

connect

*The Age UK West Sussex,
Brighton & Hove Magazine*

In this issue:

Secret Sausage!

Find out about
Chef Caryl's
famous recipe

***Calling all
knitters...***

Can you help
knit for Age UK?

Spreading joy

Read about our
special deliveries
over Christmas

***New Year,
New YOU!***

Tips to start your
year off well



Get in touch:



01903 731800



connect@ageukwsbh.org.uk

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Let us deliver meals and save you cash this winter!
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How to receive Connect Magazine

If you would like to receive Connect regularly or simply want more copies, please let us know. We are always looking out for free distribution points at local businesses, shopping centres, cafés and coffee shops, doctor's surgeries and hospitals etc. If you can help, please contact us.

Read online

You can view the latest magazine on our website.

Write to the Editor

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West Sussex, BN17 6BP

If you see an article or picture you would like to copy or reproduce elsewhere, please contact the editor, Vicki Rayment by emailing connect@ageukwsbh.org.uk or calling 01903 731800

 www.ageukwsbh.org.uk

   @ageukwsbh

 Age UK West Sussex, Brighton & Hove

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Love later life

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Welcome to our first issue of 2021!

After scaled down festivities I don't think many of us were sad to say goodbye to 2020. We're still in the midst of a hugely difficult time of course and this new lockdown will be testing for everyone. If you need our help and support we're here for you, so please don't hesitate to get in touch, whatever you're facing.

All that said, each new year brings with it a sense of hope – something we need to hold on to tighter than ever right now. The second Covid-19 vaccine has begun to roll out and that light at the end of the tunnel is definitely shining a bit brighter.

New year is also a time for resolutions and if you're keen to be a bit more active in 2021 we've got some tips for you on page 4. While we'll never advocate crazy diets and punishing training plans, we do know that moving more can help people avoid health problems, remain independent and fight signs of frailty.

You'll see overleaf that we're starting our new year with a huge campaign to deliver meals to older people locally during lockdown. If we can help you in this way, let us know and we'll arrange a doorstep delivery for you!

Finally, if you're looking for a reason to treat yourself, why not get some practice in for Shrove Tuesday (Pancake Day)? It falls on the 16th of February this year and we have a recipe for you to try on page 13, it looks delicious!

Wishing you good health, hope and happiness in 2021!

Helen x

Helen Rice
CEO Age UK West Sussex, Brighton & Hove

If you need help we are here

During this difficult time, we have continued to adapt the way we work, so we can be there for you when you need us. With our staff, and generous help of our supporters and volunteers we continue to meet the needs of vulnerable people across our communities in West Sussex, Brighton & Hove.

We can support you with:



Telephone befriending

We have a team of befrienders ready to make calls to anyone feeling lonely or isolated.



Help at Home

We can support older people in their homes with services like cleaning, laundry and gardening.



Doorstep Deliveries

We can deliver groceries and essential medication to your doorstep.



Meal Deliveries

We're delivering nutritious home-cooked meals to older people locally.



Emergency Welfare and Safety Support

We can provide urgent help for the most vulnerable or at-risk people with tasks such as cleaning, shopping and laundry, as well as offering respite for carers.



Home From Hospital

This service is available for vulnerable adults who do not have a carer upon discharge from hospital.



Information and Advice

Our team can help with a wide range of queries on a huge range of topics.



Crisis Care

This is a free short term support service available following an illness, hospital discharge or domestic emergency.



Wellbeing support

We can share information on healthy living, nutrition, hydration and exercise.



Tech advice from our 'Techno Team'

For help using your tech equipment, like computers, tablets or smartphones.



If you need support:

If you are practicing social distancing or self-isolation and need support, or you are worried about a family member or friend AUKWSBH are here to help.

Contact us:

 01903 731800

 info@ageukwsbh.org.uk



Never miss an issue!

Our monthly Connect magazine is full of information, advice and great stories to help people across West Sussex, Brighton & Hove to live well, independently. Stay connected by subscribing to our magazine, and we'll send you our latest edition. **You can read Connect online at:**

 www.ageukwsbh.org.uk

Lockdown army to the rescue!

Let us deliver meals and save you cash this winter!

'Argh, another lockdown!' we hear you cry. While it's a necessary evil, it's no easier this time around as we're asked to stay at home.

We wanted to work out how we could best support people and with West Sussex County Council (WSCC) funding us, we came up with meal deliveries, energy advice to stay warm (and save cash!) and information and advice for anyone who needs it.

