

Local charity, Age UK Norfolk, has invited us to celebrate



How you can get involved:

- Encourage your child to have a meaningful interaction with an older person in their life such as sharing childhood memories or doing an activity together
- Donate £4 to pay for a Befriending call to a lonely older person in Norfolk
- If you have extra time and would like to volunteer (from as little as 30 minutes per week) you can find out more on their website:

www.ageuk.org.uk/norfolk/get-involved/volunteer/

Scan here to donate via JustGiving



