

Healthy eating

Your guide to eating well



Information and advice you need to help you love later life.

We're Age UK and our goal is to enable older people to love later life.

We are passionate about affirming that your later years can be fulfilling years. Whether you're enjoying your later life or going through tough times, we're here to help you make the best of your life.

Our network includes Age Cymru, Age NI, Age Scotland, Age International and more than 160 local partners.

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What this guide is about

It's never too late to start eating healthily. A healthy diet doesn't have to be boring or expensive and it doesn't mean going without your favourite treats, although you might do well to eat them less often or in smaller portions. Eating well means that you're likely to feel healthier, stay active for longer and protect yourself against illness. You might be surprised by how much more energy you have.

This guide looks at maintaining a healthy weight, including tips on eating well if you find that you've only got a small appetite and advice on reducing your risk of serious health conditions. It includes important information about food safety too, so that you can reduce your risk of food poisoning, which is not only unpleasant but can also have serious health consequences.

As far as possible, the information given in this guide is applicable across the UK.

Key



This symbol indicates where information differs for Scotland, Wales and Northern Ireland.

what
next?

This symbol indicates who to contact for the next steps you need to take.

Eating well and staying hydrated

Eating well means enjoying your food and having plenty of variety in your diet so you get all the nutrients you need and maintain a healthy weight. The Eatwell Guide shows how much of what you eat overall should come from each food group (see pages 8–9).

Fruit and vegetables

Research shows that people who eat plenty of fruit and vegetables are less likely to develop heart disease and certain cancers. Try to eat a variety of different-coloured fruit and vegetables and aim for at least five portions a day to have with or between meals. A portion is roughly the amount you can fit in the palm of your hand – for example, two satsumas, three apricots, an apple or a banana. Frozen or tinned fruit and vegetables, dried fruit and fruit juice all count towards your ‘five a day’ but fruit juices and smoothies should be limited to 150ml a day because juicing releases sugars that damage teeth.

Beans, pulses, fish, eggs, meat and other proteins

These foods all contain protein, minerals and vitamins which help to build and repair your body. You don’t need to eat meat every day – try well-cooked eggs, beans, lentils or tofu instead. Try to eat fish at least twice a week, with one portion being oily fish such as salmon or sardines. Oily fish are rich in vitamin D and a type of fat that helps to prevent heart disease. Avoid frying meat or fish. Try to limit portion sizes of red meat and poultry to around 70g a day. Choose lean mince and leaner cuts of meat and remove the skin from poultry. Limit both the portion sizes and the number of times you eat processed meats, such as sausages, salami and cured meats, as these are generally high in salt and fat.

Potatoes, bread, rice, pasta and other starchy carbohydrates

Try to base your meals around starchy food (bread, chapatis, breakfast cereal, potatoes, yams, rice or pasta). These foods give you energy. Wholegrain foods such as brown rice or wholegrain bread or pasta contain B vitamins, minerals and fibre that keep you well and help prevent constipation.

Dairy and alternatives

These foods contain protein and vitamins and are a good source of calcium, which helps to keep bones strong. Try to choose lower-fat versions, such as semi-skimmed milk, half-fat cheese and low-fat paneer where you can or eat smaller portions if you like full-fat varieties. If you're vegan or have a milk allergy or lactose intolerance, try lactose-free milk or dairy alternatives fortified with calcium such as soya, nut, rice and oat drinks.

Oils and spreads

You need some fat in your diet but watch the total amount of fat you eat, including oil and ghee. Limit the times you eat chips or other fried food and look for spreads that are lower in fat or lower in saturated fats. Saturated fats raise the level of cholesterol in the blood and increase the risk of heart disease and stroke.

Foods high in fat, salt and sugars

Don't fill up on foods containing saturated fat, sugar or salt, such as cakes, biscuits, chocolate, crisps and savoury snacks; leave room for more nutritious foods. Ketchup, brown sauce and soy sauce are all high in salt, so use them sparingly.

Staying hydrated

Water is vital for our bodies to work properly so it's important to drink plenty. Not drinking enough can cause constipation, headaches, tiredness and irritability, and can also lead to dehydration.

