



A year in stories

Annual Impact Report 2018

This year we...



Gained over £1.4 million in additional income for people aged 50+



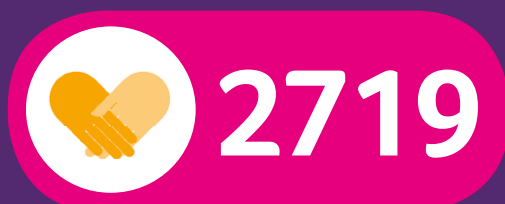
Benefitted from the support of 121 volunteers to help us make a difference



Helped older people 5730 times with expert information, advice and support



Helped 117 older people with specialist mental health and wellbeing support



Supported 2719 people aged 75+



Made 1522 home visits to older people to help them access income, services and support



Provided 22,296 hours of home support to older people in Sutton



Developing and making a difference

A message from our Chair and CEO

Welcome to this year's annual report from Age UK Sutton. 2017-2018 has been an important year for Age UK Sutton, and we are pleased to present this report, which highlights key achievements. These include our new strategy, developed in consultation with older people, partners, volunteers and staff which you can read more about overleaf. We have also undertaken new influencing and partnership work, such as piloting a social prescribing service with Sutton Council; page 18 has further details about our work in this area.

Most importantly, the year has seen us continue to make a difference to older people's lives by the support we have given. Over the course of the year, we supported older people 5730 times, with even further impact through events, outreach and engagement with the wider community. In this report, you'll find five stories of the difference this has made to individuals' lives.

The 2017-2018 year has also been another challenging one for older people both nationally and here in Sutton. Austerity measures continue to stretch our public services, meaning that more and more people are turning to charities like us for extra help. This is something we expect to continue. As the number of older people in Sutton grows over the next five years, more people will live with complicated

health conditions. More families will need to provide care for their loved ones. More people will face the challenge of living alone. Charities like ours will be needed, more than ever, to support people with increasingly complex challenges and providing vital services within the borough.

There is much to look forward to in the year ahead as we implement our new strategy, continue to develop our work, and begin operating out of our new office on Sutton High Street. We couldn't do this without our many supporters, our trustees, our staff and volunteers, and would like to take this opportunity to thank each of them for everything they have done this year.

Kate James, Chair

Nicola Upton, CEO



About us

Our vision is an Age Friendly Sutton, where older people know that they belong, and feel supported and valued

Age UK Sutton is an independent, local charity working throughout the London Borough of Sutton to support older people, their families and carers. Founded in 1991, our community have turned to us for help, support and advice for 28 years.

This year, we developed our new strategy which includes three areas of focus: services, influencing and partnership.

We provide services that make a difference

We offer a range of practical, social and information services for people aged 50+ living and working in Sutton. We take care to understand older people's needs and their priorities in designing and delivering our services, and to use what we learn to inform others. This is something we have always done, and will continue to do to ensure the help and support we provide meets current and emerging need.



INFORMATION & ADVICE

Our free, confidential information and advice service enables older people, their families and carers to know their rights and make informed choices for later life.

Trained advisors offer expert help on a variety of topics including care, housing, health (including mental health), income and welfare benefits, transport and local services. Support is offered through our telephone advice line, in our office, at people's homes, and out in the community. Further details about our Information and Advice service can be found at www.ageuk.org.uk/sutton/our-services/information-advice/



HELP AT HOME AND GARDENING

Our popular Help at Home services offer a complete range of support to older people, from wellbeing services such as companionship and accompanied outings to practical help including shopping, cleaning, and gardening.

We provide a personalised service that is tailored to older people's needs. Following an assessment by an experienced social care assessor, clients are introduced to their dedicated help at home assistant whose support enables them to have an independent, happy lifestyle both in and outside the home. Additionally, our friendly team of gardeners have extensive experience working with older people, offering much-valued and trusted gardening services.

Both our Help at Home and Gardening services act as a key contact point for older people and a gateway to additional support and services. The regular contact also enables early intervention and crisis prevention.

To learn more about our Help at Home and Gardening services, or to request an assessment, visit www.ageuk.org.uk/sutton/our-services/home-help/



ACTIVITIES & GROUPS

We support older people to find and access a range of activities and groups in the borough, connecting them to opportunities to stay active, learn, socialise and enjoy being part of the community.

