

# Newsletter

## Autumn 2021



Hello and welcome to Age UK Lancashire's Autumn Newsletter.

We hope that you have been able to enjoy the further lifting of restrictions. Lancashire has had some good weather and people are starting to feel more confident to go out and return to normality. Here at Age UK Lancashire, we have all been busy continuing to support you with all our services. We are currently planning some fantastic events in the community so keep a check on our website for details. Remember we are here to support you, so do keep in touch.

Keep well and enjoy reading this newsletter.



Teri Stephenson CEO

Thankyou

## Who we have helped

February 2020 - August 2021



Responded to **8932** calls to our Advice Line



Made **870** phone calls supporting people with dementia and families



Made **10,680** visits to people's homes to deliver essential shopping, cleaning and provide support



Supported **723** people to remain independent and settled at home after a hospital visit



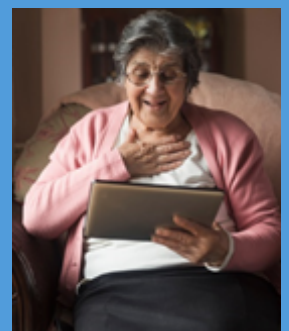
Supported **4265** older people to manage their long term health conditions

## Service spotlight: Digital Inclusion

We provide tablets, data and support to help get individuals online to access services and communicate with family and friends. This helps to combat isolation, allows users to become more financially empowered and improves mental health.

This service is available across Lancashire, and we have nearly 160 tablets out in the community. The use of the tablets varies with some people never having used a touch screen before. Many recipients simply use WhatsApp or Facebook to keep in touch with family and friends but we have a few who are getting more digitally savvy and can shop online and use money saving websites

Due to the success of our project one older person was able to video call her family who she had not seen in over a year. Another recipient was now able to use a spreadsheet to create a budget. They said that the device and support had improved their mental health and wanted to thank everyone who made it possible. You can find out more information about digital inclusion on our website.



t: 0300 303 1234

[www.ageuklancs.org.uk](http://www.ageuklancs.org.uk)

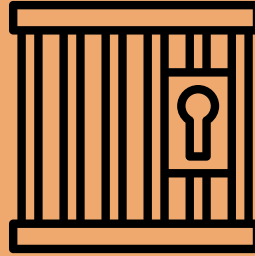
# Fundraising Events

# THANKYOU



## Breakout

Raised a total of  
**£7200**



Each participant had their own desk and had to use their network of business contacts, friends and family to ask for donations to reach their bail target. Using email, phone calls and social media they were able to drum up support throughout the day. The event also acted as a networking opportunity for the participants.

The participants included Lisa Edge from GB Shared, Sushma Solanki and Paula Whyllie teamed up to represent Sushma Snacks, Stuart Lee of Genesis IT, Richard Taylor from Taylors Estates and Anne Oliver from Age UK Lancashire.

#Sushma'snacks For Business and Education



## 3 Peaks

Raised a total of  
**£4432**



A group of 9 walkers took on the mighty Yorkshire 3 Peaks on Saturday 3rd July, in support of Age UK Lancashire.

The walkers, set off bright and early on Saturday morning and faced tough weather conditions throughout the day, with some sections being done with little visibility due to the ever-changing conditions.

*We hope to do this event next year so please look out for updates, we love for you to join us.*

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# Fundraising Events

# THANKYOU



## Canoe Challenge

A group of brave challengers took to the water recently, canoeing 25 miles from Preston to Lancaster.

A total of 20 people took part in this team challenge and were delighted to complete the event.

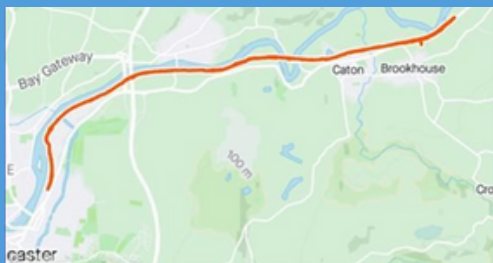
Starting bright and early near Preston, the 8 teams made their way up the Lancaster canal for 25 miles.

The fastest team finished in 6 hours 48 minutes with all teams finishing the course in under 9 hours. Well done to everyone who took part!

The next Canoe Challenge will be on Saturday 2nd April 2022, so look out for updates if you would like to take part.



## Total raised £5,435



Congratulations, this activity is your longest run on Strava!

Distance  
13.45 mi

Avg Pace  
11:00 /mi

Moving Time  
2:27:58

Elevation Gain  
97 ft

Big thank you to Jack Evans who took part in the Great North Run to raise money for our charity. The event took place on Sunday 12th September in Newcastle and as always was a fantastic event. Jack has done amazingly well with his fundraising efforts and raised £1653.53 in sponsorship for us!

Mia Lodge, who is 15 and lives in Lancashire, took on her own personal half marathon for us and raised a brilliant £250 in sponsorship and completed the run in 2hr 27 minutes! Very impressive indeed. Well done to Mia, who is keen to take part in the Great North Run for us next year!

Jack: £1654

Mia: £250

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# Get involved

## Ways you can support us



### Upcoming Events

**Sleep Out - Fri 19th November @ Clitheroe Football Club. Join us with your friends for a night under the stars**

**Lytham Hall Afternoon Tea - Fri 12th November only £20 a ticket. Tea, Cakes and Sandwiches in stunning surroundings.**

**Contact us to register your interest**

### Retirement Planning

**Have you put a plan in place yet? We have developed a workshop to help you create an action plan for your best retirement. Contact us to find out more.**

### Make a donation

One of the easiest ways to support us is by making a one off or regular donation.

You can do this:

- Online by clicking [here](#)
- Posting a cheque - Age UK Lancashire, Lifestyle Centre, Gillibrand Street, Chorley, Lancashire, PR7 2EJ
- Contact us for a Donations Form

### We need your stamps!

We can turn your used postage stamps into funds to support our charitable work!

We have collection points in each of our charity shops and freepost envelopes to keep at home that you can send us when its full of stamps. Simple!

Contact us to receive your pre paid envelope or drop your stamps off at any of our shops or offices.

**Will Writing - Working with local approved solicitors offering low cost face to face or telephone appointments.**

Making a will is vital to ensure your estate goes to the people and causes that you care about. Contact us for details.

**100% of the money we raise stays in Lancashire, directly supporting our work.**

**To get involved with any of our fundraising activities, visit our website or contact:**

**[fundraising@ageuklancs.org.uk](mailto:fundraising@ageuklancs.org.uk)**

**Follow us and share our posts on social media**



**t: 0300 303 1234**

**[www.ageuklancs.org.uk](http://www.ageuklancs.org.uk)**