



Annual Impact Report

 age Scotland

2020

Age Scotland is the national charity for older people. **We work to improve the lives of everyone over the age of 50 so that they can love later life.**

Our vision

Our vision is a Scotland where everyone can love later life.

Our mission

Our mission is to inspire, involve and empower older people in Scotland, and influence others, so that people can make the most of later life.

Our organisational outcomes describe the changes we want our work to make:

- ∞ Older people are more able to influence change
- ∞ Older people have improved health and wellbeing
- ∞ Older people are more included in society
- ∞ Older people feel more connected
- ∞ Older people have increased independence
- ∞ Older people are more secure
- ∞ Older people face fewer inequalities

Our three strategic aims

Helping older people to be as well as they can be

Promoting a positive view of ageing and later life

Tackling loneliness and isolation



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Introduction

For Age Scotland 2020 was a year like no other and we are incredibly proud of the way we adapted to ensure we could continue our vital services for older people across Scotland.

With those in older age groups disproportionately impacted by Covid-19, supporting older people through this crisis and contributing to the national response to the pandemic was our focus.

In March and April, the number of calls received by our helpline rocketed to **ten times their normal level**. Our attention turned to scaling up to meet the demand from older people who needed **information, advice and friendship** at such a worrying time.



This huge challenge was met head on by colleagues from across the charity. Planned work and projects paused as we focused on growing and supporting our national helpline. We were able to quickly adapt to this new way of working and developed resources and services specifically designed to improve the lives of older people during lockdown, shielding and beyond.



In the face of 'lockdown loneliness', there was a strong focus on offering friendship and opportunities to reconnect.

During these unprecedented times our **top priority** was always making sure we could be there for **older people and their families when they needed us most**.

Brian Sloan,
Chief Executive,
Age Scotland



2020 Timeline

March

- ∞ All teams set up to work remotely
- ∞ Colleagues across charity redeployed to support helpline to meet increased demand



April

- ∞ Dementia training delivered virtually



May

- ∞ Health and wellbeing emergency Covid-19 grants launched
- ∞ Launched friendship line
- ∞ Virtual veterans training developed



September

- ∞ Workplaces training delivered virtually



October

- ∞ Developed Around the Houses in 80 Days wellbeing programme



Supporting older people through the pandemic

Coronavirus may have changed life for everyone in 2020 but it's clear that older people were among the hardest hit. The challenges were many and varied - from seeking support with food shopping and collecting prescriptions to voicing serious concerns about access to medical treatment.

Levels of loneliness among people of all ages skyrocketed and drew into sharp focus its impact on a person's health.

We relied on technology more than ever last year, making us acutely aware of how many older people are digitally excluded.

There's no doubt we've come a long way since March 2020, but there is much left to do.

94,000

over-65s in Scotland said they wouldn't have got through the pandemic without the kindness of strangers

157,000

older people expected to feel lonely over the festive period

350,000

older people live alone

Half a million

over 60s in Scotland don't use the internet

75%

of all deaths involving Covid-19 in 2020 were among people aged 75 or over

Over half

of all over 75s said the TV or a pet is their main form of company (pre-pandemic)

200,000

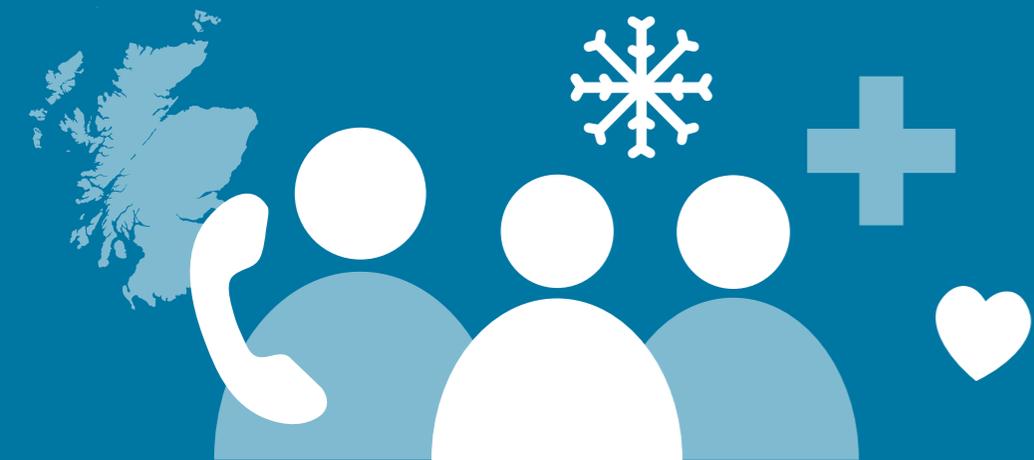
older people in Scotland go at least half a week without speaking to anyone

More than 150,000

people aged 55+ were advised to shield in 2020 (Public Health Scotland)

“ Thank you for all you're doing to continue supporting the older people during these incredibly uncertain times - it is deeply, deeply appreciated. ”

Age Scotland helpline caller



*Helping older people be
as well as they can be*



Scaling up our helpline

In response to the pandemic, we implemented a virtual call centre to ensure our helpline could function remotely with advisers working from home.