From regular 'Afternoon Socials' that bring people together to weekly Nordic Walking sessions, from exercise classes to dance lessons, we offer a range of activities and groups for people to get involved in. Visit www.ageuk.org.uk/sutton/activities-and-events/ for more details



BEFRIENDING

For a number of older people, loneliness can define their lives and have a significant impact on their wellbeing. Through our free telephone and face-to-face befriending services, we prevent isolation, and support people to connect with others and their community.

As part of our service, older people are matched to a trained volunteer befriender, whose regular calls and visits offer much-valued companionship and conversation, reduce feelings of loneliness and improve wellbeing. Visit www.ageuk.org.uk/sutton/our-services/visiting-and-befriending/ to learn more about befriending as well as how to become a befriender



HOME FROM HOSPITAL

Home from Hospital is commissioned by NHS Sutton Clinical Commissioning Group with a focus on supporting isolated and vulnerable older people to get safely home from hospital, adjust to life after a health crisis, and stay safely in their home.

This rapid response service supports older people with no family/friend support network, when they are discharged from hospital. Using expert assessment and practical and emotional support, patients are supported for up to four weeks following discharge, encouraging recovery and preventing readmission.

For more information about our Home from Hospital service, visit www.ageuk.org.uk/sutton/our-services/hospital-to-home/

For more information about our services visit www.ageuk.org.uk/sutton/our-services

We influence change in our community

We seek to bring about wider changes in our community to make later life better for everyone. We stand up for older people's interests, so that what matters to older people is heard, and can inspire change where it is needed. We do this by listening to older people, promoting their voices locally and nationally, and by supporting dialogue between decision makers and the people their decisions affect.

We work in partnership for a stronger impact

We know we can achieve so much more for older people in Sutton by working together. We are committed to maintaining and developing our relationships with local and national partners. Stronger together, we are making our borough a more age friendly place.

We are part of the Age UK network

We are proud to be an independent, local partner of Age UK, part of a network of similar, independent charities each working to make later life better in their locality, and together, making the UK a great place to grow older.



For almost a decade, Trixie has turned to us for help to navigate the ups and downs of life. (Picture is not representative of individual)



“You’ve been there when I needed you”

We have been a part of Trixie’s life for almost ten years, supporting her to navigate its ups and downs

Trixie, who lives alone and is estranged from her family, has lived with mental health issues all her life. She has low spells, and can easily get very anxious and overwhelmed. In fact, it was the stress at having to deal with a mound of paperwork that had her first turn to Age UK Sutton for help.

Trixie had an archive of bills, letters and statements and the task of sorting through them made her feel extremely anxious; getting started felt impossible without help. We arranged for a trained volunteer to visit Trixie at home to help her organise her paperwork, which was the start of a relationship that has spanned almost ten years, with Trixie turning to us at various points throughout her life, for help and support.

Over the next couple of years, worries about money had Trixie calling us for help. In one instance, she was nervous about being able to afford to attend her local day centre. In another, she was confused about what television contracts she was subscribed to. Through specialist advice and support provided in her own home, we helped Trixie to understand her finances, including helping her plan a budget so she could continue to attend the day centre. Our trained advisors also completed financial health checks with Trixie to ensure she was getting the maximum income she was entitled to. In doing so, they found she had an unnecessary TV contract, and helped her to cancel it, while arranging for her to be on a better deal for her other TV service, which saved her money.

As the years passed, Trixie’s anxiety around leaving her house intensified. She found it difficult to go beyond her front gate, and couldn’t do her shopping alone. Once again, Trixie turned to us, and after discussing her options with a member of the team, Trixie signed up for our Help at Home service. After social care assessor Karen visited Trixie at home to find out more about her needs, we matched her to one of our

help at home assistants, Suzie* who visited her once a week to take her shopping. Seeing Suzie’s familiar face every week helped Trixie feel less anxious; she developed a good rapport with Suzie and with her gentle encouragement, was able to overcome her fear of leaving the house to go to the shops, which she described as “brilliant”.

Another year, and Trixie’s mental health took a dip. She began calling us every week, often in tears, saying she was feeling very lonely. While she continued to enjoy her weekly visit from her help at home assistant, she wanted more company. Trixie didn’t feel able to attend activities in the community, so we suggested telephone befriending, which involves a regular call with a trained befriender. Trixie agreed, and one of our volunteer befrienders called Trixie every week to have a chat, which Trixie enjoyed very much.

