

Together, We Spark Joy This Holiday Season



Dear Open Age Member,

As winter approaches, we're reminded that the coldest months can be the hardest for many in our community. But here at Open Age, we believe that no one should have to face the challenges of winter alone. We're committed to making sure that every member feels the warmth of connection, support, and friendship, no matter how chilly it gets outside.

We hope you've felt the embrace of the Open Age community through our classes, activities, and events. Whether it's the joy of moving in our exercise sessions, the creativity sparked in our workshops, or simply the laughter shared in our social groups, we're so glad you've been a part of it all.

Finding a warm and welcoming community:

I'd like to share Michael Corcoran's story with you. Michael, 82, (pictured right) found Open Age through his GP two years ago while caring for his wife. After her passing in 2022, he discovered more than just activities – he found a much-needed and true community. *"It's sterling work, first class!"* Michael shares. *"I come to the Stretch and Tone class regularly, you only charge £1, you can't get a coffee for that!"*



For Michael, the value of Open Age goes above affordability

Through Men's Space, Walking Football, exercise classes, and IT courses, Michael has rebuilt his life and navigating grief with the support of the Open Age community. Most meaningful has been the Men's Space Wellbeing Workshop, where he's openly discussed his mental health and grief journey. *"It's very helpful when you socialise with people, because it takes your mind off other things that you might dwell on. It's good therapy,"* he says.

Such spaces have given him a safe space, support and a source of joy, and he passionately believes in spreading the word for others to also experience this: *"I always enjoy coming to Open Age. We should keep advertising these groups, and make these conversations about mental health normal."*

We know that you already understand the value of what we do—after all, you're a valued part of it! And that's exactly why we're asking for your help, which provides the community and connection that make Open Age so special. As the holiday season approaches, we're reminded how vital this connection is. Your generosity this winter will make a real difference by helping us to continue providing warmth and friendship to members like Michael during the darker days ahead.

Together, we can keep this spirit of connection alive and make this winter a little brighter for everyone.

If you wish to donate, you are welcome to pop in to see us; cash and cheque donations are welcome at your nearest centre in a sealed envelope with the attached form. You can also give online by visiting [Openage.org.uk](https://openage.org.uk) and clicking the "donate" button. For bank transfers, please send with the reference **"Winter Appeal,"** for more information, contact Jane: **07437913154** or Fundraising@openage.org.uk.

With warmest wishes for the holiday season,

Deryn Bath, Interim CEO

DONATION & GIFT AID FORM

Making your donations go further

Gift Aid is a simple way to boost your donations at no extra cost to you. If your donation is eligible, Open Age will receive an extra 25p from HMRC for every £1 you donate. That means for every £1 you give, Open Age receives £1.25.

1 | Your donation: £ _____

Cheque Cash Bank Transfer Other, specify _____

2 | Your details – Please complete in CAPITALS

Title : Forename: Surname:

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3 | Your Gift Aid declaration

Yes, I am a UK taxpayer. I would like Open Age to treat all donations I have made for the past four years and all future donations as Gift Aid donations until I notify you otherwise. By ticking this box, I confirm that I am paying an amount of income tax and/or capital gains tax for each tax year, that is at least equal to the tax all charities & CASCs will reclaim on my donations in the appropriate tax year. I understand that if I pay less income and/or capital gains tax to cover the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

No, I am not a UK taxpayer. Date: **Thank you.**

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4 | Your preferences

We very much value your support and we want you to be happy with how we contact you. We'll use your details to tell you about our work, how you are helping and ways you can support us in the future through appeals, campaigning, events and volunteering.

YES - keep me updated on how I can support Open Age's vital work

5 | Return your form

Please return this form by emailing it to fundraising@openage.org.uk or post it to St. Charles Centre For Health & Wellbeing, Exmoor Street, London, W10 6DZ