

Age UK Solihull's Fundraising Guide for Primary Schools



Age UK Solihull is a local independent charity.

We are dedicated to improving the lives of older people in Solihull and are here to help them to get the information and support they deserve.

Many grandparents and older people in Solihull do not have any family or friends to look after them as they might live a long way away. Some can get very lonely and some might not be able to do simple things we take for granted like cooking and getting dressed. This is why we are here, to help those who need our support.



How your money will help us

£3 covers the cost of a befriender visiting a lonely older person.

£30 means an older person can get information and advice about how they can be looked after.

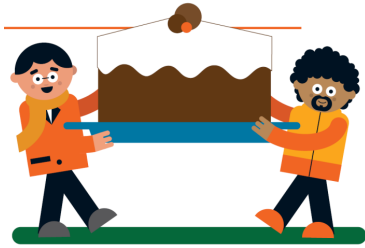


We provide many different services at our charity including our **Linking People Together Service**, which helps older people in their home. Our aim is to help them stay independent and well for as long as possible. However, we need money to support older generations, so we hope you will support us by fundraising for Age UK Solihull.

How you can help

You can help us by raising money at school and at home. All the ideas are aimed at raising as much money for Age UK Solihull as possible whilst at the same time having fun!

Cake Bake Sale



Dress as a grandparent or older person



Non-uniform day



Hold a sponsored event - do something on your own or in a group, which could be at school or in your own time. Set up an online sponsorship page – we can show you how. Be sure you tell your school and us about it – we might even be able to get you in the local paper!

Guess how many sweets in the jar



Junior Fun Run



Football Tournament



Your help and support will make all the difference

Need inspiration?

Visit our website and go to the **Get Involved** tab and click on our **Fundraising** page.

For more information or to tell us about an event you are planning, contact

Lorraine Hart or **Jayna Kawa** on **0121 704 7842**

or email events@ageuksolihull.org.uk

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