The regular contact helped to lift her spirits and she felt more able to cope with her anxieties.

Today, Trixie still has her weekly shopping trips with Suzie and is a familiar figure among the local shopkeepers. Recently, we helped her get a Blue Badge which she wanted to make it easier for Suzie to park when they go shopping. A befriender, Paul* also visits Trixie regularly to help her sort her mail and for a chat.

Speaking about the impact Age UK Sutton has had on her life, Trixie simply said: “You’ve been there when I needed you”.



68

Help at Home assistants made



11,274

home visits and supported



442

older people to help them live independently in their own home



817

gardening jobs completed this year



2212

hours of calls were made by our telephone befrienders

“More good than medicine”



Alan, pictured with Sara, who matched him to befriend John. Today, Alan visits a man living with dementia, keeping him company and enabling his wife to have some time to herself.



40+

befrienders provided much valued companionship and regular contact for...



190

isolated and lonely older people. That's...



26%

more than last year



111

people benefitted from advocacy support provided by specialist staff and volunteers

Volunteer Alan reflects on the impact befriending had on John's life

John was first referred to Age UK Sutton by his occupational therapist, who was worried about his wellbeing. Since losing a limb due to complications from diabetes, John had become very isolated and depressed. Estranged from family and living alone in an upstairs flat that had not been adapted for his disability, John was essentially a prisoner in his own home.

When a member of the Age UK Sutton team visited John to complete an assessment, they found him confined to one room, unable even to open a window without help. John, who had been on a rehousing list for two years, admitted he felt “very lonely” and “would love to be able to see the sun again”.

The Age UK Sutton assessor suggested a befriender might help, and John agreed. Our advocacy team also began looking into the issue of his rehousing, to find out what progress had been made.

We introduced John to Alan, one of our volunteer befrienders. Encouraged by his wife, and hearing about our urgent need for befrienders, Alan had decided to volunteer with us. “I thought it would be nice to give something back, and to be a part of the community more.”

Age UK Sutton team member Sara accompanied Alan on his first visit to John, to introduce the two of them. When they got there, they found John curled up in bed, feeling very low. However, not long after Alan was introduced to him and they began talking, John's mood began to lift. He sat up on the edge of his bed and was animated and eager to talk.

Alan remembers: “We hit it off ... We started by chatting about the television - that's all he could do, since he couldn't go anywhere.” Alan visited John every week, and learned more and more about

him - his travels across the world, and his interest in antique weapons. “We used to talk about anything and everything.”

When we called to check up on John, he told us how “uplifting” befriending had been for him, and that he felt “less low”. Alan's visits had “done more good than the medicine the doctors give”. There was also positive news on the rehousing front. After numerous calls, the advocacy team discovered that John had been mistakenly removed from the rehousing list. They encouraged him to reapply with the help of his social worker, which John did, and his rehousing was being progressed.

Unfortunately, John died suddenly, only a few months after the befriending visits began. It was a shock for Alan, and for our team, but a sorrow tempered by the knowledge that we had helped make his last days brighter ones.

Remembering John, Alan says “I always felt good going to see him and good when I left as well. It went from being just visiting somebody to, in the end, keeping a mate company”.

Speaking about the impact being a befriender has had on his life, Alan says

“It gives me a purpose. You get something out of it almost as much as the people you befriend.”



“I’m back in control”

Advice Coordinator Ian pictured with Tim who he supported throughout a difficult benefit application process. The income Tim received as a result has helped him become more mobile.

Former policeman Tim was in a dark place, facing redundancy and homelessness. With our support, he’s back in charge

Tim has had an action-packed life as a policeman, an instructor, a security consultant, and a lecturer. After a couple of years living in Bournemouth, Tim moved to Sutton to be closer to his daughter, finding work as a manager.

“Last in, first out” Tim says of the sudden redundancy that plunged his life into turmoil. As accommodation came with the job, he faced the dual loss of his home and income. Furthermore, Tim lived with a number of health issues including heart disease and back pain, which affected his mobility. His mental health was also affected by the situation. Tim remembers this being a dark time - “I’d lost control”.