With supermarket slots difficult to come by again and our in-house chefs on standby while our cafés are closed, meal deliveries made perfect sense. All you need to do to qualify is be over 50 and our lockdown army of volunteers can deliver nutritious home-cooked frozen meals and desserts directly to your doorstep. There's no delivery charge but you can make the suggested donation of just £2 per main meal if you'd like to.



One of our happy customers, Norma Somerville receives the meals each week, she said:

"I usually get my meals at the beginning of the week and get 3 or 4 delivered at a time. They just go in the freezer until I need them. They are so easy to cook and it saves me buying so much food from the shops. Also, I know the cook, I used to watch her cooking when I went into the Haywards Heath centre and she does lovely food. I know I'm going to get a great home-cooked meal that's nutritious and there are always plenty of vegetables and there's a good range of options. My favourite so far has been the sausage casserole and I am partial to a chocolate pudding!"

Want to find out more?

If you are interested in receiving meals, energy advice or other support this winter, please get in touch:

📞 01903 731 800

@ info@ageukwsbh.org.uk

IN ASSOCIATION WITH



Winter
Warmer

Meals are made by AUKWSBH's in house chefs and menus change regularly. Those with specific needs or dietary requirements can call us to discuss that.

Our chefs have been making delicious meals like roast cannon of lamb with a mint mousse and classic lasagne for you to try. If you have a sweet tooth perhaps the sticky toffee pudding or apple crumble will take your fancy? If freezer space is an issue, we can deliver twice a week.



One of our chefs, cover star Caryl has been busy cooking up her customers a treat!

"My grandmother passed me down a secret recipe that's been in the family for years. Nobody

knows the exact ingredients of my sausage plait and I was sworn to secrecy! I loved it so much when I was a child and growing up and it's proving a big hit with our customers." If you would like try Caryl's secret recipe or any of the other meals we have to offer please get in touch!

Sample MENU

MAIN DISHES

ALL SERVED WITH SEASONAL VEGETABLES

Cottage pie with
creamy mashed potato

Chicken and ham with
a grainy mustard sauce
and roasted new potatoes

Roasted cannon of lamb with
mint mousse and lamb gravy

Classic lasagne

DESSERTS

Sticky toffee pudding
with toffee sauce

Apricot bread and butter
pudding with custard

Rich chocolate brownie

Apple crumble and custard

You can also call us for information and advice over the phone on how to keep well and warm this winter. We may be able to help you lower your energy bills, or even claim additional benefits to pay them!

Finally, if you're finding this period tough (and, let's face it, who isn't at the moment!), you can always call us for advice or support. If you're lonely, we might be able to arrange regular phone calls or if there's anything else on your mind, why not see if we can help?

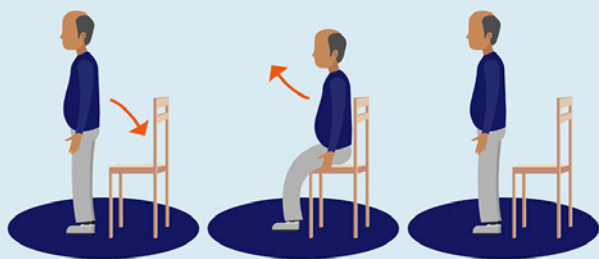
Lockdown is hard, but we hope our meals, advice and listening ears might be able to make your life that little bit easier.

New Year, New You!

4 simple ways to keep active during the coronavirus pandemic

Many people are having to spend more time at home than they normally would. This can make it harder to stay active and have an effect on our motivation.

But Age UK, together with Nuffield Health have put some exercises together that you can do at home...



#1 Chair Squats

To help strengthen the muscles of the lower body, bones and joints

- 1 Stand in front of a chair with your feet as far apart as your hips
- 2 Bend your knees while keeping your shoulders and chest upright
- 3 Lower your bottom slowly (4 seconds) so you sit down
- 4 Then push your body back up to return to a standing position (2-4 seconds)
Try to avoid using your hands
- 5 Aim to perform these 5-10 times or for a duration of 20-60 seconds. Then, take a rest for 40-60 seconds
- 6 Repeat this action 2-5 times.
- 7 If you don't feel like you can do this exercise in full, just try bending your legs a little until you feel you can go further. Then work towards the full activity.