Drink six to eight cups of liquid a day. This doesn't have to be water – lower-fat milk and sugar-free drinks including tea and coffee all count. Try to limit fruit juices and smoothies to a total of 150ml a day and avoid sugary fizzy drinks as they contain unnecessary calories that can lead to weight gain. Remember that as we get older our sense of thirst gets weaker so don't rely on feeling thirsty to tell you when to drink.

It's particularly important to drink plenty in hot weather and stick to a normal diet to replace salt loss from sweating. See our guide *Staying cool in a heatwave* for more tips on coping in the heat.

what next?

Download the Government publication the Eatwell Guide from www.gov.uk (type 'eatwell guide' into the search box). List your favourite fruits and vegetables on the next page. Which meals and snacks could include an extra portion so that you eat at least 5 a day?



**Favourite fruit
or vegetable**

Meal idea

Banana

Porridge with chopped bananas

Peas

Savoury rice with peas



Eating well means enjoying your food and having **plenty of variety in your diet** so that you get all the nutrients you need and **maintain a healthy weight.**

The Eatwell Guide

The Eatwell Guide can help you follow a healthy, balanced diet. It shows how much of what you eat overall should come from each food group. This includes everything you eat and drink during the day.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Beans, pulses, fish, eggs, meat and other
Eat more beans and pulses, 2 portions of sourced fish per week, one of which is oily, red and processed meat

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland



Maintaining a healthy weight

Keeping to a healthy weight is important. It's not good to be overweight or underweight but it's easy for weight to creep up or drop off without us noticing. So the next time you're at your GP surgery ask them to check that your weight is within a healthy range.

Worried about a poor appetite or unwanted weight loss?

If you're finding it difficult to eat enough, you might find yourself feeling tired, depressed and low on energy. This is because you're lacking calories and essential vitamins and minerals. It can also lead to unwanted weight loss.


Poor appetite and weight loss can be triggered by physical illness, depression or stressful situations including bereavement or moving house. Certain types of medication can also affect your appetite. Signs to watch out for include your clothes feeling looser and jewellery (such as a ring) seeming too big. Speak to your GP if you've been feeling down for a while, you're worried about a poor appetite or concerned about your own or a relative's unwanted weight loss. The food diary on pages 26–29 may be a helpful way of tracking what you eat.

If you only feel like eating a little, it's important that the food you do eat is nourishing. Follow our tips to make sure that you eat well.

- Eat two to three small meals and a few snacks every day. Snack on yoghurt, cheese and crackers, toast with a savoury topping, a milky drink, a fruit smoothie or breakfast cereal with milk, rather than biscuits and sweets.

- Keeping active can help improve your appetite. Try going for a short walk every day or find another activity you enjoy that keeps you on the move. If you find this difficult, ask your GP for advice about activities suitable for your level of mobility and fitness.
- Keep a store of nourishing food, such as cans of soup or frozen meals, in case you can't get to the shops
- Even if your appetite is poor, make sure you drink plenty of fluids to stay hydrated.

If you have problems chewing and you wear dentures or have a bridge, ask your dentist to check that they fit properly. While any dental problems are being corrected, try easy-to-eat foods such as minced meat, casseroles, dahl, mashed potato, canned fruit and cooked vegetables.

 If you're finding it difficult to shop or cook for yourself, consider getting help. Talk to your local adult social services department (or social work department in Scotland) and explain any problems you're having with shopping, cooking or other daily living tasks. Ask them about companies that deliver nutritious frozen meals for reheating in the oven or microwave. Your local Age UK will know if voluntary groups in your area can help.

Shopping online can be convenient if there aren't shops within walking distance or if it's difficult to get to them. You could consider bulk-buying heavier items so someone else does the lifting for you. Visit your favourite supermarket's website to see whether it offers home delivery. If you make purchases over the internet, make sure you take steps to keep your details secure. Our free guide *Internet security* has information about how to stay safe online.

**what
next?**

Visit the NHS Choices website at www.nhs.uk, type 'Underweight over 60' into the search box.

Trying to lose weight?

