

The Big Chinwag

What is the Big Chinwag?

Basically, it's as simple as a coffee morning. It couldn't be easier to host your own Big Chinwag – simply invite everyone you can think of around to your home, workplace or community space for a cuppa and cake (who doesn't love cake?), a good old natter, and raise money for a local, independent charity at the same time. We can provide you with posters, collecting tins, balloons and stickers - plus charity information to help you on the day. We'll also include your Chinwag on our website, and on social media and will share all your posts and photos #bigchinwag2018.

When does my Chinwag have to be?

We're delighted that the **Suffolk Chamber of Commerce** are sponsoring The Big Chinwag on **Suffolk Day – Thursday June 21st** to help celebrate everything that's great about our county. We'd love as many Chinwags as possible to take place on this day, so that we can reach as many people as possible, and celebrate our fantastic county.

If you can't hold your event on **Suffolk Day**, your Chinwag can be anytime in June – just pick a date, let us know, and get inviting.

What sort of other things could I include in my Big Chinwag?

Simply host a coffee morning and charge or ask for donations for drinks and cake, or if you want to do a bit more why not consider one of these great fundraising ideas:

- Invite older people from your street/community along to share their stories – we'd love to hear their stories too!
- Guess the weight of the cake competition
- Book sale/clothes swap – any goods left at the end, can be donated to one of our charity shops around the county
- Guess the baby competition – ask your guests to bring an anonymous picture along, and everyone pays a small donation to guess the “baby”
- Host your own mini “Bake-off”
- Host a raffle – ask all your guests to bring a gift donation

What do I do now?

Simply pick your date (don't forget **Suffolk Day** on June 21st), decide what you are going to do, and let us know the details. Tell everyone about your plans!



How your fundraising can make a difference

Every penny that is raised through your Big Chinwag will be spent directly on vital services for older people. Together we can really make a difference, and ensure that no-one should feel lonely or isolated in later life.

It costs over £3m each year to provide vital services to older people in Suffolk – these include befriending, information and advice, and benefits advice, as well as a home service, lunch clubs, dementia groups and lots more.

- Over 15,000 people aged 65+ in Suffolk are often and always lonely – that's 1 in 10 people in Suffolk
- 1 in 3 people aged 65+ will die with a form of dementia – higher than cancer or heart disease
- Nationally, one person over 65, dies every seven minutes from excess winter death

The services and support that Age UK Suffolk provide are vital and life-changing to many older people in the county, and with your support, we can reach and support even more people, helping to ensure that everyone receives the support and care that they need and deserve in later life.

This year we are celebrating our 70th birthday and would to have 70 “Chinwags” across the county in June – help us in #celebrating70.

How to get the money to us

Paying your money in is easy – simply let us know after your event, and we can come and collect, or you can pay your money into our Bank – let us know what you would prefer. You can also set up a Just Giving or Virgin Money Giving page for your event – whatever is easiest for you.

If you would like to host a Big Chinwag, simply email fundraising@ageuksuffolk.org or call 01473 298683 and tell us about your plans – THANKYOU #suffolkday2018 #nooneshouldhavenoone

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