

## Examples of what we do

We link befrienders with individuals who are experiencing loneliness in later years and support to build lasting friendships and run clubs and activities.

We have a vetted list of handypersons who can provide support when you need work carried out.

We support with forms and applications that are often confusing to unlock opportunities to reduce poverty.

We run free legal surgeries to get advice for those in later years.

We run technology training to support those in later years become better connected

## Contact us for more details:

Name .....

Address .....

.....

.....

Postcode .....

Telephone .....

E-mail .....

**Please send your completed form to the address below or simply phone**

Simon Prestney

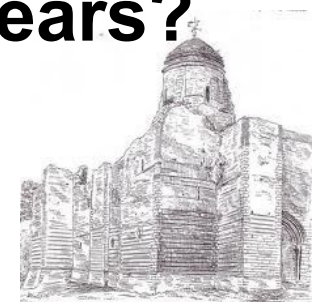
Colchester Age Concern  
63 North Hill,  
Colchester,  
CO1 1PX  
**Phone: 01206 368420**

*Supporting since 1950*

# Leaving a legacy

**AGE**  
*Concern*  
COLCHESTER

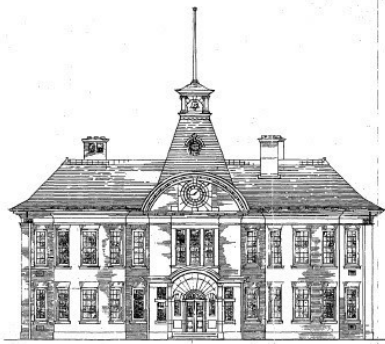
## How can you live life better in later years?



**Supporting since 1950**

Registered charity 207361

# Why a parting gift is of great help



Age Concern Colchester has been in existence in its different forms since 1950. We exist to support individuals experiencing poverty or loneliness and we provide help, support and guidance.

Our trustees come mainly from Colchester and offer unique individual skills which support the charity in our long term vision to end poverty and loneliness for those in later years in Colchester.

We liaise closely with all other community organisations working closely in partnership to provide a range of help for the befriending and friendship clubs.

The clubs range from a Friday Coffee Morning to Knit and Natter and in partnership we run Senior U's with Colchester United in the Community. In our new premises many other clubs are planned to develop too.

Technology has advanced but sometimes has left people behind. Our technology training either 1:1 or in clubs aims to support people use technology with ease and potentially connect with loved ones abroad.

Financially things can become a strain when income slows in later years and our team are on hand to ensure each person is individually supported to get the help they need as these changes happen.

Whether it is mobility, welfare support, care home choices, financial support or how to save money on energy bills as prices change the team are on hand to help.

For more complex situations we have the support of legal firms in Colchester who provide free legal surgeries on site at Age Concern. When things are stresses and stretched the free legal half hour can really help.

Age Concern Colchester is an Independent Charity in Colchester and we rely on donations and legacies to keep things running.

The work we do is well respected amongst the residents of Colchester so we thank you for considering us with a legacy to continue this work long into the future.



Should you choose to nominate Age Concern Colchester as recipient of a legacy in your will, please ask your solicitor to include the appropriate wording for you.

We are very grateful for your support

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