

Please **sponsor** me

Age UK believes that no older person should have to struggle on their own.

We are here providing vital information, support, friendship and advice to those who need us, and who often have no one else to turn to when times get tough.

Please sponsor me Name here

And help me reach my target of £ _____

[illegible]

Total donations received

Why your help is so important



Michael's story

Michael, 73, knows just how vital a phone call can be. He lives alone in sheltered accommodation in London and has little contact with his family or neighbours. Due to mobility problems he is confined to a wheelchair, and for a long time trips to his local Tesco were his only chance to speak to another person. Feeling imprisoned by his loneliness, he reached out to Age UK six years ago, and found a lifeline.

Age UK Telephone Friendship Service connected Michael with a telephone befriender, and Michael now speaks to Gemma once a week. "I look forward to my telephone friend from Age UK giving me a buzz. We get on like a house on fire and we crack jokes all the time. I don't know what I'd do without her."

"I'm so thankful to Age UK for setting up the service. Knowing there is always a voice at the end of the phone has been life changing."

How we're helping, thanks to supporters like you in 2024/25:



208,926

calls were answered by the Age UK Advice Line, offering guidance and support.



96%

of older people said their wellbeing had improved since they started receiving Age UK friendship calls.



9.3 million

visits were made to the Information and Advice pages of the Age UK website.