Losing weight can be difficult but being overweight can make us less mobile. Being very overweight puts us at risk of serious diseases including heart disease, stroke, diabetes and some cancers, including bowel cancer and breast cancer after the menopause. The media often talks about obesity in the younger population, but it's a problem among older people too.

If you've gradually gained weight over the years, try to lose it slowly but steadily. Aim to lose about 1kg (1–2lb) a week rather than crash dieting.

A good starting point is to keep a food diary for a week. Write down everything you eat and drink each day, including snacks, then check through to see where you might cut down or change your habits, for example by switching to healthier snacks. We've included a food diary for you on pages 26–29.

Stay active

Being physically active is good for everyone. It can also help you maintain a healthy weight or lose excess weight and successfully keep it off. If you're generally fit and have no health conditions that limit your ability to move around, the Government recommends you build up to doing two and a half hours of moderate activity throughout the week. Think about walking, cycling, gardening and using the stairs more, as well as sport and exercise classes if you enjoy them. Use the page opposite to think about what you could do.

Exercise

When can I do it?

Take the stairs
instead of the lift

Every day

Gardening

Saturday mornings

If your activity level is limited by health problems, or you find movement difficult, speak to your GP for suggestions of suitable activities.

- ① Contact your local Age UK to see if it runs any healthy-eating sessions or exercise classes near you (see page 31). In Wales, contact Age Cymru (see page 31).

what next?

Our free guide *Healthy living* has more information about staying active and different activities you may enjoy.

- ① If you're interested in joining a walking group, contact Walking for Health (see page 34) to find out if there is a healthy-walking scheme near you. In Scotland, contact Paths for All (see page 34) and in Wales, contact Ramblers Cymru (see page 34) or Age Cymru (see page 31) to find out about their Nordic Walking groups.

Eating well on a budget

Some people think it's not possible to eat healthy food on a small budget, but if you plan ahead you can usually save a bit of money as well as giving your body all the nutrients it needs.

Plan your meals and stick to a shopping list so you buy only the items you need. Try supermarket own brands – you can usually find them below eye-level, on the lower shelves. Remember that frozen and tinned fruit and vegetables count towards your five a day and can be less expensive than fresh varieties. For fresh fruit and vegetables, it can be better value to shop at a local market if there's one nearby. Try to buy fruit and vegetables that are in season. Check for offers on foods with a long shelf life such as pasta, cereal and tinned food.

There's usually a reduced-items section for goods that are reaching their use-by date where you can often find good bargains. If you're tempted by an offer on perishable foods, check the use-by date. If you can't freeze it safely, think about whether you will definitely use it before it expires.

If you're recently bereaved or separated, it can be difficult to adjust to cooking for one and keeping within a different budget. Try not to rely on ready meals: making your own usually works out cheaper and ready meals can be higher in salt, sugar and fat (see page 22 for information on supermarket food labelling). The BBC Good Food website has ideas for meals you can cook for one, and YouTube has online demonstrations of healthy recipes (see pages 32 and 34).

what next?

Fit as a Fiddle produces a free recipe book available to download from www.ageuk.org.uk called *Fit as a Fiddle: Cooking on a budget*, which includes easy and nutritious menus.

After John's wife died, he found it hard to maintain a healthy diet.

John never did much cooking while his wife was alive.

