



Our Impact

2019/20



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Norwich
The City of Stories

Norwich landmark photography
kindly supplied by visitnorwich.co.uk



A message from our Patron

Photo credit: @EDP, Archant



WILLIAM ARMSTRONG OBE
Patron

*The American writer Betty Friedan once wrote, "Ageing is not lost youth but a new stage of opportunity and strength". **Age UK Norwich** is here to provide opportunities and strength to the older people of our community.*

As an organisation we enable older people to keep as healthy and active as they can, we help them to retain as much independence as possible and we make available to them a wide range of services to enhance their lives and wellbeing.

We also promote the interests of those in the later stages of their lives by working closely and collaboratively with councils and other bodies to make sure that the needs and rights of older people are given the attention they merit.

It is my privilege as Patron to introduce this booklet. It bears eloquent testimony to the tremendous work which is being carried out by Age UK Norwich. It demonstrates the vast range of our activities and shows how we are improving the lives of so many local people. We really do make a difference.

The COVID-19 crisis has brought many additional challenges and we have risen to meet these by being creative and flexible. As we move forward to a "new normal", Age UK Norwich will be needed and valued more than ever.

This is also an opportunity for me to express warm and heartfelt thanks to those who contribute to our work. We could not do what we do without the dedication, energy and commitment of our trustees, our staff, our volunteers and those who give us financial and other material support.

It was seventy-five years ago in 1945 that the predecessor of Age UK Norwich, the Norwich Older People's Welfare Committee, was set up - part of the post war vision of a more caring and compassionate society. As we move through the current crisis this is perhaps a good time to revisit that vision. We can do that by renewing our commitment to the older people of our community - celebrating them, including them and giving them the respect, dignity and quality of life to which they are entitled.

W. J. A.

Helping to make our city a great place to grow old

Welcome to our impact report for 2019/20.

During this time, we have supported thousands of older people living in Norwich and surrounding areas. We're here for anyone over 50 to provide vital help for the changes that later life can bring. We pride ourselves on promoting a positive view of older age and giving opportunities for people to live healthy and active lives.

We have made
15,398
connections across
all our services

Community Spirit

This year we had an incredible **42** groups and events take place across the city. From Tai-Chi, table tennis and ten-pin bowling, to café chats, history walks and film clubs we have helped lots of older people to become active and engaged with their community.

We also launched a **new community guide** with a handy map to help find our groups, and we were one of the first charities to use **LUMi**, Norwich City Council's online community hub.



Fighting loneliness together



We were delighted to become a member of the newly formed **Norwich Together Alliance** to help tackle loneliness in the city. Together with other local organisations including **Aviva, Norwich City Football Club, Norfolk County Council & Jarrold** we took part in projects such as the **Konnectbus 'Chatty Bus'**, which saw our volunteers give out 'happy to chat' badges and strike up conversations with older people on the Chatty Bus route.



Photo credit: Santos Photography

A Christmas treat to remember

To highlight loneliness at Christmas, **Jorge's Portuguese Restaurant** gave a group of older people with little or no family a Christmas lunch that they will never forget. With donations from local businesses they enjoyed a three-course meal, handmade cards by local school children, gifts from **John Lewis, Norwich Theatre Royal** and **Tesco**, transport by **Norwich Door to Door**, and classic carols sung by **Fine City Chorus**.

"I had a lovely time... it was a meal and a lot more. Jorge and his staff were so wonderful. I want to thank Age UK Norwich for making it possible – you have changed my life for the better"

Mrs C.

Christmas also saw us chosen by **Intu Chapelfield** (now Chantry Place) for their Giving Box initiative. An incredible **370** gifts were donated by the public to give to lonely or isolated older people on our befriending service and Marion Centre.

Photo credit: © EDP, Archant



Dementia Friendly Norwich

We continue to lead the **Norwich City Dementia Action Alliance** with our CEO, Dan Skipper, at the helm and this year we hit the milestone of **100** members!

Keeping our “working to become dementia friendly” community status by the Alzheimer’s Society, the city recently made the Sunday Times “Best place to live in the UK” list quoting its “dementia-friendly” status as one of its assets!

Helping you plan for later life

Thanks to Norwich Consolidated Charities, our **Later Life Planning Service** launched in January 2020 to help people over 50 to get ready for later life. This service offers support to help prepare for major events such as retirement, downsizing, or becoming a carer. We are now working towards making this a commercial product available to organisations to help their employees prepare for later life.

Active Norfolk Awards 2019

We were honoured to be nominated at this year’s Active Norfolk Awards for the Activity in Community Award. Sadly, we didn’t win but to be shortlisted out of over 400 applications was a huge achievement.

