

We need your help! You and your friends and family can do so much more than you think!

Do you, your children, grandchildren, friends or neighbours work for an organisation that might be willing to support our charity and the work we do in their local community? Or can you get together and spread the word about our work and organise some vital fundraising on our behalf?

In a perfect world charities shouldn't have to ask for money. We all recognise and appreciate their good work, but in the current economic climate local charities are suffering more than most and Age Connects Cardiff and the Vale is reaching out to local businesses and residents to come forward now and show their much needed support.

Many older people living in Cardiff and the Vale of Glamorgan do not have the security of friends and family to help as they get older and are all alone facing the uncertainty that this can often bring. This is where local charity, Age Connects Cardiff and the Vale can offer a lifeline.

All it takes is desire to help and make a difference. Whether you have a little or a lot of time to give, you can make an even bigger difference to the lives of older people. Could you spare a few hours a month to set up your own fundraising group in your local area? If so, we would love to hear from you. Fundraising groups can raise vital money in their local community and spread the word about who we are and what we do. It's a great excuse to get together with your friends, family or colleagues and raise money to support older people. We will work with you to help you establish your group and provide you with ideas for fundraising; from

collections, sponsored walks and bike rides to jumble sales, quiz nights and much, much more!

No experience is necessary to set up a local Age Connects fundraising group. All we ask is that you are enthusiastic and passionate about our work to support older people and can volunteer some of your time. Your efforts can result in big improvements to people's lives.

If you know of a local organisation that believes in the concept of supporting the community at grassroots level and wants to increase it's profile, increase staff morale and engage in volunteering activities or if you have some great ideas for fundraising and events or would like to help out and support Age Connects, then please call 029 2068 3604 or email karen.steele@ageconnectscardiff.org.uk and see how you can make a difference. Every penny you raise will go towards helping the many thousands of older people who desperately need our help in Cardiff and the Vale of Glamorgan.