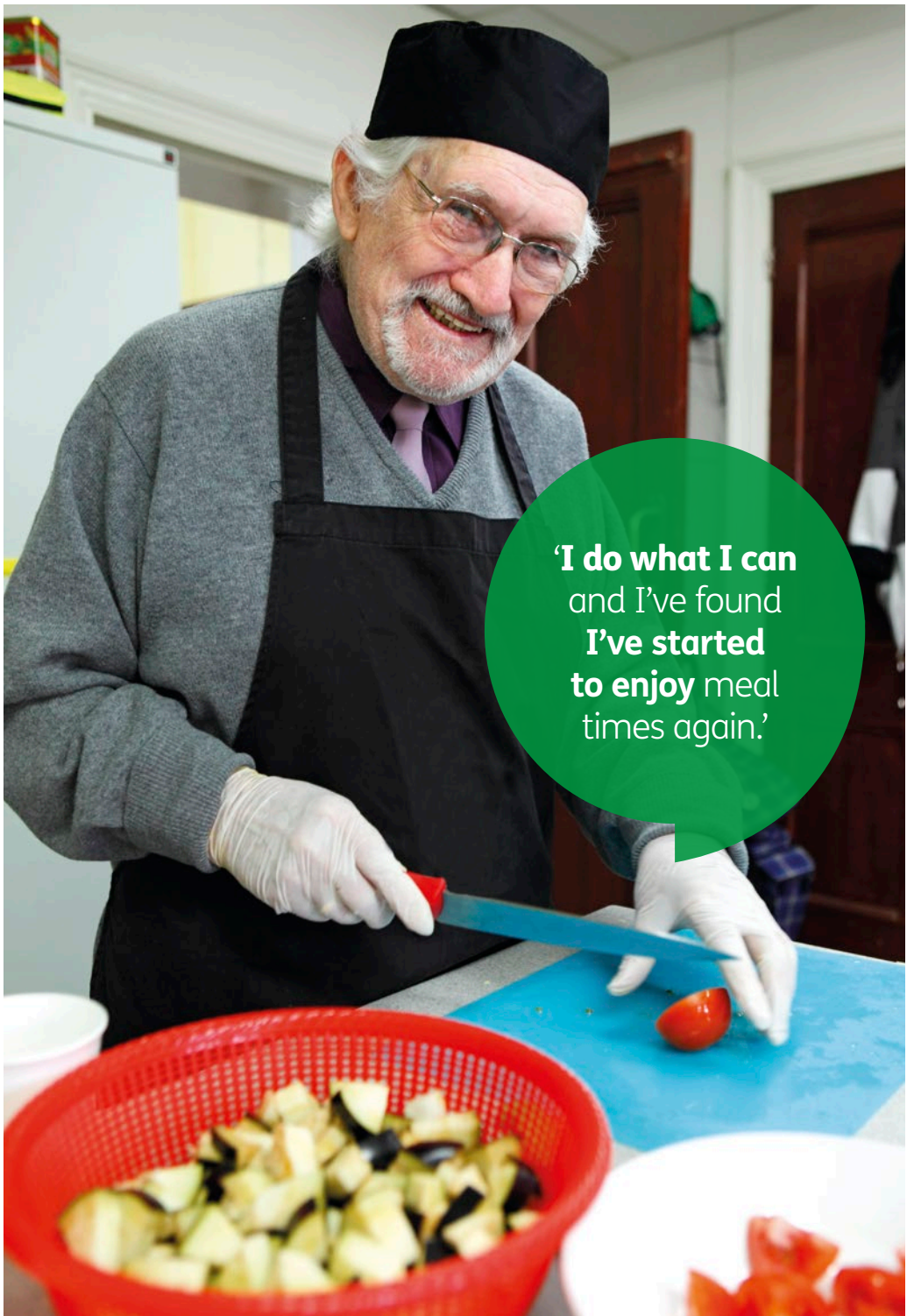
'When Margaret died I felt lost. She'd always done the cooking and I didn't know where to start. I didn't want to learn how to cook for myself and I lost interest in sitting down to good, healthy meals. Instead I started to rely on microwave meals and was filling myself up on snacks like crisps and chocolate.

'Gradually I found myself feeling a bit out of puff when I walked and I had no energy, so I went to see my doctor. He said I needed to start looking after myself, lose some weight and start eating better. I didn't think my diet could have that much effect on how I was feeling but I saw some signs in my library for a local cooking class so I thought I'd give it a go.

'At the beginning I wasn't very confident and things didn't always turn out right, but I surprised myself by making a decent omelette and I've perfected a very good macaroni cheese. And my daughter gave a thumbs up to the casserole I did last week. I've made some new friends too, and we've started arranging monthly dinner parties which has given me something to look forward to.

'When I went back to the doctor, he said I'd lost weight and needed to keep up the good work. I felt very proud of myself.

'I'm never going to be the greatest of cooks but I do what I can and I've found I've started to enjoy meal times again. I'm feeling so much better and I know Margaret would have been proud of my new skills.'