At the recommendation of a neighbour, Tim called us for advice about any benefits he was entitled to. We arranged to meet Tim, and trained advisor Ian completed a benefits check and discussed the options of support available to him, including his eligibility to apply for Personal Independence Payment (PIP). He had been rehoused, and so we focused on ensuring he was getting the correct income for his circumstances.

Tim was turned down for PIP, but as his health problems – particularly his mobility – worsened, he asked us for help to reapply. Yet, despite evident physical and mental health issues, Tim’s application was rejected again. Both Tim and the Age UK Sutton

team felt this was not the right decision, and so we supported him to appeal and to reapply with updates and evidence.

Eventually, after a great deal of paperwork and liaising with the Department of Work and Pensions, and almost two years after his first application was made, Tim was awarded PIP which was backdated by six months. This meant he received a lump sum which he used to buy a mobility scooter. This, Tim says, has made a “massive difference” to his life, by allowing him to get about quickly and easily, with less pain.

Tim’s daughter also noticed “a huge improvement” in her father’s mood and self-esteem thanks to the help he received from Age UK Sutton, noting

“Before your help he was overwhelmed and unsure where to turn and now appears to be back in control. He has got his sparkle back!”



Our staff and volunteers provided **5000+** hours of expert information, advice and support over the phone, in our offices and out in the community

When a bad fall put her in hospital, Myra had no one to turn to for help. Our Home from Hospital team supported Myra during her recovery, enabling her to regain her independence (Picture is not representative of individual)

Getting back on her feet

Our Home from Hospital team supported



186

people to be discharged faster from hospital to return home



97%

stayed safe and well at home, with no readmissions



1488

hours of personalised support were provided by volunteers

*Myra is back doing what she loves with the help of our Home from Hospital team

We first met Myra in hospital, where she had been admitted following a fall at home, which saw her lying on the floor for hours before she was able to get help. Concerned about how Myra, who lived alone would cope after being discharged from hospital, her occupational therapist referred her to our Home from Hospital team.

Home from Hospital worker Lou first visited Myra on the hospital ward and found a normally self-sufficient lady who was worried about the effect the fall and a flare up of a long-term lung condition would have on her independence.

Myra agreed to have Lou visit her at home for an assessment once she was discharged, which she was, five days later. Despite not yet having a package of care fully planned, Myra was discharged quickly as the hospital knew she was being supported by our Home from Hospital team to manage things whilst the details were being worked out, and that getting home would be better in her case, to support her recovery.

The next day, Lou visited Myra at home. She was able to walk, albeit with difficulty. Myra also admitted she was finding it difficult to get dressed, washed and complete her housework and confessed she was struggling more, including being unable to potter in her garden, which she so loved.

Without any family who lived locally who could help, Myra had no one else who could support her as she recovered. This was a crucial time, where the risk of readmission was high.

After discussing her situation with Myra, Lou arranged for a volunteer, Celia*, to visit Myra to help her with her shopping and housework. The team also connected

Myra to local activities she might enjoy, after she expressed an interest in getting out and about more. Knowing how much pride Myra took in her garden, they told her about Age UK Sutton's gardening service, should she want help. Finally, after learning that Myra had previously been turned down for Attendance Allowance, she was referred to our Information & Advice team to explore the possibility of reapplying.

Four weeks later, when Lou visited Myra for a follow-up assessment, she found her feeling much better.

Celia's support had enabled Myra to focus on recovering, and she was now able to walk much more easily.

She was waiting for a decision on her Attendance Allowance reapplication, which she had made with the help of our trained advisors.

Checking in with Myra three months later, Lou found a lady who had regained her independence. She had not been readmitted to hospital, nor had she needed to see her GP in the time since she was discharged. Thanks to our help, Myra had been awarded Attendance Allowance, which allowed her to pay for some extra help at home, which she now needed. What's more, she was feeling well enough that she was back to walking about in her beloved garden.

Taking computer classes and being part of a coffee group helped Atticus feel more confident and connected to his community and other people (Picture is not representative of individual)



“I’m doing things I never thought I could”

*Atticus is a changed man – and it began with coffee and computer classes

Last year, Atticus was in hospital re-evaluating his life after an unexpected major brain surgery. It was then he was determined to give up a “miserable existence that revolved around drink”.

