

Julie King
Newton Flotman Parish Council
22 Henry Preston Road
TASBURGH
Norfolk, NR15 1NU

9 December 2016

Dear Clerk to the Parish Council,

We were very grateful for the response from our 2015 – 2016 requests for support from Parish Councils across Norfolk and we are writing to ask for your support once again for our 70th anniversary year. We are incredibly proud of what we have achieved during our first 70 years and would love you to be part of it.

The money donated from last year's request has been spent on the free services we provide across the county to thousands of older people and has helped make a real difference to their lives. One of the free services we provide to local communities is our information & advice service which took **11,864** calls from older people providing advice on subjects such as benefits, legal and housing issues and information about care homes. Our benefit take up outreach service has raised older people's income by **£4,308,434** during the last year, a staggering amount.

Our telephone befriending service spoke to service users for **7,245** hours which was carried out by **80** volunteers and 4 part time staff who manage the administration, training and induction of volunteers. They also speak to suicidal older people who may have suffered bereavement and are left feeling lonely or they may have had a marriage breakdown after many years. I have enclosed a case study of Gordon who we help so you can see the difference we make to people's lives in Norfolk with just one of our free services.

The donations we receive from Parish Councils are crucial in helping us to help older people many who live in remote villages.

If Newton Flotman Parish Council decides to donate it will help us to continue our work and improve the quality of life for older people in the county, making Norfolk a great place to grow older.

If you would like any further information, please contact me on:
helen.chapman@ageuknorfolk.org.uk or call: 01603 787111 and I will be pleased to assist.

Age UK Norfolk is an independent countywide charity working with older people in Norfolk and all funds raised will go directly to support older people in Norfolk.

Yours sincerely



Helen Chapman
Fundraising Relationships & Events Manager
Age UK Norfolk

Meet 87 year old Gordon.....

He has been widowed for 40 years and lives in Norfolk with his dog Susie, his only companion. He receives our telephone befriending and our money matters services. Gordon first experienced loneliness as a child when he had to start work at the age of 12 following the premature death of his father. Although he went on to live a happy life for many years he was once again faced with loneliness when his beloved wife Jean passed away from breast cancer 40 years ago, which is when Age UK Norfolk stepped in to support him. Since we first met Gordon we have helped him in many ways from providing telephone befriending, a grant to purchase equipment he needed like a Zimmer Frame and a rail in the shower so he could continue with everyday activities in his own home and also a volunteer who assists Gordon to keep his finances in check.

Gordon shares his thoughts on loneliness and the services Age UK Norfolk provide.



'If you don't speak to anyone for a while your voice can go a bit funny.'

'They are two good people the men who call and visit me as they always have time to listen to me. I've had marvellous support from Age UK Norfolk. There's something about them, you can talk about anything.'

'With all that's going on in the world it's difficult to believe that these two people will talk to me and want to know about me.'

'With my lot I'm satisfied but I'm lonely and I only have Susie my dog for company. I have decent neighbours but they go to work and I can go for an entire week without seeing anyone.'

'I feel lonely, especially on Sundays when I often go to bed as I can't do anything or see anyone'

'Loneliness strikes when there's an occasion and people say I'm going on holiday etc. but the last time I did that was 40 years ago. Music and records keep me company.'