#2 Wall Push-ups

To maintain upper body strength and bone mineral density

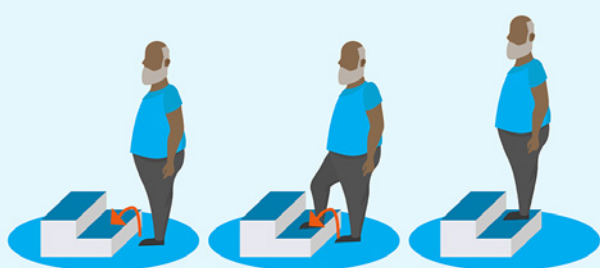
- 1 Stand at arm's length in front of a wall which is safe
- 2 Lean forward slightly and put your palms flat on the wall at shoulder height
If you are just starting out have your feet closer to the wall. If you want more of a challenge have your feet further back from the wall
- 3 Keep your feet planted as you slowly bring your body towards the wall, aiming to keep your body straight
- 4 Gently push yourself back so that your arms are straight again
- 5 Aim for 5-10 slow repetitions
- 6 Perform this 2-5 times, take a break for 40-60 seconds before repeating again.



Whether you enjoyed going to the gym or attending an exercise class, you stayed active by going to the shops or running around after the grandchildren or you're not as active as you once were, these activities are suitable for all abilities. **What's important is that while you're at home, you continue to do what you can to stay as fit, active and independent as possible.**

Do what you can and start slowly...

It is fine to push yourself a little bit, but don't do anything that doesn't feel comfortable and trust your instincts about your own limits. Stop if you are feeling any pain or become lightheaded and make sure to rest and stay hydrated. A little soreness in muscles and joints after exercise is quite normal for the first day or two.



#3 Stair Stepping

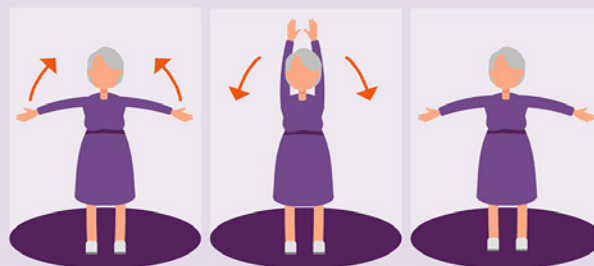
To improve coordination, aerobic fitness for heart health and lower body strength

- 1 Stand in front of a staircase or step and step up with your right foot, then up with your left
- 2 Then step back down with your right, then back down with your left. Try to repeat 10 times or for a period of 20-60 seconds
- 3 Take a rest before changing the leading foot...

If you need a little support, hold on gently to the railing, or gently touch the wall with your finger tip

If this is comfortable, to increase difficulty, hold some weight in each hand such as a bottle of water

- 4 Try to perform these 2-5 times, take a break for 40-60 seconds before repeating again.



#4 Wall Snow Angels

To improve mobility, posture and strength

- 1 Stand with your upper back, head, bum and heels against the wall
- 2 Start with your hands out to the side with your palms facing outwards
- 3 Whilst maintaining contact with the wall, slowly raise your hands above your head, stretching as wide and as high as possible
- 4 Slowly return to your starting position and then repeat – aim to complete 5-10 times
- 5 Perform this 2-3 times, take a break for 40-60 seconds before repeating again.



Exercise with us on YouTube

If you haven't had the chance yet then check us out on YouTube as we've got some exercise videos to keep you healthy and active.

We've got everything from seated exercise, chair Pilates, cardio circuits and more!

**YouTube – Search for our channel:
Age UK West Sussex, Brighton & Hove**

Advice for older people this Winter

Getting vaccinated

When the NHS contacts you or a loved one to get vaccinated, there are a few places you may be asked to go – a local hospital, a vaccination centre, a GP service, a pharmacy or through your care home if you live or work there.

Where might you receive your COVID-19 vaccination?



If you are offered an appointment and can't take it, don't worry, the NHS will offer you different ways to get vaccinated soon.

Information and infographic sourced via *NHS England* and *NHS Improvement* @NHSEngland on Twitter.

Coronavirus survey

Thank you to everyone who took part in our Coronavirus Pandemic Survey to find out how they have been affected during this time.

Our survey highlighted the huge challenges that older people have faced over many months this year and how they overcame them with support from AUKWSBH.

