

A guide to Intergenerational Activities & Fundraising for schools



A Call to Action: Supporting Devon's Aging Population with Age UK Exeter

Did you know that Devon's population has a higher average age, compared with other regions in the UK? This presents both opportunities and challenges for our community.

While aging often brings its share of challenges, such as frailty and illness, at Age UK Exeter, we're committed to shifting this narrative. We recognize that aging also opens doors to increased freedom, opportunities for hobbies, and travel. Our services are designed to support individuals throughout the aging process.

Our older people are the backbone of our economy, generously volunteering their time and expertise. However, there's an urgent need for comprehensive support to help them maintain their independence as they age. With private and employer-sponsored pension provisions declining and a social care system in crisis, addressing old age poverty has become imperative for both individuals and businesses.

Statistics show a significant increase in the population of over 65s in Exeter by 14% in the last decade, with our services being eligible for over 33% of the total population. Specifically, there are currently under 20,000 people diagnosed with dementia in Devon, expected to rise by 10,000 over the next decade.

This crisis extends its impact far beyond individuals and families and carers, it affects the local economy, healthcare, and access to essential services. In the face of limited resources, it's crucial for businesses, non-profits, and government to collaborate effectively to address local needs.

Age UK Exeter, a local charity with over 30 years of experience, is leading the charge in providing essential support services to older individuals and families. As demand surges post-pandemic, we're seeking strategic partnerships to ensure effective support delivery.

Our services have witnessed remarkable growth, with demand doubling over the past year alone. From July to September 2023, we made over 10,000 contacts with older individuals, experiencing an 80% increase in the number of people we serve year-on-year. Additionally, our volunteer visiting scheme connects over 40 volunteers with more than 60 clients monthly, tackling the growing issues of loneliness and isolation.

Despite the significant contributions of those over 50 to society, negative attitudes and ageism persist. Over 21 million people in the UK are aged over 50, comprising nearly 40% of the population.

While we generate income through various projects, we heavily rely on donations and grants to fill gaps in funding, particularly for services like dementia care and volunteer visiting.

The demand for our services has doubled, with over 10,000 contacts made in just three months. It's crucial for us to ensure sustainability to meet the increasing need for years to come.

Please join us in a vital dialogue to explore how your business can contribute to supporting older community members, while meeting your organizational goals effectively.

Together, we can strengthen Devon's social fabric and build a more resilient, self-sufficient community.

Nicky Flynn

Chief Executive Officer

Supporting Our Community

Supporting our community is at the heart of what we do. Our vision is for a city in which all older people can love later life.

Our mission is to enable older people to make the most of life, whatever their circumstances.

Providing intergenerational activities benefits the community often giving younger people an understanding of the older generation and offering role models.

Engaging with people you may not usually mix with can help with a sense of belonging and results in feeling more connected to your community – for both young and old!

For an older person integrating with younger members of the community can make them feel valued within society – a common concern with our clients.

Here at the Sycamore Centre we run a variety of activities we would love schools to be involved with such as singing and art projects. We feel building relationships with local schools will help support our values:

- **Respect & Dignity**
- **Equality**
- **Integrity**
- **Collaboration**
- **Diversity & Inclusion**

What we do



Enabling and Home Support Services.

Supports older people to remain living independently in their own homes. Helps those with poor mobility or low confidence connect with their local community.

Carers Support.

Our support services offer emotional and practical advice to carers of people living with dementia as well as allowing carers to take a break via 'Time for You'

Hospital to Home.
Reducing preventable admissions and readmissions to hospital by supporting patients over 50.

Sycamore Days.

Flexible and convenient respite. A safe and stimulating environment, with group based activities aiding cognitive stimulation.

Handyperson Service.

A reliable and trustworthy Service from £15 per 30 minutes. No job too small - We have the tools!

Budding Friends.

A social gardening and art therapy group for people living with a dementia and their carers.

Information and Advice.

A free and confidential information and advice appointment service, by telephone and in person for anyone 50+, their families and carers.

Careline and Befriending Services.

Support and companionship for isolated, vulnerable or lonely people in our community. Volunteering opportunities available.

**For more information call 01392 202092
or email info@ageukexeter.org.uk**



Our Activities



Sycamore Singalongs Alternate Wednesdays

14:00 - 15:30 £6

Join us for an afternoon of singing, reminiscing with music from Vera Lynn through to Sinatra, The Beatles and Abba. Tea and coffee provided.



Digital Workshops

A free monthly digital workshop hosted by Sky volunteers. bring in your laptops, phones or questions regarding apps or websites.



Tai Chi/Qigong Every Wednesday

10:30 - 11:15 £6

Join us in our gentle moves, seated or standing. Promotes calm and wellbeing and improves balance. Come along and enjoy a lovely relaxed exercise class with us!



Chair Based Exercise Every Thursday

10:45 - 11:30 £6

It's never too late to improve your mobility and fitness. Join our seated exercise group for a fun introduction to fitness or to continue to build a stronger you!