In an effort to handle the huge surge in call volume, we temporarily reassigned the majority of colleagues to either take calls from older people or to support the helpline function.

The helpline was a lifeline for many in 2020, offering free and confidential information, friendship, advice and support to older people, their carers and their families.

Before lockdown, we were pleased to host visits from politicians to our helpline, including **First Minister Nicola Sturgeon** who announced Scottish Government funding to boost our call-handling capacity.

“It’s lovely to be able to speak to someone different. You do such a great job. It’s lovely how you can all pick up the phone and just have a conversation.”

Caller

“Excellent service. I don’t know where else I could turn to get the help I needed.”

Caller

£493,350

in **unclaimed benefits** for older people identified

99%

of callers **would recommend** Age Scotland to a friend

104%

Increase in calls compared to 2019

Handled more than

46,000

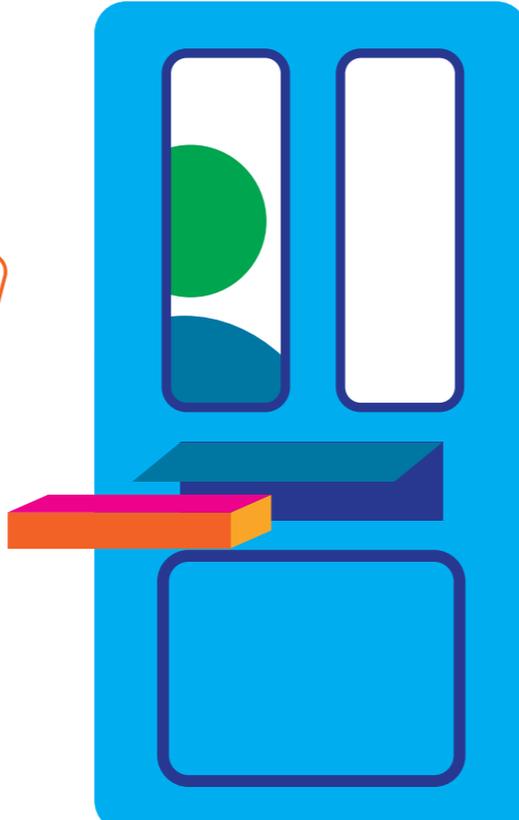
calls from older people and their families

Providing trusted information and advice

Throughout 2020, we continued to provide free guides in print and digital format for older people, their families and carers. However, the way we distributed information changed in response to the pandemic.

We were able to provide guides via post and email but, as older people were unable to get out and about due to lockdowns, they couldn't pick up our guides in their local community. So, we decided to take our information directly into people's own homes and launched the **2021 Age Scotland calendar**.

The calendar features seasonal advice, as well as our helpline number, and was available for free to anyone over 50 in Scotland.



We created an online **coronavirus information hub** to provide timely and accurate information throughout the pandemic on subjects such as:

- ∞ Staying safe
- ∞ Health and wellbeing
- ∞ Protection levels
- ∞ Physical distancing, shielding and self-isolation
- ∞ Useful contacts and resources
- ∞ Local support

In 2020, we distributed:



23,691
guides and



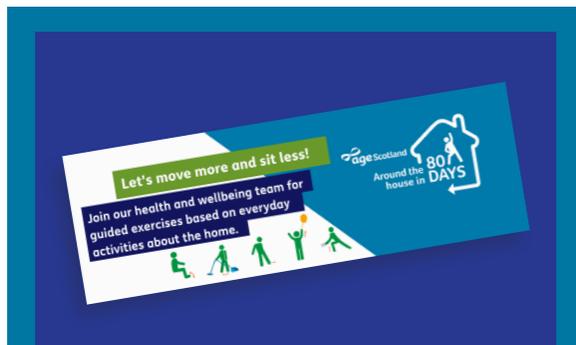
30,000
Age Scotland
2021 calendars

Health and wellbeing

Around the House in 80 Days

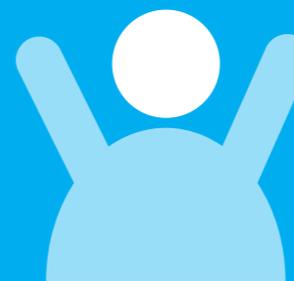
For many older people, lockdown brought about an abrupt end to the exercise classes, walking sports and outdoor activities which kept them physically active and were also an important opportunity to socialise.

To help make sure they were able to stay active during lockdown, we created a health and wellbeing initiative called 'Around the House in 80 Days' (ATH80). The project kicked off with accessible light exercise videos on the Age Scotland YouTube channel with three ten-minute videos posted every weekday throughout the month of November.



