

## The Big Knit is back!

Grab your needles and help us be there for older people with no one to turn to.



The Big Knit is our partnership campaign with innocent drinks, where we ask our supporters to knit little woollen hats. These hats are then placed on smoothie bottles in shops, and for every smoothie sold we receive 25p to help us support older people who are facing later life alone.

Since 2003, you've knitted over 7 million hats, raising more than £2.4 million for Age UK and its vital work.

We need more knitters for this year's campaign, which is running until July. To find out more and to download our new range of knitting patterns, please visit [www.ageuk.org.uk/bigknit](http://www.ageuk.org.uk/bigknit) or call **020 3033 1097**.

Once your hats are ready, please send them to **Age UK, The Big Knit, Fruit Towers, 342 Ladbrooke Grove, London W10 5BU**. Thank you.

## Did our Big Bag Challenge inspire you to de-clutter?



Thank you to everyone who supported our 2018 Big Bag Challenge. We received thousands of donations from generous supporters all over the country, including celebrities Lesley Joseph, Penny Smith and Kathy Lette.

As part of the Big Bag Challenge, Vicky Silverthorn, who runs You Need Vicky, a professional organising and decluttering service, shared some tips on how to declutter effectively. You might find these useful when having a post-Christmas clear-out too.

- **Think practically!** Ask yourself a simple question – 'If I didn't own this anymore, would I miss it?'
- **Swap and store seasonal essentials.** Don't be afraid to get rid of things that no longer fit or you no longer wear.
- **Make decluttering a family affair.** Decluttering can seem daunting so get everybody involved! Get the kids to do their rooms and set a target.



Lesley Joseph donated a handbag to the Challenge

Age UK's shops need items all year round, so you can donate any unwanted items to your local Age UK charity shop. Find your nearest shop at [www.ageuk.org.uk](http://www.ageuk.org.uk)

Find out more: [www.ageuk.org.uk/update](http://www.ageuk.org.uk/update)



## London Landmarks Half Marathon

Sunday 24 March 2019

From cultural landmarks to the city's quirky hidden secrets, runners will get to explore the capital on a route like no other. 10,000 runners will start on Pall Mall, finish by Downing Street and have fabulous views of London's most iconic landmarks including Big Ben, St Paul's Cathedral, Nelson's Column, the Gherkin, the Shard, the Tower of London and the London Eye. If you live locally, why not come along, see the sights and cheer on our runners.

## Virgin London Marathon

Sunday 28 April 2019



The Virgin Money London Marathon had a record-breaking year in 2018, raising £63.7 million for charity! A new world record for an annual single day charity fundraising event.

Do you know anyone that would want to be part of Team Age UK and run this world famous route? Not only is it an iconic bucket list event, we will provide continuous training advice, lots of fundraising tips and an invite to the Age UK post-race recovery reception – expect goodies, food and drink and a free massage.



To join our team of runners, please call the Events team on **020 3033 1725** (lines are open Monday to Friday, 8:30am to 5:30pm)

Age UK includes the charity, its charitable and trading subsidiaries, and national charities (Age Cymru, Age Scotland and Age NI). Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavistock House, 1-6 Tavistock Square, London WC1H 9NA. **Age UK provides a range of services and your gift will go wherever the need is greatest.** ID204044 01/19

**Thank you** for helping us to be there for older people

## Love Later Life Hero



This edition's Love Later Life Hero is Doris Moss, who celebrated her 96th birthday last September. Age has not slowed down or stopped Doris from giving back to the country she has called home since 1942. After fleeing Belgium to escape the Nazis, Doris and her sister worked at Bletchley Park, translating and transcribing messages that helped the war effort. Since then, Doris has shared her wartime adventures in numerous TV and press interviews and featured in Tessa Dunlop's book 'The Bletchley Girls.'



Doris has dedicated her life to helping others and has been volunteering at Age UK Northamptonshire since 1982. She is the welcoming face every visitor is pleased to see, with a cup of tea or coffee for everyone. She also volunteers at a local homeless centre and soup kitchen.

We thanked Doris for her commitment with a Volunteer of the Year award in 2012, and we'd like to pay tribute to her again now for her continued dedication.

