



Our Autumn Newsletter

A message from our CEO, Teri Stephenson

Hello and welcome to our Autumn newsletter! I'm delighted to have this opportunity to share some exciting updates with you.

Firstly, we are proud to announce that Age UK National has refreshed its brand with a powerful new message: "Change the way we age." This represents an inspiring step forward in how we view and support older people, and here at Age UK Lancashire we are thrilled to be part of this movement. Our local mission; "Until everyone is living their best later life," remains at the core of everything we do. Together, we want to ensure that every older person can lead a healthy, fulfilling and enjoyable life, despite the unique challenges that later years can sometimes bring.

We're also excited to share the good news about our upcoming Silver Sunday Afternoon Tea events, which coincides with Older Persons Week at the beginning of October. We can't wait to see many of you there!

In addition, I'd like to highlight the invaluable work of our Dementia Services who raised lots of awareness for World Alzheimers Month including the launch of the new Walking Group for those diagnosed with Young Onset Dementia.

However, although we have lots of great updates to share, we must share how we are deeply disappointed by the government's recent decision to stop the Winter Fuel Payment for those not on Pension Credit. This payment has been essential for so many, and we will continue to advocate for better support for older people, especially in these difficult economic times.

Lastly, I'd like to emphasise the importance of leaving a legacy to Age UK Lancashire. Legacies play a vital role in helping us continue to provide our services for future generations. Every contribution, no matter how big or small, makes a lasting impact in ensuring older people across Lancashire receive the support they need.

Thank you for your ongoing support and for being part of the Age UK Lancashire community. We look forward to sharing more updates with you soon.

With warm regards,
Teri Stephenson
CEO, Age UK Lancashire

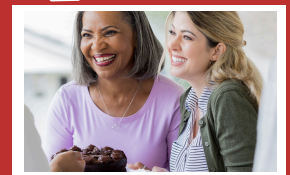
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“Change the way we Age”

We are excited to announce that Age UK National has launched a new message: "Change the way we age."

This rebranding marks a significant shift towards a more supportive and forward-thinking approach to aging.

At Age UK Lancashire, we are proud to be part of this movement, as it aligns with our commitment to improving the lives of older adults.

Our focus remains on ensuring that every older person can live a fulfilling and enriched life, even when faced with the challenges that later years may bring.

While our core mission, "Until everyone is living their best later life," continues to guide all that we do, this rebranding invigorates our efforts to promote health, independence, and joy in later life.

We aim to create a future where aging is not only seen as a natural part of life but as a stage filled with potential for growth and happiness.

Through our local programmes and initiatives, we strive to ensure that older people in Lancashire have access to the resources, services, and support they need to thrive, empowering them to embrace their later years with confidence and vitality.



INTERNATIONAL DAY OF OLDER PERSONS



The International Day of Older Persons (IDOP), celebrated annually on 1st October, is an event that recognises the important contributions of older adults to society while raising awareness about the challenges they face.

It highlights key issues such as age discrimination, health inequalities, and social inclusion. In the UK, this day is marked with a focus on promoting age-friendly communities and recognising the invaluable role older people play in enriching society. Events often include activities that bring together different generations, celebrate older adults' achievements, and encourage respect and support for the aging population.





September Spotlight - New and Noteworthy

BRAVING THE JUMP

Lou Reynolds, our Head of Service at Age UK Lancashire, recently took on an incredible challenge by completing a skydive to raise funds for our organisation.

Jumping from a plane with the Black Knights Parachute Centre, Lou's fearless leap has already raised over £800 to support our vital services for older people across the region.

This inspiring effort will make a big difference in helping us provide essential care, support, and companionship to those who need it most.

You can donate here - [Lou's Skydive for Age UK Lancashire](#)



DEMENTIA SERVICES & WORLD ALZHEIMERS MONTH



In September, for World Alzheimer's Month, we raised awareness and fought the stigma surrounding Alzheimer's and dementia. At Age UK Lancashire, we provide essential support to individuals living with dementia and their families, including tailored care, information, and social activities.

We also launched a new Walking Group for those with young onset dementia (aged 65 and under). The group offers a welcoming space to connect and enjoy the outdoors. Our first walk at Astley Park, Chorley, was a success, and future walks will take place on the 4th Thursday of every month. For details, email lroberts@ageuklancs.org.uk.

WINTER FUEL PAYMENT DISSAPOINTMENT

We strongly oppose the cut to the Winter Fuel Payment, which restricts it to those on Pension Credit or other means-tested benefits, leaving millions of struggling pensioners without essential support. This change will leave 2.5 million pensioners, many on low incomes, those with high energy needs due to disability or illness, and the 1 million eligible for Pension Credit but not receiving it, in serious trouble this winter.

While we're disappointed the Government voted to continue these plans, we remain committed to campaigning for every older person who needs support this winter. You can sign the petition here - [Save the Winter Fuel Payment](#)





Upcoming Events and Key Dates

JOIN US FOR OUR SILVER SUNDAY AFTERNOON TEA EVENTS

Celebrating and honouring older members of our community, these gatherings featuring delicious treats, refreshing beverages, and warm conversations.

The series kicks off on Friday, 4th October, at the Wellbeing Centre in Ormskirk, followed by a second gathering on Monday, 7th October, at Ellet Village Hall in Galgate, and the celebration continues on Tuesday, 8th October, at the Walton Lane Day Centre in Nelson.

All events are completely FREE and open to everyone, inviting both Day Centre members and the general public to enjoy an afternoon filled with laughter, connection, and appreciation for the contributions of older adults in our communities.



WINTER HEALTH CAMPAIGN

The Winter Health Campaign is focused on helping older adults stay safe, healthy, and warm during the colder months. As temperatures drop, the campaign provides essential information and resources on how to prevent seasonal illnesses, manage energy costs, and maintain physical and mental well-being. It encourages practices like keeping homes warm, staying active, and eating nutritious meals to boost immunity.

The campaign also promotes awareness of available local services, such as free flu vaccinations, advice on managing energy bills, and community support for those feeling isolated or vulnerable during winter. Overall, the goal is to ensure older adults are prepared for winter challenges and remain connected to their communities.



HOW YOU CAN LEAVE A LEGACY

Leaving a legacy to Age UK Lancashire is a powerful way to support older people in the community for years to come.

By including a gift in your will, you can help fund essential services like home visits, befriending schemes, and advice on health and finances. Legacy donations, big or small, make a lasting impact, helping the charity continue providing care and support to older adults in need.

For more information, individuals can speak to a solicitor to ensure their wishes are fulfilled. To leave a gift in your will simply give your solicitor these details; Age UK Lancashire (1142294).