How we help Norwich

As a local and independent charity, we focus on the issues that impact on the over 50’s in our community. From friendly advice to welcoming clubs and groups, offering support in the home to giving carers time to look after themselves, whether it’s a major life change, or just a little extra help is needed – we’ll always be here.



1. Prevention

- Keeping people healthy, active and maintaining their wellbeing
- Tackling loneliness
- Help claiming welfare support
- Reducing the risk of hospitalisation



2. Resilience

- Helping people manage long-term health conditions
- Support to care for loved ones
- Learn new skills
- Help with wellbeing and mental health



3. Representation

- Raising awareness of dementia and ageing
- Promoting active ageing
- Bringing generations together
- Educating communities to know what support is needed

You know where we are if you need us...



4,603

people received
specialist support

£900

paid out in grants to help
people in poverty through
the winter months

10,601

connections through
our advice line or
advice centre

Information, Advice & Welfare

Our knowledgeable team of advisors
give independent advice and
information to older people and their
families, ranging from money and
welfare rights, legal advice and wills,
home and bills, to care and health.



2,500

hours of
consultations given



97%

of the people we
saw said they
would recommend
our service



59%

of referrals are from
professionals or other
voluntary organisations



92%

said that our service
met their expectations



£1.4m

secured for older people
through claiming statutory
entitlements and allowances,
grants or debt management.



Did you know?

£3.5 billion of Pension Credit and Housing
Benefits goes unclaimed. A lack of
understanding, the complex application
process and the stigma on claiming
benefits all have an impact.

**A key part of our work is to help people get
what they are entitled to.**

Source: Age UK

Our services

Information, Advice & Welfare

Money and Welfare Rights

Legal Advice

Home and Bills

Care and Health

Later Life Planning

Community & Neighbourhood Support

Activities & Groups

Promoting Independence

Befriending

Community engagement

Marion Day Care & Dementia Centre

Specialist Dementia Care
and Support

Still on the Ball

Veterans Recall

**For us, it's about helping the person, not just the one problem.
Many people benefit from more than one of our services.**



Social prescribing

Did you know?

Social prescribing is a new initiative set up by the NHS which enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services, such as Age UK Norwich.

This year, in collaboration with a number of other charities, we became part of a national social prescribing initiative, the **Norwich and Broadland Living Well Team**.

We can offer support with non-health issues such as financial advice, improving living or care conditions, and helping with loneliness – all of which can help older people to lead safer, healthier lives.



Collaborations & Partnerships



We are pleased to be part of the **Norfolk Community Advice Network (NCAN)** which brings together a range of local charities who provide free, impartial and accredited advice. As a member of their Steering Group we work in partnership to help make sure that people needing help can access it as soon as they need it. We meet regularly to discuss and plan strategically, share best practice and highlight current advice needs.

“Without Age UK Norwich, I would still be living below the breadline.”

Legal advice

The legal system can be a very confusing place. Our free legal advice clinic, run by a rota of local legal firms, has helped older people with a range of complex issues including wills, probate, Power of Attorney, personal injury and long-term care.

We would like to say a huge thank you to the following firms who have volunteered their time to help us this year:

**Leathes Prior Solicitors • Spire Solicitors LLP
Clapham and Collinge Solicitors •
Hansells Solicitors • Hatch & Brenner Solicitors
Fosters Solicitors • Rogers & Norton Solicitors
Sprake & Kingsley Solicitors
Broadland Probate Services Ltd**



After speaking to us:

79% feel more confident about dealing with their problems

55% feel more able to do things they enjoyed

40% feel less isolated and lonely

35% feel able to sleep better

53% feel their health and wellbeing has improved

Case study

Mrs T came to us for support in claiming her State Pension, as she was soon to reach state pension age. To do this, our advisor supported her in setting up her Government Gateway online account and helped her claim her State Pension.

As standard, our advisor completed a full entitlement check, which showed that she would also be entitled to a small amount of Pension Credit, around £15 per week. It also showed that she would be eligible for housing benefit and council tax support as well.

Due to her health, Mrs T was eligible for Attendance Allowance at the lower rate, a further £59.70 per week.

Our advisor supported her in claiming her full entitlement. The application was rejected by the Department for Work and Pensions (DWP) as they stated the client had applied before her statutory retirement age. This was incorrect and our advisor helped her in challenging their decision.

After a seven month wait, she was awarded the lower rate of Attendance Allowance and, due to the delay in resolving this matter by the DWP, the claim was backdated, and Mrs T was awarded £1,700 back pay. She then became eligible for Severe Disability Premium, paid within her Pension Credit. Our advisor helped her with these additional claims, which were both awarded.

In total, we helped Mrs T secure £416.75 per week which is £21,672 per year additional annual income.

