Visit our website at www.ageukexeter.org.uk for more ideas and to download your fundraising pack or give us a call on 01392 202092.

SPREAD THE WORD

Whether you've cooked to help end loneliness, been to an event or just want to share pictures of your dinner on Instagram, please help to spread the word.

Share the love and tag us #EatTogetherExeter @ageukexeter

Through #EatTogetherExeter you can raise essential funds for older people in Exeter while socialising and spending quality time with friends, family and neighbours.



COMBATTING LONELINESS