**'I do what I can
and I've found
I've started
to enjoy meal
times again.'**

Alcohol

Many of us enjoy a drink now and then but drinking more than the recommended limits can damage our health. Government guidance says we should drink in moderation.



Men and women should not regularly drink more than **14 units a week**.

Alcoholic drinks come in different strengths and sizes, but 14 units is equal to:

6 pints of beer or cider (4% strength); or

6 medium (175ml) glasses of wine (13% strength); or

12 glasses (25ml) spirits such as gin or vodka (40% strength)

Having wine or beer most evenings, for example with your meal or while watching TV, can be as harmful to your health as binge drinking. It can result in damage to your liver, brain, blood vessels and other organs, and can cause sleep problems and increase the risk of falls. Having several alcohol-free days each week is a good way to help you drink less.

Check the label on the bottle or can to see how many units it contains or use the alcohol unit calculator on the Drinkaware website (see page 32).

You should avoid alcohol when taking certain medicines, so always read the leaflet that comes with prescription medicines, over-the-counter medicines or herbal medicines. If in doubt, ask your pharmacist.

what next?

Try keeping an alcohol diary for two weeks to keep track of how much you're drinking (see pages 20–21). If you're worried about your own or another person's drinking, speak to your GP or practice nurse, or call Drinkline (see page 33).



Having **wine or beer most evenings**, for example with your meal or while watching TV, can be as **harmful to your health** as binge drinking.

Alcohol diary

Day	Type of drink
Example	Pint of 4% strength lager Single 25ml vodka and coke
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

If you find you are over the recommended limit (no more than 14 units a week on a regular basis for men and women), you may want to start cutting back.

Number of drinks	Units	Total units for day
-------------------------	--------------	----------------------------

1	2.3	
1	1	3.3

Total: _____

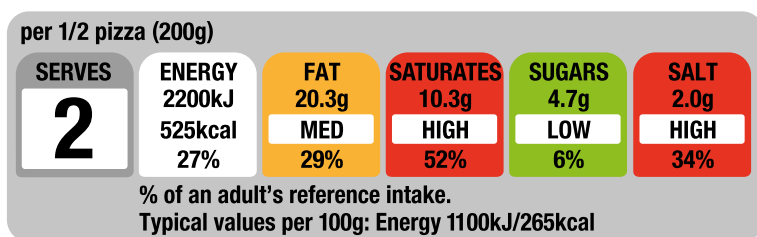
Daily average: _____

Know what's in your food

Looking at the food labels found on most pre-packaged foods can help you make healthy choices.

Traffic light colour-coding

If food manufacturers offer front of pack nutrition labelling they must use a standard format. Traffic-light colours red, amber and green quickly show you levels of energy, sugars, fat, saturated fat and salts in food.



Red means high, amber means medium and green means low. This helps you see at a glance whether the food has high, medium or low amounts of fat, saturated fat, (saturates), sugar and salt. Amber lights indicate the food contains neither high nor low amounts of sugar, salt or fat. The more green lights, the healthier the choice. Red lights indicate the foods you should try to eat less often and in small amounts.

If you're trying to choose between two similar products, this can help you quickly find the healthier choice. For example, if you're comparing two similar pizzas in the supermarket, try to go for the one that has more green and amber lights and fewer reds.

‘Use by’ dates

‘Use by’ dates can be found on foods that go off quickly, particularly fresh or chilled foods including meat, poultry, fish, pâté and soft cheese. Even if it seems fine, using food after the ‘use by’ date could make you ill. Don’t take the chance – throw it out.

‘Best before’ dates

‘Best before’ dates refer to the quality of the food, rather than its safety. They are frequently found on foods packaged in cans or jars, or on dried food. Food past its ‘best before’ date won’t make you ill but it might have lost some of its flavour and texture.

**what
next?**

See ‘Storing and preparing food safely’ (page 24–25) to find out more. Visit the NHS Choices website at www.nhs.uk and put ‘food labelling’ in the search box.



The more **green lights**, the **healthier the choice**. **Red lights** indicate the foods you should try to **eat less often** and in small amounts.

