




Our Spring Newsletter

A message from our CEO, Teri Stephenson

As we step into spring, there's often a real sense of fresh beginnings in the air. Over the past few months, we've been working hard to support older people across Lancashire, ensuring they have access to the services that help them stay connected, independent, and living their best later life.

One of our biggest steps forward has been launching our Leave It Local campaign which highlights how powerful leaving a gift in your will is. It's a way to make a lasting difference, helping to sustain services like good day calls, dementia support, day clubs, and many more of our services. These services are a real lifeline, and with the generosity of those who choose to leave a legacy, we can ensure they're here for generations to come.

You may have seen we've also been standing up for local care providers through Providers Unite, fighting against political challenges that threaten vital services. It's been a tough battle, but by working together and pushing for change, we're making sure the voices of our sector are heard.

Our Garstang Open Day was a huge success, bringing the community together to learn more about the support available. If you missed it, don't worry – our Morecambe Open Day is just around the corner, and we'd love to see you there!

And finally, a huge thank you to our incredible fundraisers who are gearing up for the Canoe Challenge. Their determination and commitment to fundraising mean a great deal to us, and every penny raised will help keep our services going strong.

Spring is a time for new energy and fresh ideas, and we've got plenty planned for the months ahead. Thank you, as always, for your support – together, we're making a real difference for older people across Lancashire.

Teri Stephenson
Chief Executive Officer

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Teri

LEAVE IT LOCAL - YOUR LEGACY TO LANCASHIRE

We're proud to have launched our Leave It Local campaign, encouraging people to consider leaving a gift in their will to support older people in our communities.

These legacies help sustain vital services, including our befriending schemes, dementia support groups, day clubs, ensuring older people can live independently, stay connected, and enjoy their later years with dignity and joy.

Every gift, no matter the size, makes a lasting impact – keeping local services thriving for generations to come.

Want to learn more? Get in touch and help us build a brighter future for older people.



PROVIDERS UNITE – FIGHTING FOR FAIR FUNDING



Over the past few months, Providers Unite has been working tirelessly to challenge the impact of the National Insurance employer uplift on local care providers.

Here at Age UK Lancashire we've engaged with MPs, written letters, and campaigned for fairer funding to protect vital services.

This work is more than just advocacy – it's safeguarding the future of care in our communities, ensuring providers can continue delivering the support people rely on.

To get behind the campaign, and sign the petition visit the [Providers Unite website here](http://www.providersunite.co.uk).

PARKINSONS PROJECT SUCCESS

We're proud to announce our Parkinson's Project, created with Royal Preston Hospital to support people with Parkinson's Disease in Preston, South Ribble, and Chorley.

Led by Caroline Nundy and supported by Professor Suresh Chhetri, Consultant Neurologist, we're delivering personalised care plans, emotional support, and essential resources.

Professor Chhetri said: "Holistic care is crucial to address the multifaceted needs of patients and families, enhancing quality of life. This collaboration will make a significant difference."

Pictured; Diane Armstrong, Caroline Nundy, Professor Chhetri and nurses involved in the Parkinsons Project





Bring Communities Together

GARSTANG OPEN DAY – A HUGE SUCCESS!

Thank you to everyone who joined us at our Garstang Open Day!

The event was a fantastic opportunity to showcase the vital services we provide, connect with the local community, and celebrate the incredible work of our teams. With engaging activities, informative talks, our entertainment from Rachel Mercer and plenty of friendly faces, it was an inspiring day to show the community of Garstang what we can offer to it's older residents

- **Stay Social** - Our day clubs provide a welcoming space for older people to meet, chat, and build friendships, helping to reduce loneliness and isolation.
- **Stay Active** - Gentle exercises and movement-based activities keep bodies strong and minds engaged, promoting overall well-being and independence.
- **Eat Well** - Nutritious meals and refreshments ensure older people enjoy good food in great company, supporting both physical health and social connection.
- **Keep Learning** - Engaging activities, games, and creative sessions encourage mental stimulation, helping to keep minds sharp and spirits high.
- **Get Support** - Our friendly staff and volunteers are always on hand to offer guidance, support, and a listening ear when needed.



JOIN US IN MORECAMBE – OPEN DAY COMING SOON!



Following the success of Garstang, we're excited to invite you to our upcoming Morecambe Open Day on 14th March!

Whether you're interested in learning more about our services, exploring career opportunities, or simply meeting the team, this is the perfect chance to get involved.

It's being held at The Rainbow Centre in Morecambe, and everyone is welcome for free tea coffee and cake plus entertainment - we can't wait to welcome you!



Important Updates

OUR CANOE CHALLENGE RETURNS

Our adventurous supporters are gearing up for an exciting Canoe Challenge to raise funds and awareness for older people across Lancashire.

Paddling their way along a scenic but demanding route, they'll be testing their endurance while rallying support for a crucial cause. Stay tuned for ways to sponsor, cheer them on, or even take part yourself

Be part of the action and join us for our epic 10th [Annual Canoe Challenge here](#)



WHY LEAVE A LEGACY?



Leaving a legacy to Age UK Lancashire ensures continued support for older people across the county.

Legacy gifts help fund essential services like visiting housebound individuals, providing advice on benefits and social care, and supporting campaigns on issues like age discrimination.

By including Age UK Lancashire in your will, you can make a lasting impact on future generations. Your donation may also reduce inheritance tax liability.

For more details, visit [Age UK Lancashire's legacy page](#).

PROTECT YOUR FUTURE AND SUPPORT OTHERS

Age UK Lancashire is offering a valuable Will Writing Service, providing individuals over 50 the opportunity to write a basic will for a significantly reduced cost. The fee for this service is donated entirely to Age UK Lancashire to support its essential community work.

This service is available through partner solicitors across the region, with upcoming Will Writing Clinics being held in various locations, including Ormskirk, Lancaster, and Preston.

By using this service, you can ensure that your assets are distributed according to your wishes, while supporting a local charity that benefits older people in Lancashire - [Find out more here](#).