As well as supporting our current customers the report also highlighted a significant number of people new to us, who we were able to help and support as well. The feedback we have received and the insights it has given us are invaluable; helping us to plan for the future, keeping older people at the heart of all we do. To request an email copy of the report or take part in future customer surveys call **01903 731800** or email **communications@ageukwestsussex.org.uk**.



Be Scam Aware: Coronavirus Vaccine

If you receive an email, text message or phone call purporting to be from the NHS and you are asked to provide financial details, or pay for the vaccine, this is a scam.

The coronavirus vaccine is only available on the NHS. You will be contacted by either the NHS, your employer, a local GP surgery or pharmacy, to receive your vaccine.

Vaccinations are free of charge and you will not be asked to pay. The NHS will never:

- Ask for your bank account, card details, PIN or banking passwords
- Arrive unannounced at your home to administer the vaccine
- Ask for documentation to prove your identity, such as a passport or utility bill.

Reporting scams

If you receive a call you believe to be fraudulent, hang up. If you are suspicious about an email you have received, forward it to **report@phishing.gov.uk**

Scam text messages can be forwarded to the number **7726**, which is free of charge.

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by calling **0300 123 2040** or visiting **www.actionfraud.police.uk**



Information & Advice hot topics

This month: Age UK's Warm Homes programme



We have launched our Warm Homes programme, offering practical help and assistance to older people worried about keeping warm this Winter.

The initiative helps people living in, or at risk of fuel poverty by offering:

- Free benefit reviews
- Home energy checks
- Warm homes packs, including a hot water bottle, blanket and socks.

Free home energy checks

This year, our handyperson service is able to offer home energy checks via telephone or video-link to older people who are finding it difficult to keep their homes warm.

What happens during one of our home energy checks?

- A thorough conversation assessing the older person's heating patterns, health needs, home environment and the energy efficiency of their home.
- Installation of simple energy efficiency equipment, such as draught excluders around doors and windows, and radiator panels when it is safe to do so and where appropriate.
- Giving some key tips and advice and distributing relevant information guides on how to keep warm, save energy and reduce the cost of energy bills.
- Providing information on other support services, depending on their needs.
- We also have some oil filled radiators and warmer homes packs to distribute.

The service is free and is available for older people who are finding it difficult to keep their homes warm and are therefore at risk of cold related illnesses. This could include people who are struggling to pay their bills, who are in fuel debt, who have no heating, or don't know how to work their heating controls.

The Warm Homes programme is funded by E.on, Avro Energy, Octopus Energy and Shell Energy.


Want to find out more?

We offer information and advice to the over 50s on an incredibly wide range of subjects. A team of advisors and experienced volunteers can help with queries regarding:

- | | |
|-------------------------------|----------------------------------|
| ● Welfare benefits | ● Money advice |
| ● Housing needs | ● Care planning and care at home |
| ● Health and social care | ● Advice for carers |
| ● Family and personal matters | ● Advising on rights |
| | ● Social activities |



Might we be able to help you or someone you know? If so, please contact the Information and Advice Team:

 **0800 019 1310** (between 9am – 5pm)

 **info@ageukwsbh.org.uk**

More ways we can help

If you need help at home:

Our Help at Home Service specialises in supporting the over 50s in their homes and includes services like:

- **Weekly or fortnightly cleaning including:**
 - Hoovering, dusting and general housework
 - Cleaning of hygiene areas and floors
 - Laundry and ironing
 - Bed making and curtain/net changing
- **Dog walking**
- **Gardening service**
- **Handyperson service** (odd jobs/minor repairs)

Due to Coronavirus, our services are under constant review and are subject to change. For the latest information on services where you live please get in touch to find out more.

Contact the team:

☎ 01903 726 276

@ helpathome@ageukwsbh.org.uk



Help for unpaid Carers

There are so many considerations to think about over the winter months, while fighting the urge to go into hibernation mode. If you are in a caring role, the list increases further!

Carers Support is running a Winter campaign: Steps to stay well this winter. The charity wants to help carers across West Sussex to simplify winter care into three easy steps: Prepare, stay connected and self-care. For more information about the campaign call **0300 028 8888** or check out their website **www.carerssupport.org.uk**



Carers Support West Sussex
for family and friend carers



If you need emergency care support:

Our Crisis Care Service provides temporary emergency support (in the Brighton and Hove area) when other services are not available.

It is a free short term support service available for up to 14 days following an illness, hospital discharge or you are finding it impossible to cope in a domestic emergency. The service can help support with various tasks including personal care, shopping for essential items and collecting prescriptions, quick/light meal preparation and 'comfort' calls after an accident or bereavement.