“ An excellent video with valuable information and creative exercises for older adults. ”

Participant



1,500
Participants



3,700
Views



The videos offered older people, their family and carers a series of gentle and safe exercises that could be done standing or seated, in different rooms around the house.

The goal was for older people to feel better physically from moving more and sitting less, while enjoying a boost to their mental wellbeing and feeling less isolated by exercising online along with others.

Jenny from our health and wellbeing team recording an exercise video

Health and wellbeing

Friendship Circles

We followed this initiative with our phone-based health and wellbeing friendship circles, running throughout the winter months to support those looking for more information about staying active and well and to make new connections. We also created ATH80 DVDs for those without internet access.



We partnered with Later Life Learning in early 2020 to pilot the Functional Fitness MOT, a personal fitness assessment delivered one-to-one in the workplace.

This sets the over-50s a series of fitness challenges and provides analysis of their physical fitness against people of the same age. It highlights where they are strong and where they should focus attention. This helps them stay in work for longer, have fewer absences and live a longer, healthier retirement.

The pilots were a huge success but rely on one-to-one contact. We look forward to resuming these later in 2021.

Supporting people living with dementia

Age Scotland's dementia training project, funded by the Life Changes Trust and the Robertson Trust, offers dementia awareness training to groups, organisations and employers throughout Scotland.

Prior to April 2020 Age Scotland's dementia training had only been delivered face to face. The service went digital and continued to raise awareness, share information about the early signs and symptoms and understand how we can be more inclusive to people living with dementia.



“ I'm so impressed with how you managed to do it so well online, I really felt like we were all in the room together! ”
Sharon Campbell, Mary's Meals

94
training sessions
(76 online)

1,354
people trained

8
new topics added to training offering

Scotland's policy and practice forum



This was the second year of the forum, funded by the Life Changes Trust, which brings together people living with dementia, and organisations who are interested in working for change, to look at how we can improve policy and practice across many different areas of life.

In 2020 we facilitated:

15 sub forum meetings (11 of them virtual)

2 webinars

7 policy-focused engagement events

6 consultation responses

The forum also published the 'Locked Down but Not Forgotten' report, looking at the impact of Covid-19 on people living with dementia and their unpaid carers.

“ I feel I was listened to today, and that I have positively contributed to this. ”
Unpaid Carer, Feedback from Sub-Group Meeting, Feb 2020

“ I think it's helped me to understand that if people are diagnosed with dementia, there are many different ways to deal with it... there is no right or wrong way to deal with it. ”
Person living with Dementia, evaluation interview, June 2020

Supporting Scotland's older veterans

During the pandemic we continued to raise awareness of older veterans, their needs, and their rights and entitlements, by delivering training using video conference.

We also supported older veterans directly by keeping them informed about the additional help available to them.

Our veterans' project became the lead partner in **Unforgotten Forces**, a consortium of leading charities aiming to boost support for our older armed forces veterans.

The new **Comradeship Circles** initiative enabled older veterans and their dependants to enjoy regular group camaraderie over the telephone.

Provided

839

older military veterans with **advice and support**

Distributed

900

Unforgotten Forces **magazines**

48

participants involved in **eight Comradeship Circles**

Veterans' awareness training delivered to

146

participants



Comradeship Circles

“ I've loved every minute. Come and join. You get new friends, a good giggle, and everybody is there for everybody. You are not on your own. ”

Hazel, family member of veteran supported by Lothian Veterans Centre

“ These calls are great and have helped to maintain our friendships. It's so simple – they just give you a code to dial in and if you can't manage it then they can ring you, which makes life a lot easier for some. You look forward to the call and it inspires you to think, which is good, otherwise you'd just sit and stare at the wall. ”

Patrick, 80, Sight Scotland veterans member

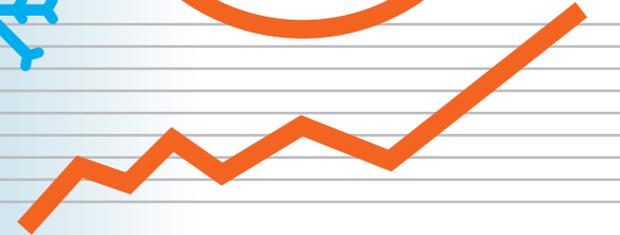
“ It gives you a reason to get up in the morning. ”

Comradeship Circle service user



Gathering the views of older people

As Scotland's leading voice of older people, it's vital that we listen to their views, and understand their concerns and priorities.