Community & Neighbourhood Support

As one of the primary providers of activities for the over-50's, we work closely with local communities to help older people to be healthy, happy, safe and connected.

Did you know?

Norwich is one of the loneliest cities in the UK.*
Isolation and loneliness are as harmful as smoking **15** cigarettes a day!**

*Source: 'Campaign to end loneliness' (2017) London School of Economics

**Source: Masonic Charitable Foundation

Keeping active



4,908

attendances
across 493 people



72%

said they had
become more active



99%

said they felt
less lonely

53%

said that they have
improved their mental
health and wellbeing

"I now feel more connected to
my local community and have
built self-confidence to be
able to access activities."

A year of dance

Norwich alone sees **8,500** people falling at least once a year and with dance proven to help prevent falls in older people, we're delighted to now have a third venue for our increasingly popular 'Dance to Health' classes.

"I'm definitely stronger and more able to stop a trip turning into a fall, and I'm more confident that I know how to look after myself as I grow older..."

We also held a community dance session at Doughty's Hospital, a dance afternoon in Norfolk and Norwich Festival's Spiegel Tent, and brought older people and school children from the Edith Cavell Academy together through dance - all in all, this year has been a toe-tapping success!



Independent living support

We know that it's not always easy for older people to get out, especially for those on their own. We're here to help to build their confidence, improve health and wellbeing, and forge new connections with their community.

On a one-to-one basis we've helped people to overcome the problems that are limiting their personal goals, such as using public transport, attending groups and building friendships.



78% reported being more active



6,000

hours of one-to-one support given

Did you know?

15% of older people suffer from mental health problems.

Without support this can become worse.



100% said we made a positive impact

Partnerships

Being well connected in the community is key to the work we do. We work closely with:

Active Norfolk

Dance to Health

Exercising People in Communities (EPIC)

Jarrolld

Marks & Spencer

Norfolk and Norwich Festival

Norwich Older People's Forum (NOPF)

Norfolk Older People's Strategic Partnership

Norfolk Together Alliance

Norfolk Will Help

Case study

Mr A was referred by an Occupational Therapist in the Learning Disabilities Team. They highlighted that he has mild learning difficulties and poor mental health which was under control with medication. He did not have any social connections and suffered with isolation, being alone in his flat. He was receiving some support from MENCAP for shopping and occasional visits to his family. Following an initial assessment, he articulated to us that he wanted to go out more and meet new people.

Our community support worker reviewed activities within his local area and talked these through with him. Over twelve weeks, we supported him trying out four different activity groups that we ran to give him a taste of what was available in his community. We helped him to get to the groups and to build his confidence to meet new people and try new things.

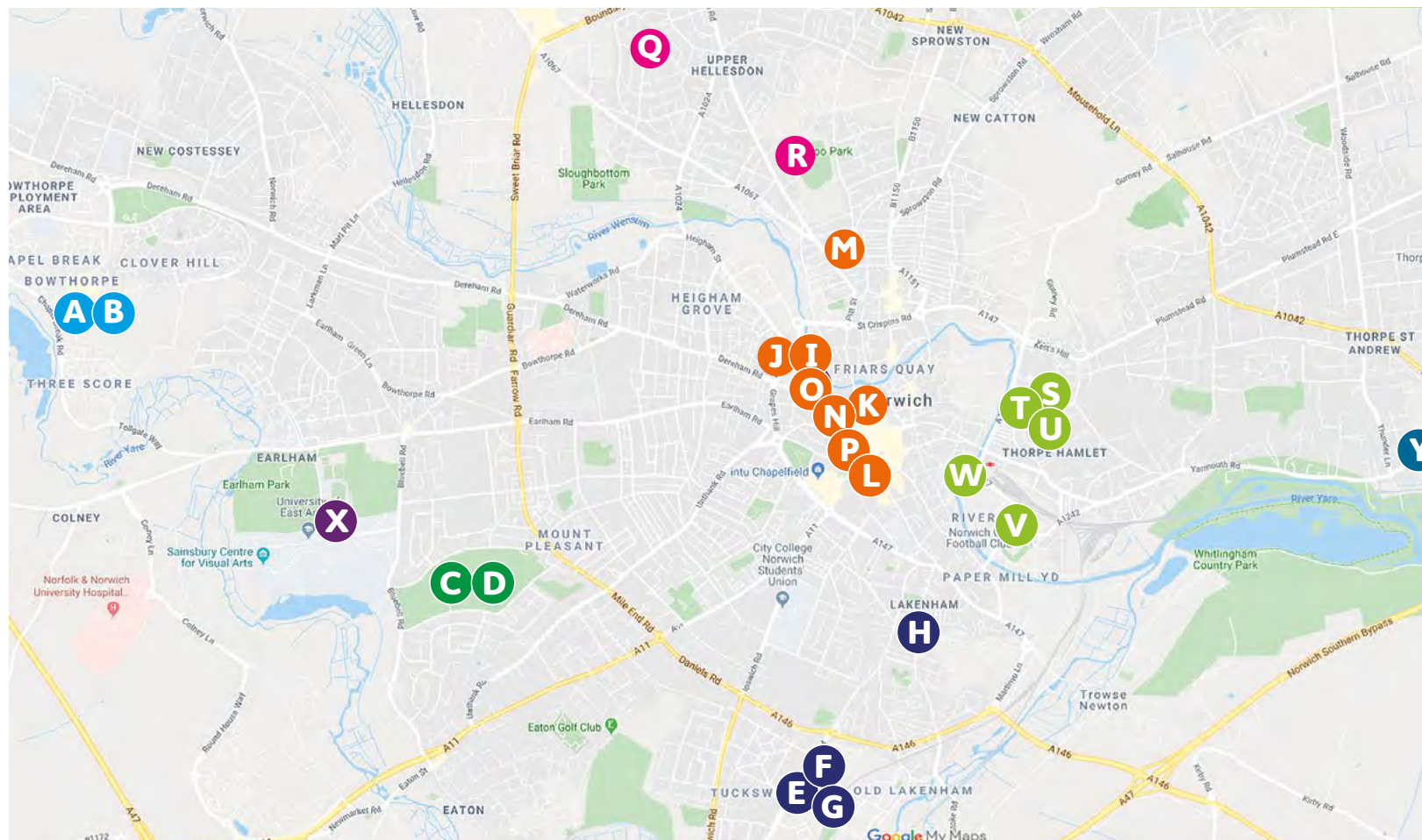
To progress his independence and confidence, together we created some planned goals, such as leaving him alone with new people for a short while, or him travelling independently to the group. These were agreed to, along with telephone support always available to reinforce positive messages and to resolve any barriers or concerns.