However, Atticus’ close friends were concerned about what he would do without the occupation of alcohol. They worried that without anything to do, he would go back to drinking – something which Atticus recognised as a danger too. Encouraged by his friends, as well as getting specialist support with his addiction, Atticus got in touch with Age UK Sutton to ask about things he could get involved in, and for support managing the challenges he faced.

One of our assessors, Annemarie, met with Atticus, to talk about his situation and his goals. They discussed various activities and groups for Atticus to try and our ‘Coffee Talk’ group in Wallington appealed to him the most. He came every week and at one gathering, met our digital training team and signed up for one-to-one lessons.

Atticus is blind, and he wanted help getting to grips with the new world of digital technology: “Everything had changed, so I was effectively a novice but with the extra difficulties of being blind.”

Our digital trainer Aditi helped Atticus to make the most of the voiceover function on his iPad, teaching him how to use voice commands and dictation to navigate on his device, create documents, and send emails. As his lessons progressed, Atticus learned how to safely

browse the Internet, use antivirus software, and manage storage on his devices.

Speaking about the difference the computer classes made, Atticus says “I was scared witless of anything technology-based and now I embrace it all. I love it”. Such have Atticus’ confidence and skills grown that he got himself a laptop and began producing a monthly magazine for the recovery support group he attends.

Being part of the ‘Coffee Talk’ group has also had a positive impact on Atticus. He speaks of being a person who never made friends easily and isolated himself “in my bad days”. Today, he is a key member of the group, helping out as needed and welcoming new faces.

He is also in the process of training to be a befriending volunteer for Age UK Sutton – something, he emphasises, neither he nor his friends would have thought him capable of a year or two ago.

“I have learned you can make friends, and now I make it a point of talking to new people. Coming here has taught me how to actually mix with my peers, which is something I never could do or did do before.”



305

people developed their IT skills at one-to-one classes, workshops and events, racking up a grand...



1212

digital learning sessions



384

cups of coffee were chatted over at Coffee Talk

Of tea dances and tiny hats

Our events, activities and groups foster a sense of community and bring people together

3925

A whopping 3925 tiny wool hats were knitted and crocheted by our supporters for our first Big Knit. That's 96% more than the original target we set and raised

£1000 to support Age UK Sutton's work to make Sutton a better place to grow older



76

twinkle-toes came to our tea dance in October to celebrate Older People's Day and Silver Sunday

"It was wonderful to see so many people having such a great time... I was particularly struck by one guest's spontaneous speech of thanks at the end of the event, who declared 'You couldn't want to live in a better place than Sutton'" –Simon Wales (former deputy leader of Sutton Council, who opened the event)



Thank you very much for organising such a lovely night



16

teams battled to win the inaugural Age UK Sutton Fundraising Pub Quiz

"The atmosphere was brilliant....We all really enjoyed the evening, a lot of fun and we can't wait to get involved again." Tony, Team 'To Us It's Personal'

960

individual exercise sessions completed this year

"There's a wonderful freedom about this group. It's not just the dancing, it's the company as well. There's a lot of enjoyment here. There's nothing like it." Eric, Let's Dance member



65

members of One Voice for Age met, shared information and advice, and discussed issues that matter for Sutton's older people



68

Christmas hampers brought festive cheer to older people



"This group has benefitted me massively. We have a caring and positive tutor, and go at our own pace. It also helps in other ways – combatting loneliness, for instance, and a reason for getting out and about." Tess, Postural Stability class member



1728

kilometres of terrain stridden over by our Nordic Walkers



£1996.78

raised from rattling buckets at the Gangsta Granny show in London and Asda Christmas Bag Pack

Find out about the latest activities and events at Age UK Sutton and how you can get involved by visiting www.ageuk.org.uk/sutton

Stronger Together

Working with local and national partners and colleagues to influence change and improve later life in our borough

As a local charity, we are dedicated to supporting older people in Sutton, not only with the services we provide, but also by influencing for wider change that improves later life for all.

Supporting an individual with an issue is vital and will always be the focus of our work, but sharing learning – especially about common challenges – enables Age UK Sutton and our partners to consider what longer term changes might help prevent these problems, and reduce their impact if they do arise.

