



Please sponsor me		And help m	And help me reach my target of £			
Event			£	+ giftaid it	= £1 <sup>25p</sup>	
First name	Surname	House Number & Postcode	Amount	Gift Aid	Date Paid	

First name	Surname	House Number & Postcode	Amount	Gift Aid	Date Paid

Total donations received	

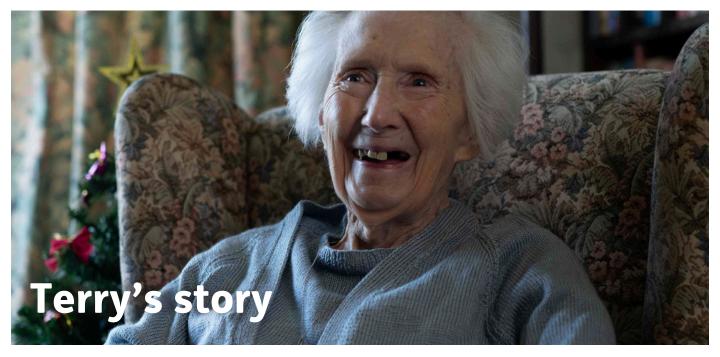
Age UK Leicester Shire & Rutland believes that no older person should have to struggle on their own. We are here providing vital information, support, friendship and advice to those who need us, and who often have no one else to turn to when times get tough.

## ageuk.org.uk/leics



## Why **your help** is so **important?**





Terry has felt lonely for a long time. At 98, she has experienced the loss of her husband, her son, and many of her friends too. Terry can go weeks without seeing loved ones, and she has missed the joy of regular conversation.

## "Loneliness is a horror. It feels awful."

Thankfully, the Age UK Telephone Friendship Service connected Terry with a telephone befriender, and Terry now speaks to Katherine once a week. Their regular chats give Terry someone to have a laugh and share stories with. Katherine has helped Terry to feel less alone – at Christmas and all year round.

"We always end up with plenty to talk about. Age UK is a lifeline."

## How we're helping, thanks to supporters like you, so far in 2023/24



Our Information and Advice Line has answered 13,313 calls from older people, their friends, family and carers.



**895** households supported to stay warmer with **1,881** free energy saving products



**3,667** people received support from our Dementia Support Service with **315** memory cafes and social groups held.

