

Newsletter

Winter 2021-22



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

This edition focuses on our Winter Health Campaign - where we offer top tips on keeping warm and are also encouraging people to get the flu & covid jabs, to give themselves the most protection.

Winter is always a tough time for many older people and with rising inflation and energy costs, this winter is tougher than most. As a local charity we provide information and support to ensure people are accessing any available financial support available to them as well as access to services.

Keep well and enjoy reading this newsletter.

Thank you



Teri Stephenson CEO



We're here to help you
keep warm and well
this winter.



Getting your
Covid-19 &
Flu jabs
could help...

Protect
your health
this winter.



Top tips to stay warm and well this winter

Getting your flu jab is really important, but so is how you look after yourself during the cold months. From eating well, to heating your home and staying active, everything plays a part in keeping you healthy. Click [here](#) for more advice on how to look after yourselves and your family.

t: 0300 303 1234

www.ageuklancs.org.uk

Fundraising Events

THANKYOU



Fashion Show - Mytton Fold Hotel, Whalley

The event in October was hosted at the stunning Mytton Fold Hotel and we welcomed over 100 excited guests. Our event also saw 10 local businesses set up stalls around the venue for guests to browse to their hearts content. It truly was a night to remember with plenty of people buying gifts and treats from the stalls all night.

We are extremely thankful for the support we have received at the event and we're delighted to announce that we managed to raise over **£1200**, a fantastic effort!



Sleep Out 2021 @ Clitheroe Football Club

In November we were thrilled to see 10 incredible participants dedicate their night to raise funds for Age UK Lancashire. With support from Ribble FM and Clitheroe FC, the night was amazing, if not a little cold (!) with our participants raising over **£2000** between them! A huge thank you to everyone involved. Look out for Sleep Out 2022 coming towards the end of the year...



t: 0300 303 1234

www.ageuklancs.org.uk

Fundraising Events

THANKYOU



Happi Hub Walk - East Lancs

In December, staff from Age UK Lancashire and Burnley, Pendle & Rossendale CVS joined forces to take part in a sponsored walk, helping to raise vital funds for both local charities.

The self-titled Happi Club donned their best fancy dress to get in the festive spirit and raised an amazing **£444!**

The funds will be split 50/50 between Age UK Lancashire and BPRCVS and go towards funding their vital work supporting some of the most vulnerable people in the local area.

Well done guys!



Christmas Tree Collection

In early January with the help of volunteers from Armitstead Barnett estate agency and Air Filtration Solutions, we set off on our merry way to collect Christmas trees that were ready to be recycled, from around the Ribble Valley.

The team gave a fantastic effort in very wet and windy conditions and managed to collect over 60 trees, from the kind residents who had booked in via our website.

This is the first time we have tried this scheme and we were delighted to have raised nearly **£1000**.

If you get a real tree and live in the Ribble Valley area, look out for our booking system opening later in the year...



t: 0300 303 1234

www.ageuklancs.org.uk

Get involved

Ways you can support us



Upcoming Events

Break Out - Tues 22nd March

Our corporate fundraiser is back!
Contact us for more details...

Canoe Challenge - Sat 2nd April

Back and bigger than ever, take on the 25 or 12 mile course on the Lancaster canal. Places going fast!

Great Swim - 10th-12th June

Unique chance to swim lake Windemere as part of an open water swimming group.

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.

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

www.ageuklancs.org.uk