Following our intensive support and regular reviews, Mr A told us how his confidence has significantly increased, and he has developed new friendships. He now regularly attends a group on his own and travels independently.



Our groups and activities

Here's where you can find all our group activities located across the city.



Bowthorpe area

Tai Chi	A
Games & Community Club	B

Lakenham

Cinema Club	E
Dance to Health	F
Ashby Art Group	G
Intergen Dance	H

City Centre

Ten-Pin Bowling	I
History Walk	J
Jarrod's Café	K
Marks & Spencer's Café	L
Women's NIA Dance	M
Older People's Forum	N
Music Club	O
History Walk	P

Mile Cross

Dance to Health	Q
Wellbeing Dog Walk	R

Thorpe Hamlet

Veterans Recall	S
Intergen Gardening	T
Intergen Crafts	U
Still on the Ball	V
Multi Games	W

UEA

Radio Podcast	X
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Eaton

Film Club	C
Park Walk	D

Thorpe

Dance to Health	Y
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Find out more...

For the latest list and details of our groups, visit: www.ageuk.org.uk/norwich/wellbeing or call 01603 496333

Some groups are not currently in operation due to COVID restrictions.

Marion Day Care & Dementia Centre

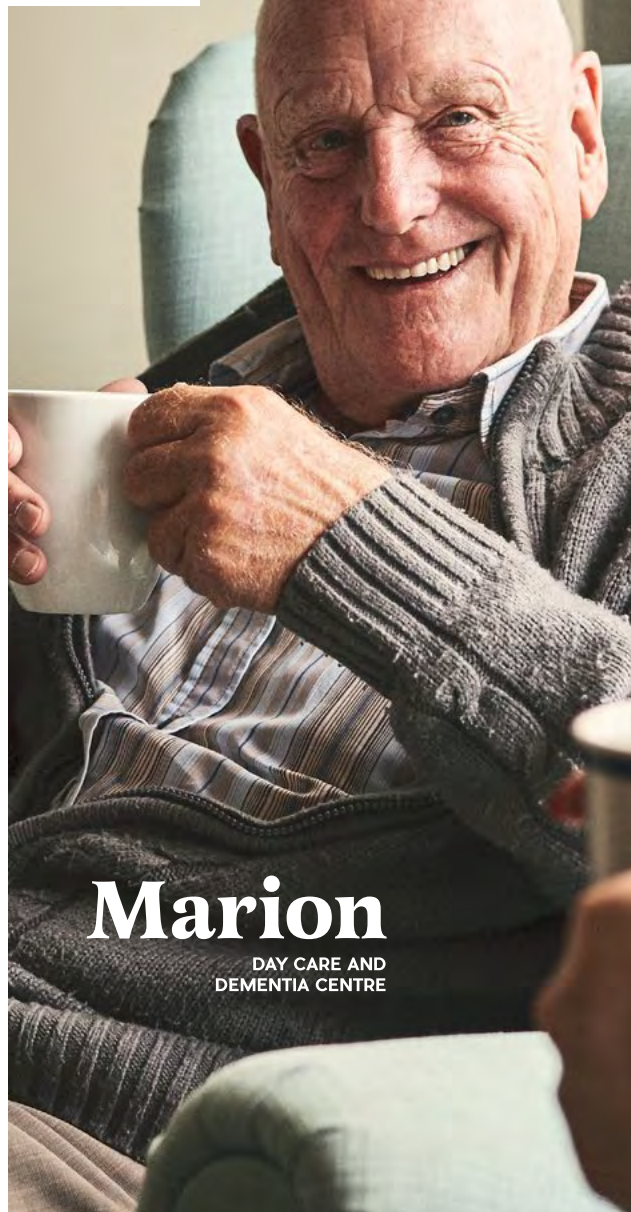
At Marion, we help to bring a little bit of balance to life for older people, their carers and families. We offer social groups, intergenerational activities, freshly cooked meals, and help and advice to carers – all of which helps loved ones to maintain their health and wellbeing.

