




## Our Winter Newsletter

### A message from our CEO, Teri Stephenson

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As winter approaches, I'm delighted to share updates from Age UK Lancashire. Your support continues to make a meaningful difference in the lives of older people across the county.

This season, we're proud to launch our Together We're Not Alone campaign, tackling loneliness across Lancashire. Through our Community Events Guide, and fundraising for our Good Day Calls, we're ensuring no one faces this festive season alone.

Our Winter Health Campaign is also underway, offering practical tips to help people stay warm, safe, and healthy during the colder months. Simple actions can make a big difference, and we're here to provide guidance every step of the way.

Our Christmas Tree Collection service is back, making it easy to recycle your tree while supporting our vital work - look out for details on how to take part.

We're celebrating the continued success of the Parkinson's Project, thanks to the guidance of Professor Chhetri, plus the impactful work of our Digital Services Team, who are helping older people stay connected and confident online this winter.

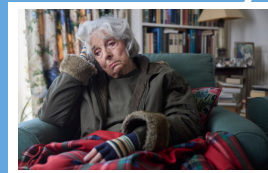
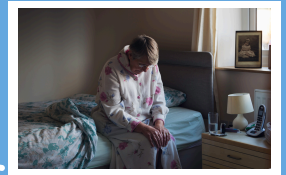
Lastly, I encourage you to consider leaving a legacy in your will. By doing so, you help secure a brighter future for older adults in our community.

Thank you for being part of our journey. Together, we're creating a warmer, more connected Lancashire in our mission to ensure everyone is living their best later life.

Warm regards,  
Teri  
CEO, Age UK Lancashire

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*Teri*



## Our News

### TOGETHER WE'RE NOT ALONE

We're dedicated to ensuring that no one in our community feels alone - especially during the festive season! Loneliness can have a devastating impact on physical and mental health, and for many older adults, the holidays can magnify feelings of isolation and disconnection.

Through our "Together We Are Not Alone" campaign, we're fundraising for crucial services like Good Day Calls, and we've created a valuable Community Events guide to help individuals reconnect with their communities.

Your support makes this possible, and every donation you give stays in Lancashire, directly benefiting someone in need. You can make a donation here - [Together, we're not alone!](#)



### CHRISTMAS TREE COLLECTION

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A GREENER OPTION TO DISPOSE OF YOUR CHRISTMAS TREE

This Christmas, we're making it easy for you to recycle your real tree while supporting older people across Lancashire!

With our Christmas Tree Collection Service, you can enjoy the festive season without the hassle of disposing of your tree.

For just a £10 donation, our wonderful volunteers will collect your undecorated tree from your property between January 6th and 10th, and ensure it's recycled sustainably in partnership with Ribble Rivers Trust.

The best part? Your donation helps fund vital services for older people in our community. Book by January 4th, and let's make a difference together!

### 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



# Winter Health and Wellness

## OUR TOP 10 TIPS FOR STAYING WARM AND WELL THIS WINTER

As winter approaches, many of us enjoy the comfort of wrapping up in a warm coat or unwinding in front of the TV as the evenings grow darker. However, for some, the colder months can bring additional challenges, especially as we age. The drop in temperature can raise concerns about both health and higher energy bills, while shorter days may lead to feelings of isolation and low spirits.

This guide offers practical advice on how to prepare yourself and your home for winter, while also highlighting the support available to help you stay safe, warm, and well throughout the season.

- **Stay Active:** Keep moving to generate heat. If walking is difficult, try chair-based exercises or simple movements like wiggling your toes to stay warm.
- **Wash Your Hands:** Regular hand hygiene prevents illness. Wash hands with soap and water, use tissues for coughs or sneezes, and clean frequently touched surfaces.
- **Eat Hot Meals:** Include at least one hot meal and drink a warm beverage daily. Hot drinks before bed help keep you warm overnight.
- **Take Vitamin D:** During winter, sunlight isn't enough for vitamin D. Consider a supplement for healthy bones and muscles.
- **Boost Immunity:** Stay healthy by eating seasonal fruits and vegetables, drinking plenty of water, and getting enough sleep to strengthen your immune system.



- **Prevent Chilblains:** Stay warm with proper clothing and treat chilblains with calamine or witch hazel.
- **Use a Personal Alarm:** A personal alarm offers reassurance in case of falls or illness. Check with your local council.
- **Drive Safely:** Stay prepared for winter driving - charge your phone, bring warm clothes, a torch, and check the weather.
- **Stay Connected:** Combat isolation by staying in touch through calls or video chats and joining local activities.
- **Stay Warm:** Layer up with thermal socks, hats, and blankets. Use hot water bottles or heat packs, and close curtains to keep heat in.



# Important Updates

## STAY CONNECTED THIS WINTER

This winter, don't let loneliness or isolation creep in. We're here to help you stay connected to your loved ones by teaching you how to make video calls, so you can chat with friends and family throughout the Christmas period.

We know that staying in touch is more important than ever, and we're here to guide you through the process—whether you've never made a video call before or just need a little extra help.

How We Can Help:

- Learn how to make video calls to your loved ones
- Stay connected over the festive season
- Get digital support from our friendly team



## 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](#).

