

## Help an older person



Do you have an elderly relative or neighbour who you could help – maybe to run an errand to the shops or mow the lawn, or perhaps just to have a cup of tea and a chat? Some older people don't see anyone for days on end, especially if their family has moved away, so it can make a world of difference to them to have someone to chat to.

For more information or to tell us about an event you are planning, contact **Lorraine Hart** or **Jayna Kawa** on **0121 704 3361** or email **events@ageuksolihull.org.uk**

Age UK Solihull, The Priory, Church Hill Road, Solihull, B91 3LF

[www.ageuksolihull.org.uk](http://www.ageuksolihull.org.uk)



Charity Number: 1055887

If you'd like us to tell you more about our work, please complete the form below and return to us at the address above.

School Name and Contact Name	Address and Telephone Number	Would you like someone from Age UK Solihull to come out and talk to you?
		Yes <input type="checkbox"/>  No <input type="checkbox"/>



## Age UK Solihull's Fundraising Guide for Secondary Schools

**Help Us Make A Difference...**

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 help and support they deserve.



Many older people in Solihull do not have any family or friends who live near by as they may have moved away. Older people 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.

However, we need money to support older generations so we hope you will support us by fundraising for Age UK Solihull.



Celebrity, Lesley Joseph and Solihull resident, Harry Suddaby

## About Us...

**Age UK Solihull is a local, independent charity, dedicated to improving the lives of older people in Solihull.**

We're here to give dignity and respect to people in later life. This could be by enabling people to stay in their own homes, supporting in day centres or providing Volunteer Befrienders to help to reduce loneliness and isolation.

Our **Information and Advice** team help older clients with issues and problems they may be facing, ranging from advice on benefits, care homes, retirement or providing names of reputable tradesmen. We also have our **'Linking People'** project, which as the name suggests, links older people with other organisations, who can help them with their issues, and our **Advocacy Service** who help by being the voice of the older person, ensuring that their needs, feelings and views are heard.



Age UK Solihull is a brand partner of the national charity Age UK, but we are a separate organisation and have to raise our own funds to keep our services going.

Like other charities, the services we offer come at a price and we have to turn to the local community, to people like you, to help raise money to keep our services available to older people in Solihull. All the money raised in Solihull, stays in Solihull.

## Ways you can help...

### Cake Bake Sale



**Dress as an older person** or have a **fancy dress** theme day or **non-uniform** day.



**'Flourishing Fivers'** – set a challenge by starting with £5 and seeing how much money you can make from it. Use it to buy materials to make something and sell the item for a suggested donation, buy prizes and hold a tombola or a raffle, have a sweet sale or come up with your own crazy, creative ideas. Have a competition with your friends/classmates and see who can raise the most for Age UK Solihull.

**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!



**Take part in a 'bag pack'** - we can book you a slot at a local supermarket to pack customers' bags and collect donations from shoppers for doing so.

**Or...**

Get in touch with the Fundraising Team and help us on a stall or at a raffle at one of our events.

### **Need some inspiration?**

Visit our website and go to the **Fundraising Resources** tab and download our **Fundraising Pack**.