This year, we have given:

 **20,000**
hours of care provided

 **71**
older people came through our doors

Day care is a lifeline for carers. The flexibility we offer in the days they can come to Marion allows them a chance to take a break and look after themselves, safe in the knowledge their loved one is in the best possible hands.



Marion
DAY CARE AND
DEMENTIA CENTRE



Forging memories



Our football reminiscence group 'Still on the Ball' continues to go from strength to strength. In addition to our group at Carrow Road, we have now launched another group at Harriet Court, Lakenham. Led by a team of passionate volunteers, the group brings together football fans living with dementia to talk through days of football past and bring back fond memories.

And, our Veterans Recall military reminiscence group also grew popularity with new volunteers from Walking with the Wounded and the Royal Air Force Benevolent Fund.

Photo credit: © Pets as Therapy

Bringing generations together

This year, we have had local school children from Lionwood Junior School who regularly come and play games, help with the gardening and do arts and crafts. And, together with Friend-in-Deed, a local intergenerational charity, we also welcomed babies and young toddlers into the mix, along with household pets from Pets as Therapy – all of which have had fantastic positive effects on our older people's wellbeing.

"Marion Centre has literally been a lifeline for me and my mum. Without it, she would have to go into a residential care home. This has given us more time together and the minute we pull up in the car park she is grinning like a Cheshire cat!"



Our volunteers

We couldn't do it without you!

Volunteers are crucial to our work and services. Without their generosity in donating their time, skills and experience, we would not be able to support the amount of people we do.

This year...



151

volunteers helped us

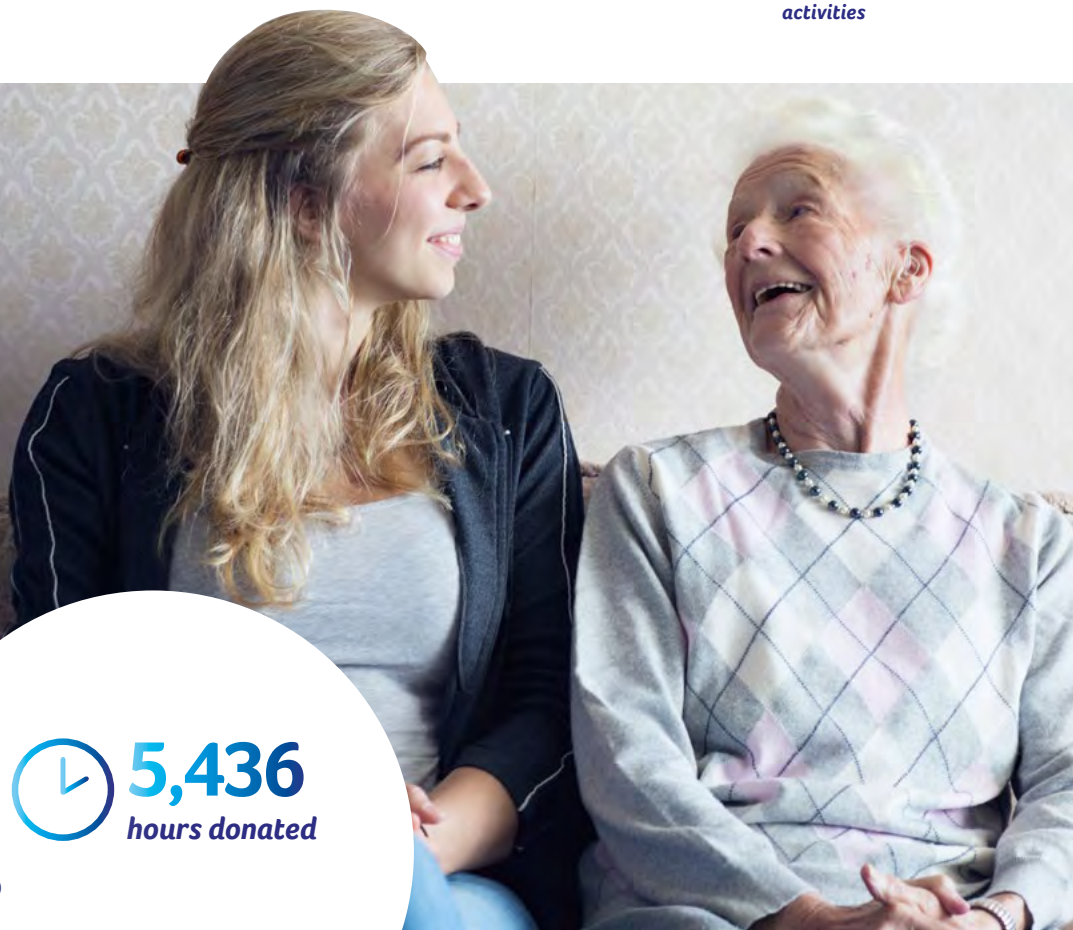
with our activity groups, running the reception at our London Street advice centre, or as a befriender