Working with national partners enables us to support national change. Age UK Sutton has supported Age UK's 'Painful Journeys' campaign for better hospital transport which resulted in the Department for Transport addressing hospital transport in their Inclusive Transport Strategy, where previously there was no mention of it.

We have also supported older people to participate in national consultation on issues including digital inclusion and social care. Our role as a lead partner for the older people's strand of the Sutton Plan includes supporting the London Borough of Sutton to consult effectively with older people, and advising on key challenges for Sutton's older people with issues like finding a care home, transport, and safeguarding.

Partnership working is a key pillar of our strategy. We work with local and national partners to deliver commissioned services, support development in the borough, and act as a 'critical friend' when needed.

We co-deliver commissions and projects and collaborate in advice provision with Citizen's Advice Sutton and Sutton Carers' Centre, offering a 'joined up' experience that's less stressful, and provides valuable insight into the changing needs of older people in our borough.

Our work with Sutton Clinical Commissioning Group includes the delivery of two commissioned services, advising on older people's issues for the Sutton Health and Care programme (working to build closer connections between health and social care) and, in 2017-2018, delivering a pilot Social Prescribing service to develop Sutton's understanding of how such provision could benefit public health in the Borough (co-commissioned with London Borough of Sutton).

 **40+**

older people were able to address candidates standing for Carshalton & Wallington at our General Election hustings in May

 **60**

people came to our first Age UK Sutton Forum on the theme of social care, bringing together decision makers and the people their decisions affect, and influencing the focus of Age UK's national social care campaign

 **45**

social workers attended Age UK Sutton's learning session on 'Raising Expectations of Care' at the annual Sutton Safeguarding Conference

 **2635**

people benefited from support from commissioned services delivered by Age UK Sutton, including our social prescribing pilot, the LBS commissioned 'ALPS' Information and Advice service, Home from Hospital, and Sutton Uplift, a community mental health and wellbeing service

 **8.12.17**

The day we proudly became a lead partner of the Sutton Plan, supporting the London Borough of Sutton to deliver its commitment to improve life in Sutton for older people



Financial Review

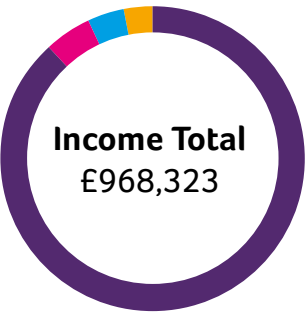
Our total income for the year was £968,323

Income from charitable activities, consisting of grants, contracts, our Help at Home service as well as other services showed a slight increase to £935,366.

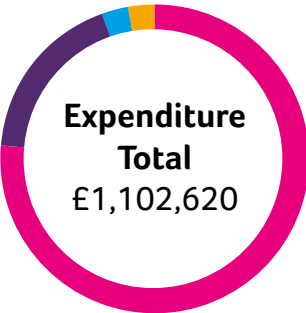
Our expenditure for the year decreased by almost 10% to £1,102,620 (2017 - £1,214,790), as a result of some projects coming to an end, and cost savings made as a result of securing ‘in kind’ support.

Reserves were used to continue Age UK Sutton’s Digital Training service, to support the development of Social Opportunities and to fund the Information and Advice service during a period of development. General unrestricted reserves at 31st March 2018 were £426,946.

	Unrestricted	Restricted	2018	2017
Total incoming resources	482,678	485,647	986,323	1,034,400
Total resources expended	530,780	571,840	1,102,620	1,214,790
Net incoming (outgoing) resources	-48,104	-86,193	-134,297	-180,390
Transfer between funds	-22,278	22,276	-	-
Total funds as at 1 April 2017	488,168	225,504	713,672	817,915
Total funds as at 31 March 2018	428,506	161,587	590,093	713,672



- Charitable Activities £935,366
- Other Trading Activities £5,009
- Donations & Legacies £13,591
- Investment Income £14,357



- Staff & Volunteer Costs £823,323
- Insurance, Premises & Office Expenses £209,039
- Publicity, Promotion & Fundraising Activities £56,659
- Professional Fees £13,599

Thank you

We’d like to thank all our donors, customers and supporters for their valued contributions, as well as our trustees, staff, volunteers and partners. Special thanks also go to the following individuals, businesses, public bodies, trusts and foundations for their generous support.

