

Your fundraising can bring joy to more Residents Like **Rose**

Rose was one of the first care home residents Embracing Age supported when the charity began in 2014.

Rose was sitting alone in her room at the care home when our founder first met her. Rose was a frail, unassuming lady in her 80's who loved nature and her room overlooked a beautiful park. The one thing Rose wanted more than anything was to be able to go there. She had bought a wheelchair hoping someone might take her, but that hadn't happened.



We matched Rose with a trained volunteer befriender who could take Rose out to the park in her wheelchair.

“Seeing the joy and wonder on Rose’s face on her first trip as she experienced being out in nature again was priceless.”

You can help bring priceless moments of joy and companionship to more residents like Rose when you fundraise for Embracing Age.

How You Can Make a Difference

Research shows that older care home residents are twice as likely to feel severely lonely as older people living at home, with residents often side-lined and forgotten within communities.

We combat this by matching trained volunteer befrienders with residents and connecting residents with their local communities, making their lives less lonely and showing them that someone is thinking of them.

Since 2014 we've brought joy to hundreds of residents like Rose, but we need your help to raise vital funds to bring companionship and joy to even more older care home residents over the next decade.

Fundraising Ideas

You can raise vital funds in so many ways, individually or as a group, including:

BAKE SALE Make and sell your favourite treats with a bake sale

COFFEE MORNING Get together with some friends for a coffee morning, drinks & nibbles or any other social, and pop out a tin if they'd like to donate

GIVE UP A HABIT and donate the money you save and ask for sponsorship too

SWAP IT Swap books, clothes or other items with friends for a small donation

GET CRAFTY Use your talents to make and sell items to friends and family

GET BRAINY Gather your neighbours for a board games or quiz night

DECLUTTER sell some unwanted things at a car boot sale, or online (Ziffit, eBay, Vinted etc.) and donate the proceeds

SPONSORED CHALLENGE walk, run, cycle, do a readathon, a sponsored silence or anything else you'd find tricky!

How to Pay in Your Fundraising

JUSTGIVING - SPONSORED CHALLENGES

If you're doing a sponsored event or people wish to support your fundraiser by donating online, you can set up a JustGiving fundraising page linked to us here: www.justgiving.com/campaign/embracing-age-big-10

PAYING IN DIRECT DONATIONS

If you're only taking donations directly (e.g. a bake sale), you can pay in the total raised in any of the following ways:



Donate directly online at: www.embracingage.org.uk/donate



Post a cheque payable to 'Embracing Age' to: Embracing Age, ETNA Community Centre, 13 Rosslyn Road, Twickenham, TW1 2AR



To pay your fundraising directly into our bank account, please contact Sarah Waller on sarah@embracingage.org.uk for our bank details.

Tell Us About Your Fundraising

We'd love to hear about your fundraising plans and support you at every step. Please contact Sarah Waller on sarah@embracingage.org.uk to tell us what you're doing and send photos and updates along the way.

Please also tag us in any social media posts about your fundraising so that we can celebrate and share your event with our supporters.

We Are Embracing Age

Embracing Age is a Christian charity founded in 2014.

We're working towards a world where older people are valued, connected and full of hope. We do this by combatting loneliness, mobilising volunteers, equipping churches and speaking out.

You can find out more about us and see in action the difference your fundraising will make at www.embracingage.org.uk or on our social media pages. If you have any questions, please don't hesitate to contact Sarah Waller on the details below.

Thank you for the big smiles your support will bring to care home residents.



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