91

volunteers supported us

at one-off fundraising events or seasonal activities



5,436

hours donated

"My sister was widowed last year and that brought home to me how lonely people can get, even if they have family to support them. Age UK Norwich matched me with a delightful lady who has now become a real friend. We meet for about an hour each week and we always have lots to talk about. Although she is essentially housebound and not in the best of health, she has a very positive outlook on life and she very kindly says that contact with me really cheers her up."

Vanessa, Befriender

"After I retired, I was looking for some meaningful volunteer work, something that would give me purpose in life, and at the same time, to help those who are in need. When I was accepted to volunteer for Age UK Norwich, I was delighted! I hold two roles: as a receptionist at the front desk and as a Welfare Outcome Assistant in the office. I really enjoy my interactions with my colleagues and the clients. I've learned a lot about the wide range of work the charity does and to appreciate different people's needs in different circumstances."

**Regina,
Information & Advice Volunteer**

"I wanted to do something to help other people, to meet like-minded people, and work in the community. I help to run some of the community groups and can be found at their coffee and chats at M&S and Jarrold, helping people play table tennis, kurling and boccia at Riverside Leisure Centre, or knocking down some pins at the Come Bowling group at The Bowling House, and I've also helped with the dog walking group on Waterloo Park. I keep myself busy and I love every minute of it!"

Roy, Community Volunteer



If you would like to find out more about volunteering

Email:
volunteering@ageuknorwich.org.uk

Tel: 01603 397784

Fundraising

As a charity we rely heavily on fundraising either through our own events, corporate sponsors, or brave members of the public taking on their own challenges... **thank you** to everyone who has thought of us this year!



Over
£23,000

raised through
fundraising events
and donations



Over
£13,000

donated by corporate
organisations

This included our long-term supporters **ReAssure** whose employees took part in our quiz nights, raffles and sky-dives!



Over
£15,000

received in non-
financial donations

This included equipment, professional skills or services, gifts or vouchers for fundraising events - all of which are vital in helping us to run the charity.



Our street collections
saw us raise

£466.00



Lionel Body raised **£621** by completing a 2,000-mile trip across Europe on the Fireball Rally Challenge James Bond Swiss Run, taking in iconic Bond movie locations.

"We wanted to raise money for Age UK Norwich because none of us are getting any younger..."



How we are funded

We would like to say a **big thank you** to those who have helped fund and support our services through the year:

Public Sector, Foundations & Trusts

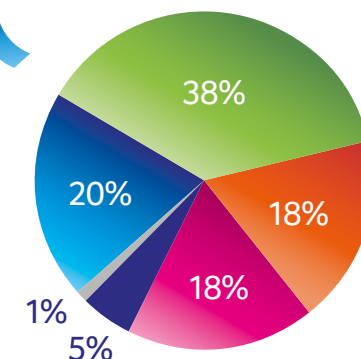
Age UK, Big Lottery Community Fund, Comic Relief, Earl of Northampton's Charity, Garfield Weston, Norfolk County Council, North Norfolk Primary Care Network, Norwich City Council, Norwich Clinical Commissioning Group, Norwich Consolidated Charities, Norfolk Will Help, One Norwich Primary Care Network, Paul Bassham Charitable Trust

Business & Local Organisations

Jarrold, John Lewis Partners, Jorge's, Intu, ReAssure, Rotary Club of Norwich, Tesco, The Bowling House, Theatre Royal, Virgin Money Lounge

Individual donations

Our thanks to all those who donated to us, either as a one-off, on a monthly basis, or in memory of a loved one.