Loneliness research

We commissioned research with Age UK, highlighting the steep increase in loneliness over the festive season

National Housing Survey

We carried out our biggest ever National Housing Survey, reaching more than 1,200 over-55s



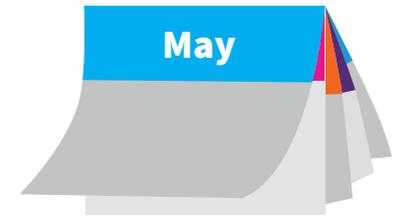
Accessing essential services

We gathered views on older people's experiences accessing foods and other essential services during the lockdown



Manifesto priorities

We consulted with older people about what our manifesto priorities should be ahead of the Scottish Parliament elections in May 2021



Researching and reporting on key issues facing older people

National Housing Survey

We published the findings of our National Housing Survey:



Fewer than half of people over 55 think their home will be suitable for them in later life

12% of respondents said their current home was unsuitable

Almost half (46%) said they would prefer to adapt an unsuitable home rather than move

Coronavirus Survey

Our coronavirus survey found that older people struggled most with:



Getting food from a supermarket



Supermarket online delivery



Access to cash and other banking services

Influencing change

Political leaders across all parties showed support for our **friendship line campaign** and resources on our **coronavirus information hub** were regularly promoted by politicians.

We participate in the **Scottish Government's Older People's Strategic Action Forum** and the **National Implementation Group** which monitors progress of its Social Isolation and Loneliness Strategy, both of which are chaired by the Minister for Older People and Equalities.

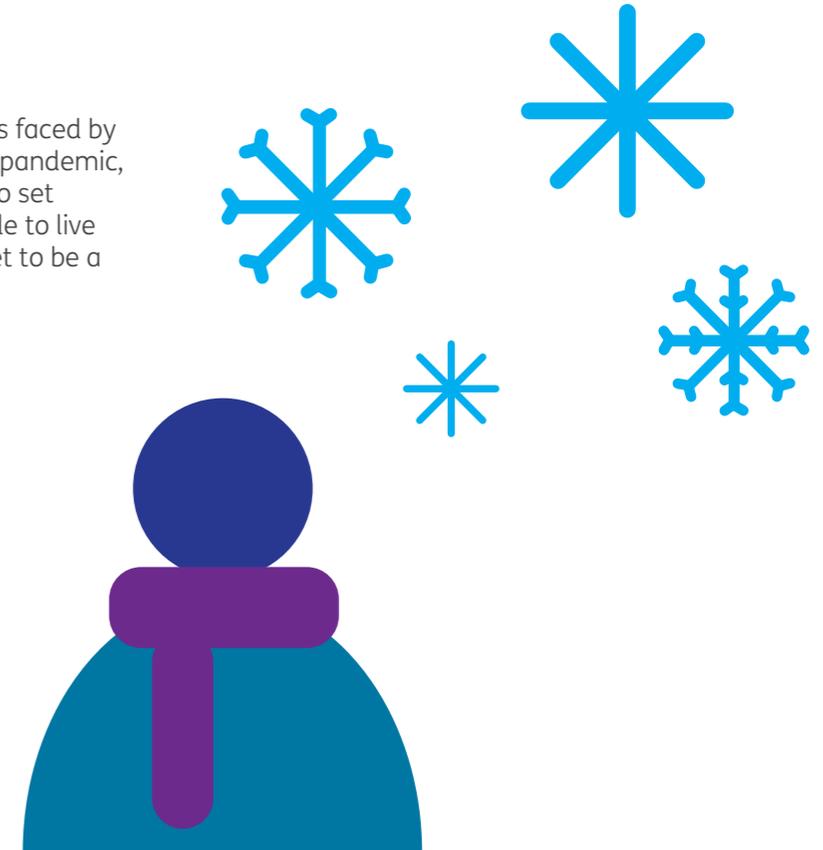


Richard Leonard MSP and Sarah Boyack MSP with Age Scotland Chief Executive Brian Sloan



In order to address the acute challenges faced by older people as a result of the Covid-19 pandemic, we called on the Scottish Government to set out how they would support older people to live well and safely throughout what was set to be a particularly harsh winter.

Their **Winter Plan for Social Protection** was published in November and included support for older people most at risk.



Celebrity support for Age Scotland

We were grateful to receive support from a number of celebrities throughout 2020.

Andy Robertson, Scotland captain and Liverpool footballer, backed our efforts to support older people during the early stages of the pandemic and urged older people in need of advice to call Age Scotland.

Our Friendship Campaign was publicly launched by actor Greg Hemphill, while comedians Fred MacAuley and Allan Stewart promoted The Big Wheesht fundraising challenge.



Andy Robertson

“ I’ve got older family members myself, so I know what a worrying time this is for them. It can be hard to know where to get good information and advice, or even how to have a friendly chat if you are on your own. This is especially so if you are not online, like half a million over 60s in Scotland. ”

“ I want people to know that Age Scotland is here for them. Their fantastic helpline is offering great support to older people and their families as we all adapt to a new way of life for a while. ”

“ It is heartbreaking to think that so many older people in Scotland can go days on end without speaking to anyone. Age Scotland’s challenge, the Big Wheesht, is a chance for us all to experience what it feels like to be surrounded by silence for a short while. But more importantly it is an opportunity to raise money for the charity’s friendship line, which plays a vital role in the lives of older people who desperately want to hear a friendly voice and need to have a chat. ”

Fred MacAuley



Greg Hemphill

“ The effect of this cruel virus on our older people has been particularly devastating. Age Scotland’s friendship line is a welcome opportunity for any person who feels vulnerable or anxious and could use a friendly voice. I am proud to support it. ”

Campaigning for the rights of older people

Through our **policy and campaign** work we highlight the issues that older people tell us are important to them. Older people should influence and effect change and we want their voices to be heard.



