

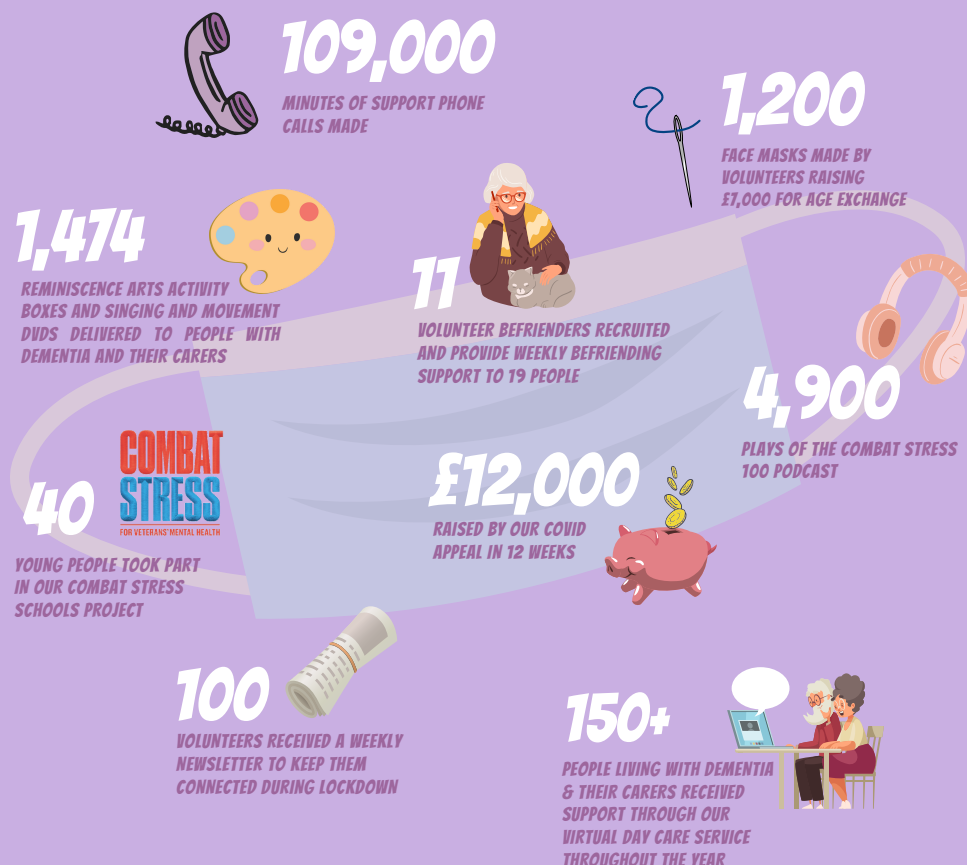
Our goals

- To reduce isolation and loneliness
- To promote intergenerational understanding
- To improve the quality of life and care for older people and those with dementia
- To support carers to maintain their own health and wellbeing

Our values

Age Exchange are person-centred, creative, open and inclusive which we believe are central values to health and wellbeing. We believe that focusing on the individual, their stories and experiences is the cornerstone of reducing loneliness. We use the creative arts as the basis for our reminiscence work.

How we responded to the pandemic



How your donation helps

- £400** Funds a group reminiscence arts session for up to 14 people with dementia and their family carers
- £100** Funds a one-to-one support session for someone with dementia
- £50** Pays for an afternoon of targeted dementia activities for a couple
- £25** Pays for an activity box for one couple



"My weekly phone calls from Sue were something I grew to depend upon and they continued even after the first lockdown ended. She was a lifeline in a very scary world and I will always be indebted to her and to Age Exchange."

CARING TOGETHER SERVICE USER

"The lockdown had brought social isolation for all but Age Exchange has done all it can to mitigate this and we are left with a sense of being cared for, not forgotten."

CARING TOGETHER SERVICE USER