■ Legacies*
■ Trusts & foundations
■ Corporate & community
■ Public sector
■ Donations
■ Contracts & earned income

*This does not represent a usual year. This year we were lucky to receive a substantial gift of a property as a legacy.

Our Statement of Financial Activities for year end March 2020 can be found on **page 29**. Full accounts are available on [our website](#).

Legacies

We are incredibly grateful to the two individuals who have kindly remembered us in their will.

Trustees & governance

Chair's report 2019/20*

Age UK Norwich continues to deliver against its strategic objectives despite the challenges of securing funding in difficult financial times.

The recent challenge of COVID-19 has tested the organisation to the limit but the management and staff have responded magnificently to maintain services at a critical time. The biggest impact has been on our Marion Day Care Centre which is effectively closed due to lockdown. Staff there however are keeping in contact by phone with day centre clients and their families.

Kate, Jo and I would like to add a huge thank you to staff and volunteers for continuing to make sure we deliver our services, and to acknowledge how well they have coped in the current challenging circumstances.

We also want to thank our funders for continuing to have confidence in us, and for their flexibility in letting us re-deploy funding to adapt our services in the pandemic.

Mike Britch
Chair of Trustees (2019 - 2020)

**Resigned July 2020*

Current Trustee Board

Acting Chair
Joanna Hannam

Acting Deputy Chair
Kate Money

Jacqueline Middleton

David Wootton

Celia Cameron

Pete Kelley

Sue Whitaker

Brenda Horner
(aka Brenda Arthur)

David Brief

VOLUNTEERS FROM REASSURE AND
CLAPHAM AND COLLINGE SOLICITORS



JEREMY GOSS AND RODNEY DAVIS,
PRESIDENT OF HETHERSETT DISTRICT LIONS CLUB

Our key contacts

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Corporate Charity Relations
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A message from our Chief Executive



DAN SKIPPER
Chief Executive Officer

I'll never forget the words of David, a client I met shortly after joining the charity. "You look forward to retirement all your working life, and when it arrives, it's not quite what you expected." Those words have stuck with me and it's a reminder of how later life comes with its own set of challenges, just like every other time of life.

I see every day how we help older people make sense of those challenges - money problems, scams, inadequate housing, loneliness, inequality, managing physical and mental health – and the positive impact we make on their lives.

We quickly adjusted our services helping many vulnerable older people impacted by the pandemic. We expect the societal impact of COVID-19 to be long, which is why we have launched additional services to help people at home, which you can read more about on the following pages.

As a society, we face a number of issues - a growing, ageing population, one that is working longer, living with multiple long-term health conditions and the financial and care impacts that brings. We will continue to evolve what we do, as the needs of older people change. Like all charities, we face growing demand and reliance on us and limitations of what we can achieve through fundraising. With sustainable funding we could achieve much more!

Responding to a pandemic



In March 2020, the world was hit by the COVID-19 pandemic, and the impact on older people was considerable, in risk to both their health and their wellbeing through shielding and self-isolation.

As a charity we reacted quickly. We made sure our advice line was available, and we transformed our face-to-face befriending service to become a telephone befriending service, offering support to people who were alone.

We supported local GP Surgeries, making around **600** calls to their vulnerable patients to ensure they had access to food, medication, and essential supplies, as well as hearing a friendly voice. As our day care centre was also closed, we regularly called those who used this service to make sure that they, and their carers, were ok and had everything they needed.

We transitioned our popular activity groups online, offering a range of sessions on yoga, mindfulness, gardening and art to help people keep active and busy during the lockdown and supported people to get themselves online.

The impact of COVID-19 on the charitable sector has been significant and, like many charities, Age UK Norwich will need to reshape its services to meet the changing needs of older people in Norwich and Norfolk.



Looking forward

Like many other charities and organisations, we have had to adjust our services and the way we interact with the people who need our help. Moving into this 'new normal', we've recognised the challenges the older people of Norwich now face and have found new ways to offer that vital support:

Adviceline

Our telephone adviceline provides information and advice on a range of subjects, including benefit entitlement, housing options and care needs. Some calls require simple information and signposting, whilst for others we can give more complex advice and support. It's been a lifeline to older people living in Norwich to contact us during the pandemic.

Telephone Befriending

It's an anxious time for older people, especially for those who can't get out as much as they'd like to. Our new telephone befriending service is perfect for anyone who wants some regular contact for a natter and to keep connected. It also helps us make sure they have everything they need and offer any support required.