Contact our Crisis Care team:

All Crisis carers are carefully selected, trained and supported. The service is CQC registered with a good Standard. To make a referral or more information call us on:

☎ **01273 328555**

Please note: Our Crises Care services are available in the Brighton & Hove area only.

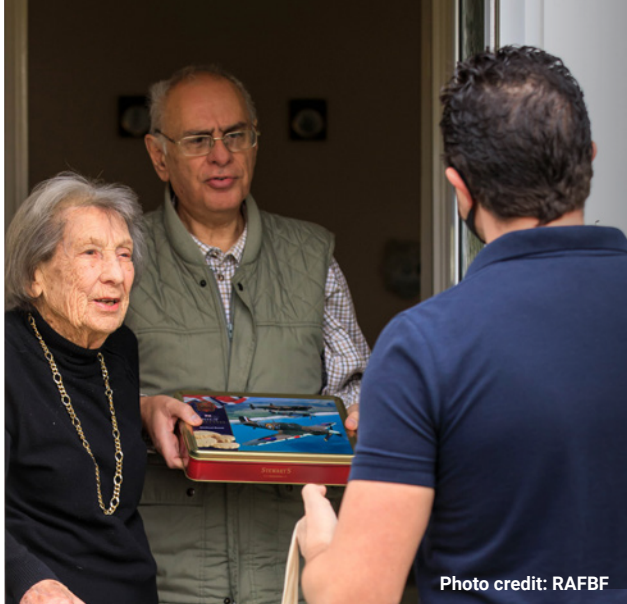


Photo credit: RAFBF

Could you volunteer?

Do you have a few hours spare a week to help out with doorstep support and deliveries?

We are currently looking for volunteers in the following Age UK services:

- **Doorstep Support and Delivery person**
- **Community Neighbourhood Volunteers**
In the Brighton & Hove area only
- **Telephone Befriending and emotional support**
- **Dementia Daybreak services**
In Littlehampton, Horsham, Storrington, Haywards Heath, Crawley and Bognor Regis
- **Gardener**
At the Laburnum Centre, Bognor Regis and Burgess Hill Centre, West Sussex
- **Kitchen help**
At the Laburnum Centre, Bognor Regis
- **Delivery drivers**
Across West Sussex and Brighton & Hove
- **Coffee morning assistant**
At Pond Road, Shoreham, West Sussex
- **Social Prescribing – Admin role**
At Littlehampton and Bognor Regis
- **Information & Signposting**



Volunteer for us!

Contact Richard, our Volunteer Manager to find out more, or to join our amazing army of volunteers:

☎ 07841 662564

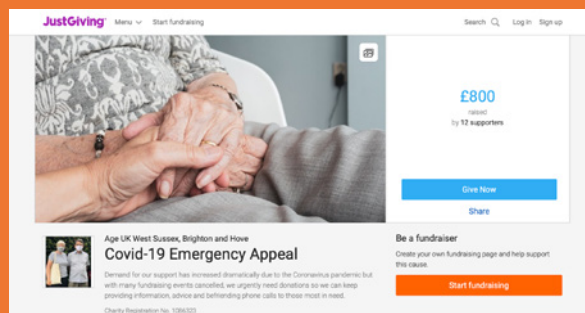
@ richard.harris@ageukwsbh.org.uk

Support our Winter Appeal

This Winter, many older people are feeling lonely and isolated. With lockdown restrictions limiting contact and many older people living alone, our help is needed now more than ever.

Our aim is to ensure all local older people are supported through these challenging times and we are continuing to provide befriending and support over the telephone as well as help and advice, to ensure no one is left to cope alone. In order to keep providing this vital support, we urgently need to raise more money so that we can keep helping those who need us. We rely on donations and supporters in our local community raising funds for us to help us do this.

Donate online



Please Donate

You can donate online to our Winter Appeal using the 'Give Now' button on our JustGiving page.

🖱 Visit www.justgiving.com/campaign/covid-appeal

Donate over the phone

If you would prefer you can make a donation over the telephone – call us on 01903 731800

Thank you for your support



Festive Treat Boxes

We delivered delicious treats to older people over the festive period.



On the radio!

Our campaign was featured on local radio stations.



Festive fun

We have been overwhelmed by the support and friendship of so many of you during the 2020 festive season!