This event is held at St Mark's Church hall, Pinhoe Rd, EX4 7HU



Sycamore Lunch Club Alternate Wednesdays

12:30 - 14:00. £12

Meet new people or catch up with old friends and enjoy a lovely lunch. 2 course meal – main course and pudding followed by tea/coffee.

Booking required.



Craft Group Alternate Thursdays

14:00 - 16:00. £3

Bring your own materials for painting, needlecraft and other craft projects. We welcome people of any ability so do not hesitate to join.



Over 50s Forum

Held on a monthly basis the forum is your chance to make your voice heard and join a lively discussion focused on issues faced by over 50's.



Tea Dance Every Friday

14:00—16:00. £3

Dancing is a fantastic way to meet new friends and has huge health benefits without even knowing it! This event is held at Wonford Community Centre, Burnthouse Lane, EX2 6NF Get those dancing shoes ready!

**For more information or to book
call us on 01392 202092**

Group Activities for Schools

Here are some of our current activities that school groups could get involved with:

Singalongs: On Wednesdays every fortnight – come and join the group for some singing – it would be lovely if your group could sing a couple of songs that we could all join in with and sit and share tea and cake with us afterwards!

Budding Friends: Our allotment group meets on Monday afternoons on the allotment at St Thomas throughout the the summer – bring a group along to join in with some gardening activities and learn about gardening and growing at the same time.



Arts and craft projects: Held at our Sycamore Centre - Tuesday, Thursday or Friday mornings. We encourage crafts within our 'Sycamore Days' sessions which supports those with mild to moderate Dementia. Bring along your idea for a short art/craft session that our clients can enjoy with your group or maybe you could come along and present a short piece of drama or music for everyone to enjoy!

Lunch Club: Once a fortnight on Wednesday 12.30-2pm - bring a group along to join our clients for lunch and sit and have a chat.

We welcome supporting new ideas for collaboration and our happy to support the current themes of your curriculum or class projects.

Fundraising in your School

As a small local charity we are reliant on donations and fundraising to help us keep providing our services throughout Exeter.

If any classes or students have a fundraising idea we can help support and plan with them to make it a real success!

We can provide bunting, sponsorship forms, certificates or collection boxes too!

Every penny counts and we are happy to support all types of ideas! No donation is too small!

£10 pays for a month of Careline calls to someone living alone.

£20 pays for a month of face - to - face visits to someone isolated in the community.

£25 pays for a month of support for someone with Dementia and their carer.

£40 pays for someone to have a home visit to help them ensure they are claiming all the benefits they are entitled to.

£50 pays for an isolated older person to attend one of our social groups for six months.

£100 pays for 20 people to come together each month.

£240 pays for an isolated older person to be connected with a volunteer visitor for a whole year.

You can donate online here: [Age UK Exeter - JustGiving](#) or scan the QR code:



Fundraising at School: A guide for pupils



Fundraising at school



What is Age UK Exeter?

Age UK Exeter is a charity which supports anyone over the age of 50.

We can help people when they feel lonely, if they have memory problems such as dementia or if they want advice about where to live or money.

We have volunteers that visit people in their homes to keep them company and also volunteers who can chat to people on the phone.

We host lots of events at our centre called 'The Sycamores'.

We have lunches, craft groups, singing and exercise clubs and even gardening groups.

Most of our organisation is made up of volunteers who help run events for free. As a charity we really need donations and people to help us fundraise so we can keep providing fun activities and continue helping older people in our community.

We would love you and your school to help with your own fundraising idea.

How to get involved

Have you thought about putting on a teddy bears picnic, murder mystery evening, family sports day, treasure hunt, bake sale or flower arranging session?

Or maybe you want to put on a ball, a rave, a dance-athon, a dinner party or a fancy dress disco?

Whether it's with your family, friends, or school, the possibilities are endless!

No matter how big or small, if you have an idea for a fundraising event, we want to hear from you!

Some ideas which work great for schools are:

- Non-Uniform Day
- Cake Sale
- Sponsored Walk, Run or activity of your choice
- Raffle

If you would like to fundraise for us you can speak to your teacher and email us: fundraising@ageukexeter.org.uk or call 01392 20 20 92.

Or you can set up your own fundraising idea on Just Giving:

[Age UK Exeter - JustGiving](#)

On the next pages we have included a checklist and sponsorship form so you can keep track of all your donations!





Getting Started

1. Choose an idea
2. Pick a date – leave yourself time to plan and let people know to put it in their diaries!
3. Set up a fundraising page on JustGiving or fill out a sponsorship form
4. Spread the word! make sure people know about your event through newsletters, emails, social media or posters.
5. Ask for help If you need help from family, friends or Age UK Exeter!
6. Have fun!

My Fundraising Checklist

My idea is: _____

The date will be: _____

Get Sponsors

Do the challenge

Collect Money

Tell Age UK Exeter how much you have raised!

