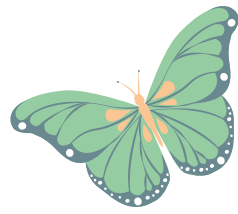


# Newsletter

## Spring 2022



Hello and thank you for reading our spring newsletter. Did you know it's interactive? You can click on the various stories & pictures throughout the newsletter to find out more details on each item!

It's been a really busy time for us here at the charity, having hosted two big fundraising events and planning ahead for more events and activities this summer. Carry on reading to find out more about what we have been up to.

We are also excited to launch our new Dementia Hubs. A lot of hard work has gone in to developing our services since the pandemic and our teams have done an amazing job. Our Day Clubs are on their way back to providing a full timetable of activities and we are now looking at more group and community-based services.

I hope you enjoy reading our Spring Newsletter and perhaps you may see something you fancy getting involved in?

Happy reading.



Teri Stephenson CEO

## Service Spotlight

### Dementia Hub & Services

We have some big news for this edition! The launch of our new Dementia Hub and our new look Dementia Service. The new Dementia Hub is a one stop shop for people living with dementia, their families and carers and for professionals working in the Health and Social Care sector.

The Hub aims to provide services for people living with dementia to improve their quality of life, improve access to social opportunities in appropriate environments, and to provide information, support and choice about the services they receive.

The Hub is designed to support unpaid carers and families with access to peer support, direct access to agencies and information to support respite and the maintenance of positive relationships with their loved one and a place where their voice is heard and valued.

The Hub will provide a platform for professionals to raise awareness of their services, connect them with service users to support their patients to achieve positive outcomes. The Hub will be delivered online and face to face in community venues across Lancashire.

For more information and stay informed, well supported and connected in all things related to dementia in Lancashire, email [thedementiahub@ageuklancs.org.uk](mailto:thedementiahub@ageuklancs.org.uk) or visit our website.





## Break Out

In March we hosted Break Out at the brilliant Turf Moor Stadium in Burnley. 3 participants took part and they were eager to complete the challenge. It truly was a day to remember for all involved as our participants tried every trick in the book with their business contacts and friends to raise bail and Break Out! They were lucky enough to have a stadium tour once they were freed and the whole event was full of laughs and and great teamwork.

Well done to Zoe Fleming (Marsden Rawlinson Solicitors), Jo Spencer (Copy Print Solutions) and Steve Ashcroft (Pure Energy Solutions), for taking part and helping us raise nearly £2000 !!



## Canoe Challenge - Lancaster Canal

In April we held our annual Canoe Challenge on the Lancaster canal, which sees teams paddle 25 miles from Preston to Lancaster. This was our 8th event and proved more popular than ever! The existing record of 6hrs 40 minutes was also smashed with a very impressive time of 6hrs 13minutes! We would like to say a big thank you to Canal & Rivers Trust, Hand & Dagger Pub and the Water Witch Pub for their support and generosity during the event. We cannot thank our participants enough, they were able to raise over £5300! The drink and food at the end was certainly well deserved!





# Fundraising Events



## Great Swim - Lake Windermere 10th, 11th and 12th of June

The Great North Swim is a fantastic event for all ages and all abilities, whether you're a seasoned swimmer or a beginner. This event has been running for 13 years and has grown from just 3000 participants to almost 10,000! You will be taking part in the 1-mile Great North Swim at Lake Windermere stretching from Ambleside in the North, to Newby Bridge in the South, which is equivalent to 64 lengths of a 25m pool and should take around 40 minutes to complete.

To participate you must be aged 16 or above.



## Great North Run - North East Sunday 11th of September

The North East's landmark event is back, feel the region come alive as the Great North Run returns to the glorious streets of Newcastle on Sunday 11 September. Experience that epic South Shields finish line celebration with us, as we return to the iconic city to take on the world's biggest half marathon.



Sign up now!

Don't miss out on this opportunity to sign up for either of these upcoming events!

To get involved email:  
[fundraising@ageuklancs.org.uk](mailto:fundraising@ageuklancs.org.uk)  
or visit [www.ageuklancs.org.uk](http://www.ageuklancs.org.uk)

t: 0300 303 1234

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

# Get involved

## Ways you can support us



### Make a donation

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

You can do this:

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

### 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.

We have appointments available around the county.

*Don't delay, make your Will today!*

### bequeathed

You can also write your Will online for FREE with Bequeathed. They provide full professional support from a solicitor to ensure your wishes are met.

This is a simple process and can be done entirely online. Click for details.

### 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.

### 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.

*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)**