Thanks to you, we were able to sprinkle some Christmas magic across all our communities with our festive activity packs, posters, Christmas cards and the Festive edition of Connect.

As well as the Festive Treat boxes we delivered, hundreds of Bags of Support were also handed out, many meals were delivered to doorsteps and our Home Help, Information & Advice, Crisis, Dementia and other services continued to be there for our customers.

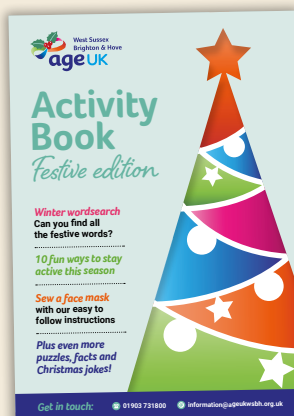
See how we spread some Christmas cheer...

Christine



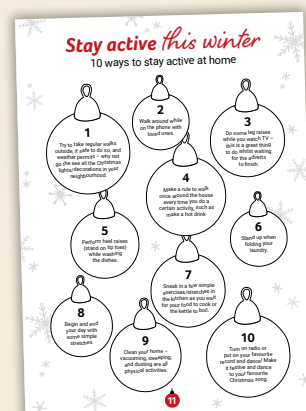
Treat Bags at Cj's Cafe

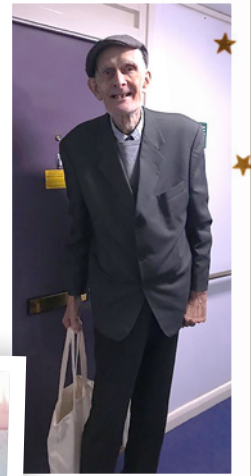
Our Crawley Centre Manager Christine helped give out some treat bags thanks to Cj's Cafe.



Festive Activity Book

We created a Festive Activity Book which was delivered along with our monthly Connect Magazine.

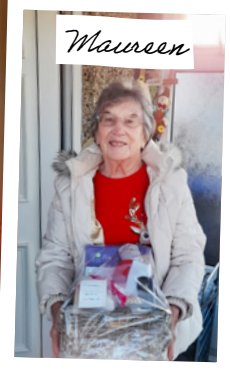




Lyn



Connie



Maureen



Monique

Christmas special deliveries

We delivered hundreds of our Bags of Support and other presents to happy customers all over Sussex.

A special thank you to all the photo contributions including RAFBF.



Our volunteers



Phylliss



Thank you to our supporters

We really appreciate your love and dedication towards helping others and we want to thank everyone who's helped us in one way or another over the past months.

Whether you made masks for our Bags of Support, ran a marathon or another event, made a donation, gave your time to help us in one way or another or delivered one of our treat boxes, bags or both we wanted to say a **HUGE THANK YOU from all of us at AUKWSBH**. You are truly amazing and we couldn't do it without your incredible support.

You are always willing to be there for us whenever we need you. We wholeheartedly appreciate your time and effort just to help us.



A little bit of happiness from Morrisons Littlehampton!

We are working with Morrisons Littlehampton during our Winter Warmer Campaign to provide people across our communities with some sweet treats!

Morrisons are kindly donating a variety of yummy items for us to distribute to older vulnerable people to help brighten their day.

Alison Whitburn, who is the Community Champion for the Littlehampton store is delighted to be supporting our campaign. She says "It's lovely to support the Winter Warmer Campaign and we hope our treats will bring a little happiness to those receiving them."

Morrisons is also offering a free next day delivery service to older, vulnerable people. Just give them a call on **0345 611 6111**. You can find more information by visiting the website: my.morrisons.com/doorstep-deliveries.



Love and friendship with Silver

We are delighted to be partnering with Silver to help those struggling with loneliness.

Last year Silver helped over 7000 older people with their packs so AUKWSBH is joining forces in 2021 to help deliver vital Love and Friendship packs. Each pack is filled with love themed contents such as a felt sewing kit, velvet art, sudoku, adult colouring book, 2021 notebook and pen and some sweet treats. The pack will come in a custom designed Silver tote bag illustrated to fit the theme of the new campaign and the latest copy of our very own Connect Magazine. To find out more about Silver, visit www.silvercharity.org



RIP Dame Barbara

We were saddened to hear of the passing of the wonderful Dame Barbara Windsor – a great supporter of Age UK. Our thoughts go out to her husband, Scott and her family. Rest in peace Babs.

Take a break!