Thank you Doris, for contributing so much to Age UK and your local community. You're an inspiration to us all, and a true Love Later Life Hero!

Do you know a Love Later Life Hero? Why not, nominate them so that we can celebrate their achievements or celebrate them. To nominate a Love Later Life Hero, write to Rebecca Alton at the address below or email [newsletter@ageuk.org.uk](mailto:newsletter@ageuk.org.uk)

# Update

The latest on what you have helped us achieve

## What your support means

Thanks to support from people like you, Age UK is able to provide life-changing support, advice and companionship to millions of older people every year. These are just some of the things we've achieved together last year.

### Supporting older people to make informed decisions

Last year, our national Advice Line dealt with 228,399 enquiries, providing expert advice on questions ranging from finances and legal issues to social care.

There was a record 5.3 million visits to our Information & Advice web pages, and we distributed 1.28 million information guides and factsheets, helping people to navigate the complex issues many face in later life.

### Spreading the winter warmth

You might remember reading about our 'Winter wrapped up' guide in previous editions of *Update*. This guide was sent out to over 76,000 people last winter, and the digital version was downloaded over 2,000 times, helping more vulnerable older people to keep warm and healthy during the colder months.

### Bringing a friendly voice to quiet lives

Our Call in Time service provides lonely and isolated older people with the chance to receive regular friendly telephone calls from trained



volunteers. Last year, the programme expanded to support 2,383 older people. For some, the calls have become the highlight of their week.

Thanks to donations from people like you, we were able to train more volunteers to bring a friendly voice and listening ear into the lives of lonely older people.

**Thank you** for helping us to be there for older people

## Coping with the care crisis

You may already be aware of our ongoing Care in Crisis campaign. Sadly 1.4 million older people in this country remain without the care they desperately need, for example help with getting dressed, using the toilet or making a meal.

Not only does this have a massive impact on older people without care, but it also costs the NHS £500 every minute because of delayed discharges from hospital. The Government could save money and get people the care they need at the same time by fixing the care crisis.

We've been travelling the country with Penny, our Social Care Piggy Bank, asking thousands of people to write to their MPs to tell them why they need to start taking the care crisis more seriously.



We presented over 60 MPs with the views of their constituents in Parliament. We sent the MPs who were unable to attend their constituents' views in the post. Thank you to those who took part!



You can add your voice to our Care in Crisis campaign by visiting [www.ageuk.org.uk/care-in-crisis](http://www.ageuk.org.uk/care-in-crisis). If you would like more information on campaigning with Age UK, or help writing to or meeting your MP, please email [campaigns@ageuk.org.uk](mailto:campaigns@ageuk.org.uk) or call us on **020 3033 1130**.

## Switched Off: Save free TV for older people

As you may have already heard, the BBC is considering removing free TV licences from the over-75s, following pressure from the Government.

Over a million older people in the UK rely on the television as their main form of company, whether that's due to mobility issues, an illness or disability, or because they live alone. All older

people deserve access to this vital source of support and information. It's worrying that it is under threat, and wrong that the poorest and most vulnerable older people will lose out as a result.

We are calling for the decision to be reviewed, and for free TV licences to be continued for everyone over 75.

Please join us and sign our petition at [www.ageuk.org.uk/tvpetition](http://www.ageuk.org.uk/tvpetition)  
The consultation is open until the end of February 2019.



Find out more: [www.ageuk.org.uk/update](http://www.ageuk.org.uk/update)

## Where there's a will there's peace of mind

Having a will drawn up by a professional is the best way to help ensure your loved ones are looked after and you can have peace of mind knowing your wishes will be followed.

Your will is a reflection of your life and your wishes. It ensures that the money you've worked hard all your life, goes to the people and the causes you want it to.

Angela, 60, made her will to take control. 'I feel much better knowing that the people and causes I care about will benefit' she told us. 'I am now reminding my friends to make their wills, or review the details if they already have a will in place.'

After you've provided for family and friends, leaving a gift in your will to your favourite charity is an incredible way to make sure the good work you care about can continue. If it weren't for the gifts left to Age UK, we simply couldn't be here for all of the older people who need us.