Storing and preparing food safely

Many of us assume that food poisoning is more likely if you've eaten in a café or restaurant, but you're just as likely to get ill from food prepared at home. Food poisoning can be more than just unpleasant – it can make you seriously ill.

Many types of bacteria can cause food poisoning, but people over 60 are particularly vulnerable to food poisoning caused by *Listeria monocytogenes*, commonly known as listeria. It's rare, but severe cases can be life-threatening. Listeria can live and grow in food. It is most likely to be found in chilled ready-to-eat foods such as pâté, soft cheeses such as Brie and Camembert, cooked sliced meat and poultry, smoked salmon and pre-packed sandwiches made with any of these fillings.

A few simple precautions can prevent food poisoning.

1. Set your fridge temperature to 5°C or below. This helps stop bacteria from growing. Bring chilled foods home from the shops as quickly as possible and transfer them straight to the fridge.
2. Wash your hands thoroughly before handling any food and after handling raw food (such as meat, poultry, eggs and fish) and its packaging.
3. Wash worktops with hot, soapy water or an antibacterial cleaning spray before and after preparing food.
4. Use a separate chopping board for raw meat. It can contain harmful bacteria that transfer easily to anything it touches.

5. Don't wash raw meat such as chicken before cooking. It isn't necessary and can splash germs onto sinks and work surfaces. Thorough cooking will kill any bacteria present.
6. Cover raw meat, poultry and fish and keep it on the bottom shelf of the fridge, where it can't touch other foods or drip on to them.
7. Cook food thoroughly until it's piping hot. Chicken, pork, burgers, sausages and kebabs should be cooked all the way through with no pink meat inside.
8. Don't refreeze raw food that has already thawed. Prepare and eat it, or throw it away.
9. If you cook extra portions of food to eat later, cool them at room temperature for about an hour before you put them in the fridge. Reheat food thoroughly until piping hot and never reheat it more than once.
10. Always cook eggs well until the yolk is solid. Raw or lightly cooked eggs can contain salmonella, a harmful bacteria. Older people are more likely than others to become severely ill if they eat contaminated eggs. Avoid dishes containing raw eggs, such as homemade mousse or mayonnaise.

what next?

In England, find out more by searching for 'food safety' at www.nhs.uk. Search for 'food safety' at www.nhsdirect.wales.nhs.uk in Wales and at www.nhsinform.co.uk in Scotland. In Northern Ireland, visit www.food.gov.uk/northern-ireland.



Food diary

Try keeping a food diary for a week. It may help you see where you can change your eating habits and eat more healthily. Use the Eatwell Guide on pages 8–9 to help you make changes for the better.

Day	Meal	What you ate and drank
Day 1	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Day 2	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Day 3	Breakfast	
	Lunch	
	Dinner	
	Snacks	

The image shows a large, light green rectangular area that serves as a workspace for handwriting practice. It is divided into four distinct horizontal sections. Each section is defined by three lines: a solid top line, a dashed middle line, and a solid bottom line. These lines are evenly spaced and extend across the width of the green area, providing a guide for letter height and placement.

Day	Meal	What you ate and drank
Day 4	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Day 5	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Day 6	Breakfast	
	Lunch	
	Dinner	
	Snacks	
Day 7	Breakfast	
	Lunch	
	Dinner	
	Snacks	


Handwriting practice area with multiple sets of horizontal lines (solid top and bottom lines with a dotted midline) on a light green background.

Help with healthy eating

Fit as a Fiddle has produced some handy recipe books you can download from www.ageuk.org.uk including:

- *Healthy living recipe book* – a recipe book for eating and cooking well in later life
- *Cooking on a budget* – healthy meals to make on a small budget
- *Cooking for one* – simple meals to make in single portions
- *Add flavour* – a healthy-eating booklet for older people in residential care.

Contact your local Age UK to see if it runs a healthy-eating scheme near you (see page 31).

-  In Scotland, contact Age Scotland to request a free copy of *Eat Well: A guide for older people in Scotland*.

Useful organisations

Age UK

We provide advice and information for people in later life through our Age UK Advice line, publications and online.