'Amazing You', a beautiful poem by Connect reader Trisha in Petworth.

Amazing you
Self discipline, Strength & Honour
Equal one amazing you
Built of trial & fortitude
A Tower among the few
How proud I am to know you
And claim you as my friend
You've fought so many battles,
defiant till the end.
You're faced your lions and dragons
Yet held your head up high
The qualities that you have,
one can never ever buy.
So battle on with Covid
we know that you can win
Pile those germs upon the bonfire
Then fling those ashes in the bin.
We'll celebrate together
Greeting a new dawn
Flinging our arms around each other
As A Brand New Day is born

Sudoku puzzle

Why not grab a cuppa, put your feet up and have some fun with our challenging Sudoku!

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | | 4 | 5 | 3 | | 8 | | |
| 8 | | | 1 | 4 | | | 5 | 9 |
| | 2 | 5 | | | | 3 | | |
| | | 3 | | 5 | | | | 4 |
| 9 | | | | 7 | | | | 5 |
| 6 | | | | 1 | | 9 | | |
| | | 8 | | | | 6 | 9 | |
| 4 | 6 | | | 9 | 3 | | | 7 |
| | | 9 | | 6 | 5 | 4 | | 2 |



This month's recipe: Banana Pancakes

Ingredients (serves 2)

- 1 banana, sliced
- 100g self-raising flour
- 1 tsp baking powder
- 1 tsp cinnamon
- 3 tbsp light muscovado sugar
- 1 egg
- 100ml milk
- Sunflower oil, for frying
- Greek yogurt and maple syrup, to serve

Method

1. Roughly slice the banana. Tip the flour, baking powder, cinnamon and sugar into a bowl and mix well.
2. Make a well into the centre and crack in the egg, then gradually mix the egg into the flour, adding the milk gradually to make a soft batter.
3. Stir in sliced banana. Heat a little oil in a non-stick frying pan, add the batter in heaped tablespoonful, well apart to allow them to spread. When bubbles appear on the surface, flip the pancakes over and cook until light golden.
4. Cook all the pancakes and keep them warm. Serve 2-3 pancakes with a spoonful of yogurt and a little maple syrup poured over.

Did you know?

Shrove Tuesday always falls 47 days before Easter Sunday, so the date varies from year to year and falls between February 3 and March 9. In 2021 Shrove Tuesday will fall on February 16th.

We'd love to hear your recipes!

Email us at connect@ageukwsbh.org.uk and we might feature your recipe next issue!

Calling all knitters...

We are urging local knitters to support older people in the area this year by using time in lockdown to create miniature hats for the innocent Big Knit campaign.

This year, support for the Big Knit is more vital than ever as many older people have suffered during the Covid-19 pandemic and have turned to AUKWSBH for help.

Each hat collected to adorn innocent smoothie bottles raises 25p for the charity, directly supporting its work with some of the most vulnerable people locally.

Helen Rice, Chief Executive at AUKWSBH said:
"The Big Knit with innocent is in its 17th year now, but it has never been more needed..."

The pandemic has hugely affected our income, at a time when demand for our services is higher than ever.

Fundraising initiatives like this, which can still continue despite Covid restrictions, are so important. I know many people are using the time at home to try new hobbies, so if you fancy giving knitting a try, why not do some good at the same time? Our target is 40,000 hats – no mean feat, so we'd be incredibly grateful for your support."



There are a selection of hat designs to choose from and we're inviting everyone to give it a try, – whether a purling pro, crochet connoisseur or a knitting newbie, by getting one of the hat patterns and joining the campaign.

Hat patterns can be downloaded from **www.thebigknit.co.uk/knitting-patterns**. Those without internet access can call us on **01903 731 800** to request patterns.

Designs include a dinosaur, lion, unicorn and duck and there are patterns to suit all abilities including classic beginner bobble hats, crochet options and other fun characters – knitters can even create and design their own.

Once knitted, people should hang on to their hats at the moment, until they can be posted or collected after lockdown. Once lockdown is lifted, our website **www.ageukwsbh.org.uk** will carry any updates.

We want to see a world where no one has no one to turn to. By knitting little hats for the Big Knit you'll be helping us to do this.



Could you help with The Big Knit?

Could you help us make a difference by knitting some mini hats? The money raised through The Big Knit will help us provide practical and emotional support for older people. If you'd like to get involved, please get in touch!

 **01903 731 800**

 **fundraising@ageukwsbh.org.uk**