Saving free TV licences for over 75s



Changes to fire and smoke alarm rules



Care home visiting



Human rights of older people



Do not attempt resuscitation orders



Access to medical treatment



Throughout 2020 we campaigned on numerous issues including:



Flu vaccinations



Access to cash



Access to food

Successes include:



Helping influence the Scottish Government to **delay the introduction of the new smoke alarm rules**, after concerns about cost and carrying out work during the pandemic.

Putting pressure on NHS Greater Glasgow and Clyde to **improve roll-out of flu vaccinations**, changing a flawed system that put older people at the back of the queue.

Campaigning to save Nan McKay Hall and several other Age Scotland groups at risk of closure due to funding cuts, in an effort to ensure the vital role they play in supporting older people at risk of isolation and poverty is not lost.



We produced:

8 briefings for Parliamentarians

on a wide range of issues such as:

- ∞ The impact of Covid-19 on loneliness and isolation
- ∞ Hate crime
- ∞ New fire and smoke alarm legislation
- ∞ Access to cash

Our work was also mentioned by MSPs in the Holyrood chamber on 61 occasions.

We gave expert evidence at:

4 Scottish Parliament committees

covering issues such as:

- ∞ Supply and demand of medicines
- ∞ Covid-19 impact on equalities and human rights
- ∞ Hate Crime and Public Order (Scotland) Bill
- ∞ Covid-19 restrictions over winter



We responded to:

16 Scottish Government and Parliamentary consultations

feeding in the views and needs of older people in Scotland.

We worked on improving:

[The Hate Crime and Public Order \(Scotland\) Bill](#)

aiming to ensure older people are better protected.

We also produced a large number of Covid-19 briefing documents to assist helpline call handlers with the ever changing enquiries from the public.

In total we produced:

92 daily briefings

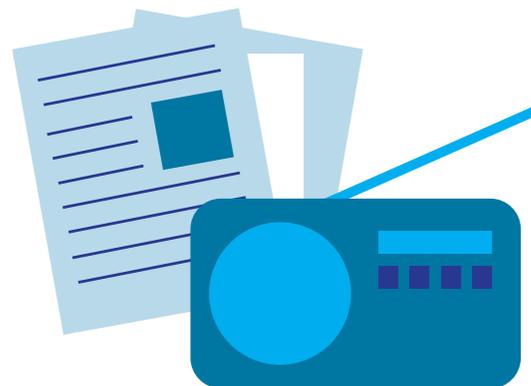
22 in-depth single-issue briefings

An on-demand FAQ document

Media Impact

Age Scotland continued to be the leading voice of older people in the Scottish media.

As they bore the brunt of the pandemic, we regularly spoke to BBC Radio Scotland, BBC Reporting Scotland, and STV News, and commentators across the national print media.



We highlighted:

The devastating impact of the virus on older people

Soaring loneliness & isolation, especially among those shielding

Older people feeling under pressure to sign “do not attempt resuscitation” forms

Issues around care home visiting

Problems accessing food and medical treatment

The amazing efforts of volunteers and fundraisers across Scotland



We challenged negative stereotypes and found positive and inspiring stories despite the difficult year including:

- STV and BBC News highlighted the helpline at the start of the pandemic.
- First Minister Nicola Sturgeon included the helpline number during daily briefing.
- BBC Radio Scotland feature on how the friendship line makes a difference.
- BBC Reporting Scotland piece on staying active at home.
- Widespread national and local coverage of our award winners and local community groups' efforts.
- Festive campaigns across national media encouraging people to “connect at Christmas”.



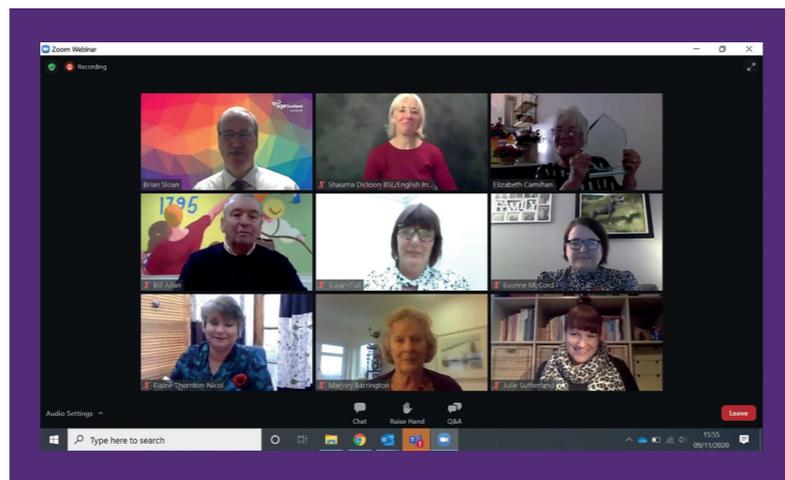
***We promote positive
views of ageing
and later life***