Age UK	Free Cakes for Kids Sutton	Nonsuch High School for Girls	Sun Pub, Carshalton
All Saints Church, Benhilton	Garrick Theatre, London	Panel members, Age UK Sutton Forum on Social Care: Nick Ireland, Acting Director of Adult Social Services for Sutton Council, Lucie Waters, Managing Director of the NHS Sutton Clinical Commissioning Group, Rachael MacLeod, CEO of Sutton Carers Centre	Sutton Carers Centre
Asda Sutton Belsize Court	Green Wrythe Primary School	Paul Scully, MP for Sutton and Cheam	Sutton Housing Partnership
Ben Law and BGL Wealth Limited	Greenshaw High School	Reed Business Information	Sutton Housing Society
Big Knitters, one and all	Holiday Inn Sutton	Rosindale Pavitt Estate Agents	Tazza Coffee
Big Lottery Fund	Imagine Independence	Shinner and Sudtone	Tesco Bags of Help
Browns Kingston	In memory of R Bentley	Simon Wales	The Racehorse Pub, Carshalton
Café Nero Sutton	INDY Associates	Slug and Lettuce Sutton	Tierney’s Caterers and Aidan Tierney
Cheam High School	Innocent	Southwest London and St. George’s NHS Trust	Timpsons Sutton
Citizens Advice Sutton	John Dicker at Geeks Who Drink	Sport England	Tom Brake, MP for Carshalton and Wallington
City Bridge Trust	Lisa Maguire		Waitrose
Cllr Ruth Dombey, Leader of Sutton Council	London Borough of Sutton		Worcester Park
Coombe Girls’ School	London Sport		Wallington High School for Girls
Craggy Island Bouldering Centre	M Hargraves		
Emma Bingham	Nationwide Sutton		
Fareshare	NHS Sutton Clinical Commissioning Group		

Get Involved

There are many ways to join us in making Sutton an age-friendly place

As an independent, local charity we are responsible for raising our own funds to keep serving our community. Anyone can get involved whether you are a resident, part of a local business or group, a student, or someone who has been supported by us. There are lots of things you can do to help us continue to be there for Sutton and its people, now and in years to come.

DONATIONS

Donations to Age UK Sutton stay in Sutton, helping us to provide vital services and support in our borough. You can make a one-off donation or set up a regular monthly payment. Donations can be made online through our website, by cheque (made payable to Age UK Sutton), by text or in person at our office. For help making a donation, contact our fundraising team using the details below or visit www.ageuk.org.uk/sutton/get-involved

PARTNERSHIPS

We are incredibly grateful to the many companies, schools, faith groups and community groups who support our work. We would be delighted to hear from you and your company or group to talk about how we can make an impact in our community together through partnership, fundraising, or 'in kind' support.

FUNDRAISE

Anyone can fundraise for us, on any occasion. Be it a Facebook fundraiser for your birthday, a work-based Bake Off, a dress up day at school, a 5K or a marathon, we would love to be your chosen charity.

LEAVE A LEGACY

We appreciate any gift you may choose to leave us. A gift in your will means that years from now, people in later life can turn to us if they're feeling vulnerable, lonely and forgotten. For more information about leaving a legacy, contact our fundraising team using the details below or visit www.ageuk.org.uk/sutton/get-involved

VOLUNTEER

From supporting us to provide critical services, to helping us make sure all older people know we are here for them, to aiding our staff team deliver all the 'behind the scenes' activity that enables us to make a difference, our volunteers are a vital part of Age UK Sutton and critical to our success.

Would you like to join us?

If you would like to support Age UK Sutton, please have a chat with our team. We can advise you on how best you can make an impact. Email fundraising@ageuksutton.org.uk, call **020 8915 2233** or visit www.ageuk.org.uk/sutton/get-involved



