

Newsletter

Autumn 2022



Interactive Newsletter!



Hello and welcome to the Autumn edition of our newsletter. This edition focuses on the information and support we are providing to help you understand and cope through the cost of living crisis.

We know that everyone is feeling the pinch financially, and with the cold weather fast approaching, we are very aware of the impact the increase in energy costs can have on people's quality of life.

Each winter as many older people face the choice of eating or heating. Age UK Lancashire provides increased support through our Information & Advice services & community events and campaigns. This year we expect an increased demand for our help, so raising our own funds to enable us to meet that demand is vital.

This newsletter features information on where to get cost of living advice, plus a host of fundraising activities that we would encourage you to get involved with and to share with your family and friends, including our Gift of Kindness appeal, our Christmas Tree Collection Scheme and of course we are still doing our stamp collections too!

As always I hope you enjoy reading and wish you and your loved ones a happy and healthy Autumn.



Teri Stephenson CEO

Cost of living support

Whether you are concerned about the rising cost of your energy bills, how you are going to afford them or what type of support is available from the Government, we can help. Our website has up to date information and links which will help you, including information on energy saving tips, insulation and boiler grants, plus how to cope in a power cut.

We also have information on how to sign up for the Extra Care Register (formerly the Priority Services Register).

Would you like a Cost of Living information pack?

They contain a whole host of information and include a benefit check form, that can be completed and returned to us, so we can carry out the check for you.

Our site also has a link to an online benefit calculator so you can check what you are entitled to.

For all of this information please visit our site by clicking [here](#).



t: 0300 303 1234

www.ageuklancs.org.uk

Fundraising Events

THANKYOU



Walk the Big One

Huge congratulations to the team of 6 inspirational ladies who took on The Big One at Blackpool Pleasure Beach - and walked all the way to the top.

On a slightly rainy and windy day in September, these brave ladies took on the huge challenge of walking to the very top of one of the tallest rollercoasters in England!



In total the group have raised an amazing **£1278** through their bravery, and we are told the view from the top was spectacular! Thank you to the team at Blackpool Pleasure Beach for making this happen.

Do you fancy giving it a go? Why not get in touch with us to find out more...

Upcoming events

Sleep Out

Taking place at Clitheroe Football Club, on Friday 11th November, the Sleepout gives you the chance to get together with friends, family or colleagues and be part of a mass sleepover.

Includes quiz, pizzas and refreshments!

Places cost £20 each or £50 for a group of 4.

[Click here for more details](#)



Sleep Out 2022



@Clitheroe FC Stadium

Friday 11th November

t: 0300 303 1234

www.ageuklancs.org.uk

Give a Box of Kindness this Christmas...

We are asking you to help us provide a gift to a lonely older person this festive season and it couldn't be easier!

All you need to do is find a shoe box, or similar and put items in such as:

- Hats & Gloves
- Reading books
- Puzzle books
- Bars of soap
- A card

Drop off week from
29th Nov to 6th Dec



These are just a few suggestions for you!

The Gift of Kindness appeal is part of our Big Give appeal where we aim to raise as much as possible for our **Emergency Fund**, which can support people who need it the most with household items and urgent support.

Along with your gift box, which will be given to a local older person, we are asking you to make a minimum donation of just £5 which will be **DOUBLED** by the Big Give!

Donations can be made via QR code at the drop off points.

From 1st November, full details of the appeal can be found on our website where you can also download a special gift tag, get some great ideas for your boxes and find your nearest drop off point.

www.ageuklancs.org.uk

Launching on 1st
November!

Join our Gift of Kindness Appeal and make a lonely
older person smile this Christmas

giftaid it

Sponsored by **PURE ENERGY**
POWER

Registered with
FR FUNDRAISING
REGULATOR

RECYCLE YOUR CHRISTMAS TREE

CHRISTMAS TREE COLLECTION



**Book by 5th
January!**

**A GREENER OPTION TO DISPOSE
OF YOUR CHRISTMAS TREE**

**We will collect your real Christmas Tree and recycle it.
No trips to the tip, no chopping up, hassle free!**

**Collections will take place from
Saturday 7th January 2023**

Available to postcodes within the Ribble Valley

Minimum donation £10

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**Booking opens on 1st December
via our website**

www.ageuklancs.org.uk

Grab our exclusive 2023 Calendar!



Featuring the very cute pets
of our wonderful team here at
Age UK Lancashire

Great
gift
idea

£6



The calendars are A4 size and feature a different pet for each month, and we must say they are all very cute! Why not treat yourself or a friends as they make the perfect gift for Christmas? Available from any of our shops, or email fundraising@ageuklancs.org.uk to order.

One Good Item



It's time to check your **WARDROBE!**

We want to help you declutter your home by recycling or donating any quality clothing items you may have.

We are looking for just **ONE GOOD ITEM**, whether it's the special dress that is tucked away in the back of the wardrobe, the shoes that you have only worn once (but they were a bit too tight to be comfortable!), the handbag that was an absolute bargain (but you've never used it!) or perhaps even a tuxedo that has been gathering dust for years.

[Click to find your nearest shop to purchase your calendar or donate your One Good Item](#)

Get involved

Ways you can support us



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.

Printer Cartridge recycling scheme

We have launched a new scheme enabling you to recycle your printer cartridges with us.

Drop off your empty cartridges at any Age UK Lancashire charity shop & help us raise ££ and save the environment!

Find your nearest shop here

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.

Have you written your Will yet?

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.

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

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

Follow us and share our posts on social media



t: 0300 303 1234

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