



the
BIG
wheesht!



1-30 September

 **age Scotland**

Love later life

the
BIG

shhh

wheesht!

1-30 September

Thank you for registering to take part in The BIG Wheesht this September.

Your funds will help Age Scotland, the national charity for older people, tackle loneliness and isolation. Sadly, 200,000 older people in Scotland go at least half a week without speaking to anyone.

But we are here to help. With our free friendship line, we are here to listen, provide friendship, information and advice. Because words matter, they wrap us in reassurance and help us stay connected. Just £5 will help us provide a friendship call to an older person who desperately needs our support.

In this pack you will find everything you need to take part in The Big Wheesht, ways to donate and how you can help raise awareness of your fundraising efforts and the work of Age Scotland.

#TheBIGWheesht

Ways to take part

There are lots of ways that you can take part in The BIG Wheesht and raise vital funds for older people in need across Scotland.

- Take part in a sponsored silence
- Give up social media
- Part company with your mobile phone

Just decide how many hours you will remain silent or give up social media or your mobile.

Remember, the bigger the challenge the more funds you are likely to raise.

You can set up an online donation page by visiting:
age.scot/thebigwheesht

#TheBIGWheesht

Hold a silent disco

Another great way to take part is to hold your very own silent disco.

Gather a group of friends together, either virtually or in person, and crank up the tunes.

Below are just some of the ways you can raise funds:

- Sell tickets to the event
- Hold a raffle
- Create a silent danceathon – how long can you dance for?

Please remember to party responsibly by following government guidelines and socially distancing at all times.

There are lots of silent disco providers, just search online for a provider in your local area or use one of the many apps available.



#TheBIGWheesht

Raise awareness

We would love to hear about the challenge you have set yourself and our media team would be delighted to contact your local paper to help spread the word you are raising funds for Age Scotland. Just get in touch!

Social media is a great way to let people know you are taking part in this incredible event. Please use the hashtags below:

- #HaudYerWheesht
- #TheBIGWheesht
- #TeamAgeScotland

And don't forget to tag Age Scotland into your posts. You can follow us on:

- Facebook
- Twitter
- Instagram
- LinkedIn



#TheBIGWheesht

Raise awareness

Here are some suggested posts for you to use:

I'm taking part in Age Scotland's #TheBigWheesht to raise funds to help older people in Scotland who are feeling lonely and isolated. You can take part too, visit age.scot/thebigwheesht
#HaudYerWheesht
#TeamAgeScotland

I'm taking part in Age Scotland's #TheBigWheesht to raise funds to help older people in Scotland who are feeling lonely and isolated. Please sponsor me if you can.
#HaudYerWheesht
#TeamAgeScotland

I'm taking part in Age Scotland's #TheBigWheesht to raise funds to help older people in Scotland who are feeling lonely and isolated. Text WHEESHT to 70085 to donate £10
#HaudYerWheesht
#TeamAgeScotland

We have also created a prop for you to use on social media. All you need to do is print it out and snap a pic of you holding it. Not only will this help generate awareness it will also help you raise more funds too.

#TheBIGWheesht

Donating the funds you have raised

There are several ways you can donate your funds raised.

 Online at age.scot/TheBigWheesht.

 Send a cheque made payable to Age Scotland to –
The Fundraising Team, Age Scotland, Causewayside
House, 160 Causewayside, Edinburgh. EH9 1PR

 By Bank Transfer – please email the fundraising team
on fundraising@agescotland.org.uk or telephone
0333 323 2400 to speak to a member of the
fundraising team.

 Text: Wheesht to 70085 to donate £10.

Set up an online donation page at:
age.scot/thebigwheesht

Thank you for registering to take part.

Together, we can be there for older people in Scotland
who need us most.

#TheBIGWheesht

Our fundraising team is here to help and offer tips to boost your fundraising or provide fundraising materials such as t-shirts or collection tins.

the **BIG**  **wheesht!**

Get in touch today:

 fundraising@agescotland.org.uk

 0333 323 2400

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