Our People

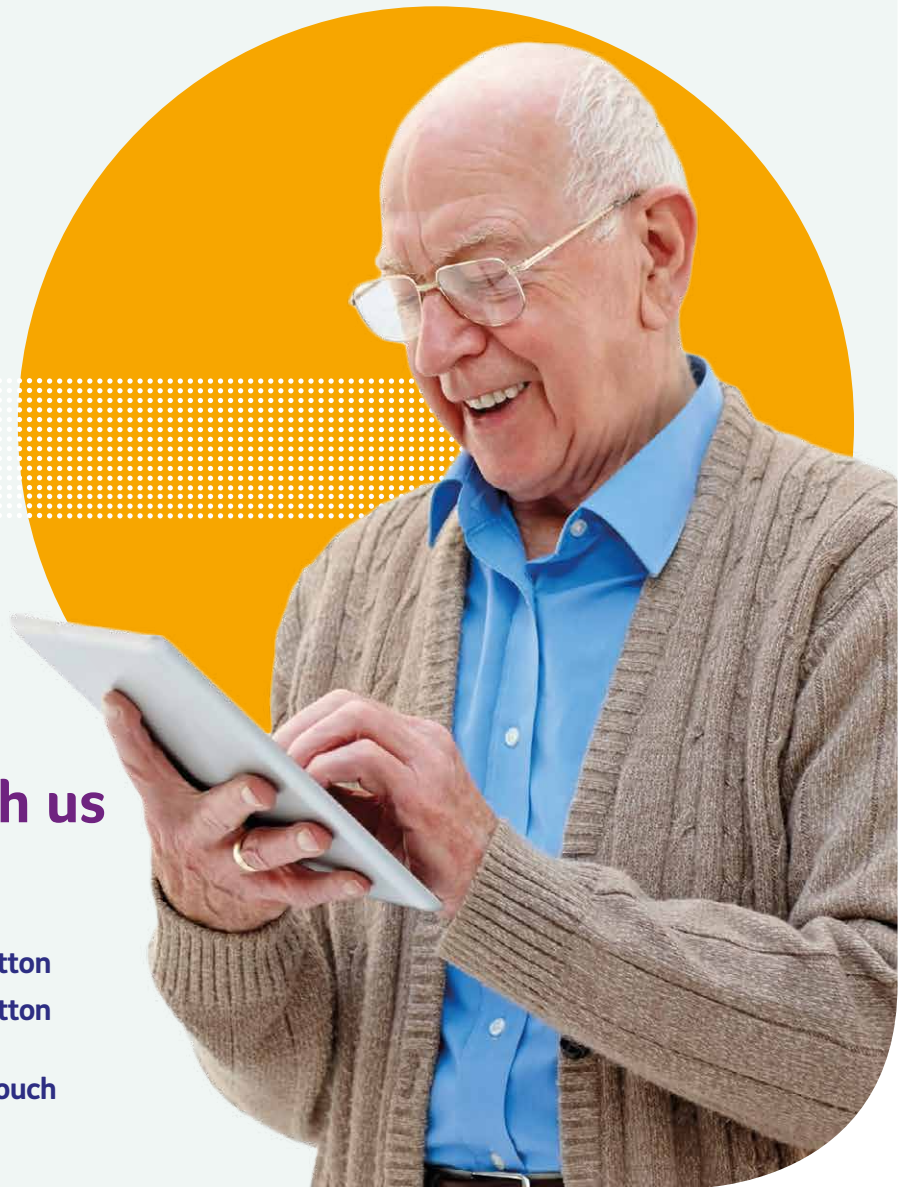
Each day, our dedicated team of staff, trustees and volunteers work hard in the Age UK Sutton office, and out in the community, to improve the lives of our borough's older people, as well as those who care for them.

The dedication of the Age UK Sutton family changes thousands of lives every year. Their passion enables a community where everyone can make the most of later life.

Thank you, family, for all that you have done and continue to do for our charity, our community and our older people.

Board of Trustees 2017-18

Kate James (Chair)
Richard Jones (Vice-Chair)
Kumar Ghosh (Treasurer)
Tim Howe
Nick Kohn
Charles Lister
Rosie Westcott
(resigned 22 November 2017)



Keep in touch with us

Get the latest news, updates and
info from Age UK Sutton

 Like us on Facebook: @AgeUKSutton

 Follow us on Twitter: @AgeUKSutton

Subscribe to our mailing list:
www.ageuk.org.uk/sutton/keep-in-touch


Age UK Sutton

Sutton Gate

1 Carshalton Road

Sutton, SM1 4LE



 020 8915 2233

 info@ageuksutton.org.uk

 www.ageuk.org.uk/sutton

Registered charity number 1085875. Company number 04175500

Designed by

Juice