Age Scotland conference and digital awards ceremony

The Age Scotland annual conference and awards ceremony are usually a highlight of our calendar. Our sixth annual conference was on course to be the biggest yet, with 360 delegates attending.

However, we took the difficult decision to cancel the event to keep delegates and guests safe as the coronavirus pandemic took hold.

Instead, we hosted a virtual awards ceremony on 9 November following our AGM.



151 guests

from around Scotland attended the virtual event celebrating our award winners:

Member Group of the Year
Stonehaven and District Men's Shed

Patrick Brooks Award for Partnership Working
North Edinburgh Dementia Care and Craigentenny Primary School

Services for Older People
Local Vocals

COVERT Challenge Award
The Erskine Reid Macewen Activity Centre

Jess Barrow Award for Campaigning & Influencing
Cllr Elaine Thornton Nicol

Volunteer of the Year
Betty Carnihan from Larkhall and District Volunteer Group



Keeping older people informed

Advantage is the Age Scotland magazine that provides information, inspiration and ideas to empower Scotland's older people, their families and carers.

We showcase the fantastic work being done by older people's groups across Scotland, provide useful information and share the latest news from Age Scotland and selected partners.



Three editions were produced, covering topics such as:

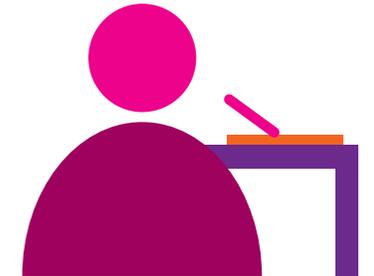
Community grants and group responses to coronavirus



Our COVERT veterans challenge



Information and activities to help people stay occupied during lockdown



Age Inclusive Workplaces

We have been helping organisations and employers to create workplace cultures that are open, inclusive and positive about the benefits of age diversity.

We had to stop running our face to face Age Inclusive Workplace workshops in March 2020 as a result of Covid-19.

As the first wave passed, we focused on making our training virtual wherever possible and began delivering these workshops remotely in September.

This has proven popular with clients, especially those with widely dispersed workforces and we see virtual options being a long-term offering to Scottish employers.



In 2020:



60

**workshops
were held**



1,321

**people
participated**



98%

**of our attendees
would recommend
our workshops to a
colleague**

In a bid to support workers of any age who are worried about money and debt, we also launched a free debt management webinar with Johnston Carmichael, Scotland's largest independent firm of chartered accountants and business advisers.

We continued the Age at Work Employers' Network with our partners University of Edinburgh Business School, CIPD and Business in the Community.



***We tackle loneliness
and isolation***

Friendship line launch

Being cooped up indoors for long periods of time has undoubtedly taken its toll on our mental health, especially for those shielding or living alone.

That's why we launched our new friendship line in June, aiming to help tens of thousands of older people feeling increasingly isolated and lonely during the Covid-19 pandemic.

The launch was backed by Still Game actor, Greg Hemphill who featured in the campaign's radio advert and online animation. 350,000 leaflets were posted to over 65s and the campaign was promoted in 469 pharmacies across Scotland.



In 2020, we:

Received

1,458
inbound friendship calls

133%
uplift from 2019 to 2020
year on year for
inbound calls

Made

1,076
outbound friendship calls



“ It has been a lifeline for me during these months. I've been looking forward to my weekly chats with volunteers. ”

Peter, 81,
receives weekly
friendship calls.

“ Please give me another call next week, I really like these calls as they bring a little light into my week. You have all been so kind to me. ”

Caller

“ I really didn't expect to hear from anyone on Christmas day, but I've been told I'll receive a call which is lovely. ”

Caller

“ Some may have found this period especially hard and a call would be very welcome. There is a real need to support these people for sure and it has been a pleasure to support it. ”

**John, Age Scotland
volunteer**



Community development

Our community development team works in partnership with our member groups, regional ambassadors, and voluntary and statutory organisations across the country to make Scotland's communities better places for older people.

Where we would normally expect to hold over 200 regional network meetings for Age Scotland member groups, only one went ahead before we took the decision to cancel all upcoming meetings on 3 March until it was safe to resume.

This led to a very different year for the community development team as, when all face-to-face delivery ceased, support switched to being provided by telephone and email, plus development of newsletter and resources and communications sent by post in recognition that many of our members are not online.

