

Title: Name:

Address:

Post Code:

Email Address (if you would like to be contacted in this way):

Telephone Number:

I am interested in volunteering for Independent Age.

I would like to make a donation of £

I enclose a cheque / P.O. made payable to **Independent Age**

Please debit my Mastercard / Visa / Maestro

Card number: (Maestro)

Start Date: End Date: Security Code: (last 3 digits on signature strip) Issue No.:

Signature:

giftaid it Increase the value of your gift by 28% at no extra cost to you.

I would like Independent Age to reclaim tax on donations that I have made in the past six years and in future, until I notify you otherwise. Please let us know if you no longer pay income tax or capital gains tax equal to the amount the charity will claim in the tax year. Please also notify us if you change your name or address.

We will contact you from time to time to keep you up to date with our activities and appeals, but please let us know if you do NOT want us to do so. We occasionally allow carefully selected organisations to contact our supporters, but please tick this box if you do NOT want this.

Thank you for your support

Please return the completed form to: **FREEPOST RLTT-ACRZ-LZZT, Independent Age, 6 Avonmore Road, London W14 8RL**
(if writing from outside the UK, please use a postage stamp)



Independent Age, 6 Avonmore Road, London W14 8RL
T: 020 7605 4200 - F: 020 7605 4201
www.independentage.org.uk



IndependentAge

Supporting older people at home

Photos are posed by models to protect the identities of our beneficiaries.
Charity Registration Number: 210729

Supporting Independent Age



Our vision is of a society where older people lead the lives to which they aspire. Independent Age is first and foremost driven by the needs of older people and supporting them to lead independent and fulfilling lives.

More than one in five pensioners in the UK are in poverty. A third live alone and many are isolated and lonely, not having contact with family or friends for weeks on end. This is why Independent Age provides financial support, practical help and lifelong friendship to thousands of people over the age of 70 throughout the UK and Ireland.

How we work

We start by making sure older people receive all the state benefits they are due. But sometimes this is not enough and so we are ready to step in to provide grants in times of crisis, such as after a flood or if a boiler breaks down. For some, we provide regular financial help. We can also provide vital aids that help older people live independently, like mobility scooters and easy-grip kettles. Finally, we offer that rarest of gifts - friendship. Our volunteers get in contact regularly for a chat, to help sort out a problem – or just to check that everything is OK.

1. Volunteering your time

Independent Age has a dedicated team of 1,200 local volunteers who work throughout the UK and Ireland, but we need many more so please let us know if you might be able to help.

Whatever your age, interests and situation, there could be a volunteer role to help you use or develop your skills, as well as provide you with a great opportunity to meet some interesting new people.

From providing friendship or information to practical help and support – just a few hours of your time could provide a lifeline for an older person in need. Training will be provided.



Please use the attached form to find out more. Alternatively, call **020 7605 4200** or email **supporters@independentage.org.uk** for further information on volunteering or other ways to support Independent Age.

2. Making a donation

Independent Age receives no state funding and relies on income from individuals like you to ensure help is available for older people living in poverty. There are so many ways you can help fund our vital work, either with a single gift, a regular donation, or even a pledge when you write your will.

91 p in every £1 you donate goes directly towards helping an older person in need

The power of your gift:

£10 can provide a big-button telephone to ensure a frail or visually impaired older person can stay in touch with family or call for help when they need it.

£50 can cover the cost of repairs to a cooker, to ensure an older person can eat hot meals.

£70 can provide 10 visually impaired older people with round-the-neck magnifiers, so they can experience the joy of reading.

£100 can cover the costs of an older person taking part in our telephone friendship group for a year, giving them the opportunity to socialise with others on a regular basis.