

You can make a difference



Help
transform
lives from
just £5 a
month

Your donations and fundraising enable us to help over 45,000 people a year! Become a supporter today...

- **£5** could help gain £100 of benefits for an older person, through our Benefits Advice service
- **£10** could pay for a regular visit to a housebound older person
- **£20** could pay for a lonely man to attend 2 sessions of our Men in Sheds project
- **£40** could pay for Maintenance Cognitive Stimulation Therapy (MCST) a weekly two-hour long programme for people living with mild to moderate dementia

How to get involved:

Fundraise for us

Our fundraising ethos here at Age UK Notts is to remove the 'd' and have 'fun' whilst 'raising' vital funds for our charity. Fundraising can be anything from hosting an afternoon tea with a group of friends to running a marathon or climbing Mount Everest! For more ideas check out our Fundraising A-Z on our website (www.ageuknotts.org.uk/get-involved)



The Big Knit

The Big Knit is the campaign that Age UK runs in partnership with Innocent drinks where we ask you to knit little woolly hats which then go on to their smoothies. For every smoothie sold, Age UK receives 25p. We'd love you to knit lots of lovely little hats for this year's Big Knit and whether you're a knitting novice or a purling pro, it couldn't be easier.



Download the knitting patterns by visiting our website, make yourself a nice cup of tea, find a comfy chair and knit away!

Get your school or business involved

There are so many ways to do this! Here are a few ideas below, please visit our website for further info

- Choose Age UK Notts as your charity of the year
- Display a collection tin
- Donate a raffle prize or service
- Donate equipment
- Send employers to volunteer
- Run a fundraising event

Small things with a BIG impact

There are some ways you can fundraise for us that don't cost you a penny!

- By shopping online through easyfundraising, you can shop at many of your favourite online stores and raise money for our charity at the same time. Find out more at [easyfundraising.com](https://www.easyfundraising.com)
- Follow us and share our posts on social media. By spreading the word about our work you enable us to reach more people with the news of how we can help local older people.

Ways to donate...

There are many ways that you can donate vital funds to Age UK Notts!

- Online - Giving online is quick and easy. You can make a one-off donation or a regular monthly donation to support our work through Virgin Money Giving. Visit www.ageuknotts.org.uk and click the 'Donate' button to access this service.
- By phone - Call us on **0115 844 0011**
- By Cheque - If you would like to write us a cheque, please make it payable to 'Age UK Nottingham & Nottinghamshire' and send it to us at Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ. Please enclose your name, address and contact number with the cheque.
- Other ways to donate - You can donate in memory of a loved one, leave a legacy in your Will, or donate goods to our charity shops or sheds. For information on other ways to donate, visit our website.

*If you are making a donation, please consider providing details for Gift Aid.
See overleaf for more information.*

Did you know you can make your donation go further with Gift Aid?

The Gift Aid scheme allows us to claim tax back if you pay an amount of Income Tax and/or Capital Gains Tax each year (Council Tax and VAT do not qualify as taxes for the purposes of Gift Aid) at least equal to the tax that we will claim from HM Revenue & Customs on your Gift Aid donation. E.g. 25p of tax on every £1 you donate now, in the future or in the past 4 years.

Your details (please use BLOCK CAPITALS):

Title: Miss/Mrs/Mr/Dr other: _____

First name: _____ Surname: _____

Address: _____

Postcode: _____ Telephone: _____

*Email is an inexpensive way for us to keep you updated about our work. Please provide your email address if you're happy for us to contact you in this way**

email: _____

- ☐ I declare that I want Age UK Notts to treat all donations that I make now, amount £_____, in the future and any made in the past 4 years as Gift Aid donations until I notify the Charity otherwise.

Signature: _____ Date: _____

Please notify us if you:

- Wish to cancel this Gift Aid declaration Change your name or home address
- No longer pay sufficient tax on your Income Tax and/or Capital Gains Tax

If you're a higher rate taxpayer, you must include all your Gift Aid donations on your Self-Assessment tax return if you want to receive the additional tax relief due to you.

*Just to let you know that we will hold the information that you give us securely. We will not share your information with other companies, outside Age UK, without your permission. We would like to keep in touch with you to let you know about the vital work we do for older people, our products and our services. You can tell us anytime if you no longer want us to keep in touch with you: info@ageuknotts.org.uk or by phone on 0115 844 0011. Our full privacy notice can be found on our website.

Please return any filled in Gift Aid forms with your donation to Age UK Nottingham & Nottinghamshire, Bradbury House, 12 Shakespeare Street, Nottingham NG1 4FQ.

If you are donating online, you can complete the Gift Aid declaration when you make your donation.

Age UK Nottingham & Nottinghamshire is a registered charity number 1067881 and company limited by guarantee, registered in England and Wales no. 3455485. Registered office: 12 Shakespeare Street, Nottingham NG1 4FQ.