The team made more than **300** health and wellbeing calls to renew contacts and connections with member groups while not able to meet in person.



We produced and posted **3,589 hard copies** of three resources:

1 Keeping older people socially connected whilst physically distant

2 Practical steps for working with your members during Covid-19

3 12 days of Christmas

Our membership is free and open to groups, organisations and individuals who support our vision and aims. We offer vital support services to our members who make up a fantastic network of groups, organisations and individuals across Scotland, all working to ensure everyone can love later life.

In 2020, we welcomed

60 new members

34
community groups

16
associates

18
individuals

Membership types

Community Group

for local, non-statutory and not-for-profit community groups and organisations providing activities, services and support for older people



Associate

for larger charities, public sector organisations and social enterprises working to benefit the lives of older people



Individual

for people who personally and/or professionally support the work of Age Scotland



Community Connecting

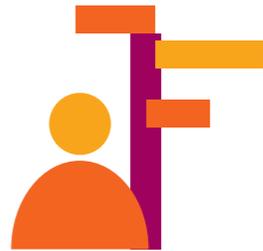
Due to coronavirus, we have unfortunately had to temporarily suspend our community connecting service to focus attention and efforts on our pandemic response. We look forward to resuming these services as soon as it is safe to do so.

Before suspension in March, we made:



189

referrals to local groups and activities



408

community connecting signposts



1,236

community connecting calls

These are tough times for small, community organisations with limited reserves. In an effort to provide practical help, we have been able to offer small one-off grant payments to assist members in withstanding the damaging impacts of this pandemic, and to continue delivering vital activities and services in our urban, rural and island communities.



Health and Wellbeing Grants Programme

Grants awarded ranged from **£100 to £2,500** and contributed to staffing costs, utility bills, internet connections, and improving accessibility to meet new and increased health and safety requirements.

Health and Wellbeing

grants totalled
£105,000

94
grants delivered

benefitting
6,500
people



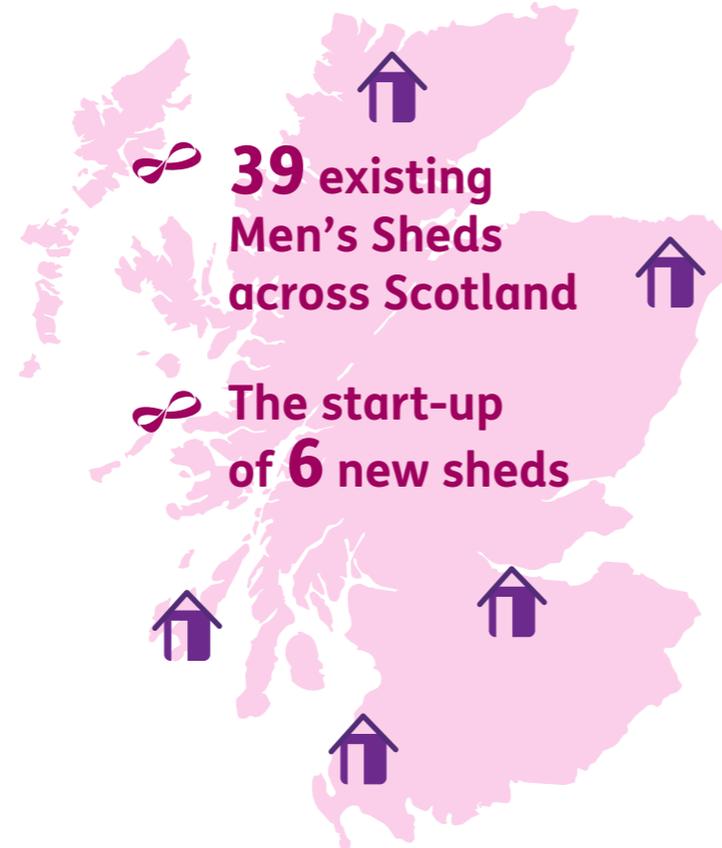
Supporting and enabling Men's Sheds

We support and facilitate a local Men's Shed network in 12 local authority areas across the country - North Ayrshire, East Ayrshire and South Ayrshire, City of Edinburgh, East Lothian, Midlothian, West Lothian, Argyll and Bute, Highland, Fife, Perth and Kinross and Clackmannanshire.

With most shed doors forced to close due to coronavirus, this support has looked different in 2020 and the majority has been delivered by email, telephone and digital network meetings.

A number of sheds were able to remain open safely and focused their efforts on producing life-saving PPE for key workers.

In 2020 we supported and enabled:



Our Men's Sheds development officer also facilitated 18 virtual meetings with Men's Sheds across Scotland. These were organised in partnership with the Scottish Men's Sheds Association and were a completely new venture for the majority of shed members.