If you would like to find out more about making a will or leaving a gift in your will to Age UK, we have practical advice and guides available to make the process simple. You can speak to our friendly team on **020 3033 1421** or email [legacies@ageuk.org.uk](mailto:legacies@ageuk.org.uk) to find out more.

Find out more: [www.ageuk.org.uk/update](http://www.ageuk.org.uk/update)



### Top tips for writing your will:

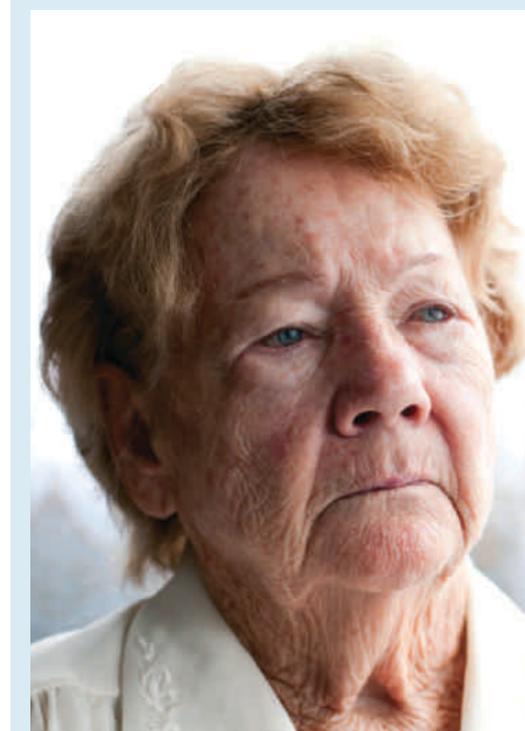
- It is advisable to use a solicitor to write your will – this is the best way to ensure your will is legally valid and your wishes will be followed.
- You can change your will at any time – we recommend reviewing your will every five years.
- Your will must be signed by two independent witnesses – if it is signed or witnessed incorrectly, it is not valid.
- Gifts to registered charities are exempt from Inheritance Tax – in some situations your estate may qualify for a reduced rate of Inheritance Tax.
- Store your will safely – let your executors know where it is kept.



## All the lonely people: Loneliness in later life



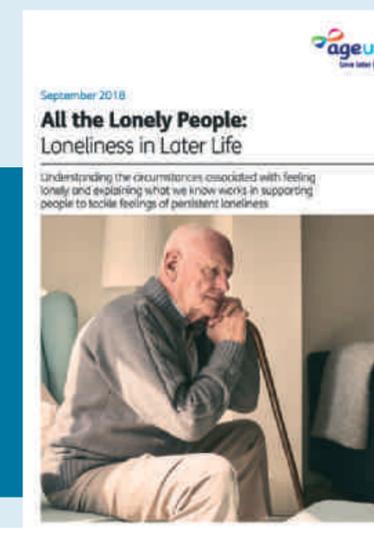
Many people experience loneliness at some point in their lives. You might already know that it can be as damaging to your health as smoking 15 cigarettes a day. But, because of the nature of loneliness, many are unaware of the number of older people suffering from it – or that this number is set to grow as the population ages.



Age UK's latest research has found that if nothing more is done to tackle the growing problem of loneliness amongst older people, by 2026 there will be 2 million people over 50 in England who will often feel lonely. This will have a dramatic impact on their wellbeing and quality of life.

Our report All the Lonely People looks at the reasons why loneliness might increase in later life, so that we can better understand it and work to tackle it through our local programmes and national befriending services – such as the Call in Time service featured on the front page. We are also working with the Government and the Jo Cox Commission to alleviate loneliness in later life throughout the UK.

We're working hard to reach out to more lonely older people every year, but as this report highlights, loneliness can be complex and those who are most in need can be the hardest to reach. If you are feeling lonely, or know an older person who could benefit from a regular friendship call, please call us to find out more on **0800 434 6105**, or go to [www.ageuk.org.uk/loneliness](http://www.ageuk.org.uk/loneliness)



Find out more: [www.ageuk.org.uk/update](http://www.ageuk.org.uk/update)