Later Life Planning

Growing older brings with it changes – some planned, others unexpected. We offer support to help anyone over 50 plan for life events such as gearing up for retirement, changing jobs, divorce or separation, moving home, becoming a carer or bereavement. Everyone will be assigned a dedicated Later Life Advisor who can give a helping hand to make sense of all the options available.

Health @ Home

Many older people have seen a decline in their activity levels during lockdown, impacting muscle strength and flexibility, which can increase the risk of falls, as well as missing out on the wellbeing benefits being active brings. Our trained instructors will support people in their own home, offering a range of age-friendly activity sessions. They can also help with getting online, finding activities in the local area, and sorting out other problems in the home that impact health and wellbeing.

Activity DVD

Our new DVD includes all the activity videos we have been sharing on our social media throughout lockdown. It will be sent out to vulnerable older people who do not have access to the internet to help them stay active in their home.

EasyActive8

We've partnered with EasyActive8 who offer a range of classes to help older people stay fit and healthy at home. Classes are FREE for all Age UK Norwich clients and volunteers in the NR1 - NR10 areas. All that's needed is a device with an internet connection and camera and their friendly instructors will help with the rest!

Statement of financial activities:

for the year end March 2020



	2020			2019
	Unrestricted Funds	Restricted Funds	Total funds	Total funds
Income & endowments				
Donations and legacies	£516,315	£150	£516,465	£73,443
Charitable activities	£435,436	£221,858	£657,294	£638,769
Other trading activities	£27,588	£5,821	£33,409	£64,345
Investment income	£847	-	£847	£1,319
Other income	-	-	-	£267
Total income	£980,186	£227,829	£1,208,015	£778,143
Expenditure				
Raising funds	(£77,313)	-	(£77,313)	(£76,336)
Charitable activities	(£532,455)	(£238,124)	(£770,579)	(£694,989)
Total Expenditure	(£609,768)	(£238,124)	(£847,892)	(£771,325)
Net income and net movement in funds	£370,418	(£10,295)	£360,123	£6,818
Reconciliation of funds				
Total funds brought forward	(£105,309)	£19,865	(£85,444)	(£92,262)
Total funds carried forward	£265,109	£9,570	£274,679	(£85,444)

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

How you can help us

We need your help today, more than ever. If you would like to support us, there are plenty of ways you can get involved.

No matter how big or small, your help is always appreciated.



Fundraise

You can take part in our **charity-run fundraising events**, or organise your own, or give yourself a personal challenge to do. Whatever it is, we can help you come up with ideas and give you all the tools you need to make your fundraiser a success.



Volunteer

We are always looking for volunteers to help with our groups, activities, and befriending services. If you would like to help email volunteering@ageuknorwich.org.uk



Remember us in your will

Leaving a legacy is one of the most heartfelt acts of benevolence and can provide a lasting memory for your wishes and causes that are important to you.

Going digital

There's a wealth of information, news and updates on our social media pages – why not go and check us out!



Find us on **Facebook** and keep up with all our news, events, advice and helpful information.



See us on **YouTube** with videos ranging from Fitness, yoga and mindfulness to gardening, art and history.



Join us on **LinkedIn**



Follow us on **Twitter**



Donate

Online

If you would like to donate to us you can make a one-off donation through **Just Giving** – if you want this money to go to something particular, just let us know.



Amazon Smile

Did you know every time you shop online with Amazon, you can be helping us as well? By shopping through **Amazon Smile** and selecting Age UK Norwich as your charity, they will donate 0.5% of your purchase to Age UK Norwich!



Direct Debit or Cheque

Donate to us on a monthly basis by setting up a direct debit, or you can send us a cheque made payable to Age UK Norwich.



Don't forget to Gift Aid it! Did you know you can boost your donation at no cost to yourself? For every £1 you give, we can claim an extra 25p in tax through Gift Aid!

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Corporate partnerships

We are delighted to be supported by:

The People Kit who have chosen Age UK Norwich as their charity of the year. We look forward to their premier 'Great British Food Quiz' event and other opportunities to collaborate and fundraise.



Pedal Revolution who will be promoting the wide range of new technology to help keep older people in the saddle, active and connected to their community, and will also make a donation for any bike sold in 2020.



Hatch Brenner who will be working in partnership with us for the next three years in a new long-term community investment agreement.



For more information on fundraising, donations or corporate partnerships email fundraising@ageuknorwich.org.uk



**Our charitable work has only been possible
with the generous support of our funders**



THE PAUL BASSHAM
CHARITABLE TRUST

Helping to make Norwich a great place to grow old

ageuknorwich.org.uk



Email: enquiries@ageuknorwich.org.uk

Telephone: 01603 496333

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