“ Delighted to have the opportunity to share issues and of course concerns. ”

Erik Stien,
Culter Men's Shed

“ This a great programme which has made a real difference at a very difficult time. ”

Adam Wood,
Selkirk Community Shed

Raising Funds

This year more than ever, our vital work supporting older people across Scotland simply would not be possible without the wonderful support of the public, companies, charitable trusts and the Scottish Government.

From sponsored silences undertaken as part of our Big Wheesht challenge, to fundraising concerts and tea parties, we were overwhelmed by the number of people across Scotland who ran, jogged, cycled and danced their way towards raising vital funds for Age Scotland.



“ No one should face the crisis alone and, with increasing demand for their vital services, the money we raise should help Age Scotland reach out to more people across the country. We hope that the money we raise will help make even the slightest of differences. ”

Terry Hutley, committee member of Edinburgh University Cricket Club, who raised £1,500 through their 'Peffs to Harbour Lights' challenge.



Jane Morrison-Ross, Chief Executive of ScotlandIS, raised £2,049 in our Big Wheesht corporate event.

“ Age is a protected characteristic - but it's one that is often forgotten. I'm hugely supportive of Age Scotland and the Big Wheesht mission to make sure no one is alone, isolated and forgotten. ”



14-year-old **Shreyas Nekkare** raised £735 through a sponsored cycle.

“ In this unexpected long pandemic, I felt older, and more vulnerable people were the worst hit and hence thought that every little help would be appreciated. It would feel as if I have been able to do something for my grandparents living far away in India. ”



Retail

We took the difficult decision to close our Broxburn charity shop on 22 March. While able to reopen for a limited period in the Autumn, we're now looking forward to re-opening more permanently when possible.

We are very grateful to our team of volunteers and staff, whose dedication and hard work has been essential to the running of the shop and who have shown continued commitment and passion to their community and Age Scotland as a charity.



Our Volunteers

We are proud of the contribution our amazing volunteers make to older people's lives. Unfortunately, due to coronavirus, we had to place many of our volunteering roles on hold in 2020.

However, home-based roles have played a huge part in supporting Age Scotland during this difficult year. We were delighted to welcome 50 new volunteers on board, the majority helping to support and deliver our helpline and friendship call service.

“ I don't stop saying how grateful we are to volunteers. The difference they make is huge. ”

Sheona, Age Scotland community connecting development officer

Organising fundraising events

Working in our Broxburn shop

Coordinating collection cans

Helping raise funds

Facilitating workshops



Looking ahead

None of us could have predicted how much our lives would change in 2020. But we're proud of the way we responded as an organisation, thanks to the hard work and dedication of our teams, volunteers, members, supporters, funders and partners. Together, we were able to achieve so much in 2020 despite difficult circumstances.

Of course, there's still much work to be done. Coronavirus has taken a grim toll on Scotland's older people, claiming thousands of lives while leaving many more in poor health, feeling isolated, or concerned about their future. While there's some light at the end of the tunnel, the pandemic and its impact are far from over.

During 2021 and beyond we will be working together to face the challenges ahead for older people in Scotland:



Advocating for older workers who have been disproportionately impacted by Covid-19



Stepping up efforts to fight loneliness and isolation



Campaigning to ensure every older person can access the social care they need



Supporting our community groups to re-start activities when it is safe to do so

Our Trustees

We are supported in our work by dedicated trustees. We are lucky to be able to call on their advice and expertise.

Our charity board:

Marion E.T McMurdo
Interim Chair

Robert Hare
Treasurer

Brendan
McCormack

Kenneth Nicholson

Pennie Taylor

Alison Harrington

Alasdair
Rutherford

Kate Smith

Faith Jayne

Lesley Sawers OBE

Graham Reece

We were also supported by our Finance and Risk Committee, Members Services Committee and Age Scotland Enterprises Board.

Thank you for your hard work in 2020!

How to get involved

There are lots of ways to get involved with our work supporting older people.



Volunteer

You can volunteer with our popular community connecting service, which puts older people in touch with groups who share their interests around the country, boosting their social life and creating new friendships.



Fundraise

Get active and help raise vital funds to support our work. Participants can take part in all kinds of challenges such as the Forth Rail Bridge Abseil, the Edinburgh Marathon, knitting small hats for the Big Knit and much more.



Sign up to our newsletter

Our regular newsletters by email contain details of our campaigns, services and how you can support our work. Sign up today at age.scot/roundup



Make a donation

No matter how small or large donations make a massive difference.



Follow us on social media

Our social media channels are a great way to keep up to date with our work and issues that affect older people.



@AgeScotland



/agescotland



@age_scotland



/AgeScotland

Contact us



Call us

Helpline:
0800 12 44 222



Look us up

Website:
www.agescotland.org.uk



Email us

info@agescotland.org.uk



Write to us

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Causewayside House,
160 Causewayside,
Edinburgh, EH9 1PR

A Scotland where
everyone can
love later life.

 **age Scotland**
Love later life

www.agescotland.org.uk

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