Age UK Advice: 0800 169 65 65

Lines are open seven days a week from 8am to 7pm.

www.ageuk.org.uk

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact

Age Cymru: 0800 022 3444

www.agecymru.org.uk

In Northern Ireland, contact

Age NI: 0808 808 7575

www.ageni.org

In Scotland, contact

Age Scotland: 0800 124 4222

www.agescotland.org.uk

The evidence sources used to create this guide are available on request. Contact resources@ageuk.org.uk

Addiction NI

Alcohol and drug addiction treatment for people aged 55 and over in Northern Ireland.

Tel: 028 9066 4434
www.addictionni.com

Alcohol Concern

National organisation offering information and support about alcohol abuse and local services.

Tel: 020 3815 8920
www.alcoholconcern.org.uk

Alcohol Focus Scotland

National charity providing information and support about alcohol issues in Scotland.

Tel: 0141 572 6700
www.alcohol-focus-scotland.org.uk

BBC Good Food

Online version of the magazine. Offers recipes and cooking tips.

www.bbcgoodfood.com

Drinkaware

An organisation supported by donations from the drinks industry and offering tips on responsible drinking.

Tel: 020 7766 9900
www.drinkaware.co.uk

Drinkline

Free national helpline that you can call if you're worried about your own or someone else's drinking.

Tel: 0300 123 1110

Food Standards Agency

Carries out a range of work to make sure that food is safe to eat.

www.food.gov.uk

NHS Choices

Provides information about NHS services, healthy living and health conditions. Includes a calculator to help you manage your weight.

www.nhs.uk

In Wales, visit **NHS Direct Wales**

Tel: 0845 4647

www.nhsdirect.wales.nhs.uk

In Scotland, contact **NHS Inform**

Tel: 0800 22 44 88

www.nhsinform.co.uk

In Northern Ireland, visit **NI Direct**

www.nidirect.gov.uk

Paths for All

Charity promoting walking for health in Scotland.

Tel: 01259 218 888

www.pathsforall.org.uk

Ramblers Cymru

Promotes and encourages outdoors walking in Wales through their Let's Walk Cymru programme.

Tel: 029 2064 4308

www.ramblers.org.uk/wales

Wales Drug and Alcohol Helpline

A free, bilingual helpline in Wales providing advice on drug and alcohol issues. Advisers are available 24 hours a day, every day of the year.

Tel: 0808 808 2234

www.dan247.org.uk

Walking for Health

Supports a large network of healthy-walking schemes across England, offering regular short walks over easy terrain with trained walk leaders.

Tel: 020 7339 8541

www.walkingforhealth.org.uk

YouTube

Website offering a wide range of videos, including cookery demonstrations.

www.youtube.com

Can you help Age UK?

Please complete the donation form below with a gift of whatever you can afford and return to: **Freepost Age UK Supporter Services**. Alternatively, you can phone 0800 169 87 87 or visit www.ageuk.org.uk/donate If you prefer, you can donate directly to one of our national or local partners. Thank you.

We'd [†] like to let you know about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well as the Age UK products and services you can buy.

Personal details

Title:	Initials:	Surname:
Address:		
Postcode:		

We will never sell your data and we promise to keep your details safe and secure.

Please tick here if you **do not** wish to receive communications by post.

You can change your mind at any time by telephoning us on 0800 169 8787 or by writing to Supporter Services at the registered address below.

Your gift

I would like to make a gift of: £

I enclose a cheque/postal order made payable to Age UK

Card payment

MasterCard Visa CAF CharityCard

I wish to pay by (please tick) Maestro American Express

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Signature **X**

Expiry date /

Gift aid declaration

Yes, I want Age UK and its partner organisations* to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I am a UK tax payer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. Date __/__/__ * Age Cymru, Age Scotland and Age NI



[†] We, includes the charity, its charitable and trading subsidiaries, and national charities (Age Cymru, Age Scotland and Age NI). Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. **Age UK provides a range of services and your gift will go wherever the need is the greatest.**

Supporting the work of Age UK

Age UK aims to enable all older people to love later life. We provide vital services, support, information and advice to thousands of older people across the UK.

In order to offer free information guides like this one, Age UK relies on the generosity of its supporters. If you would like to help us, here are a few ways you could get involved:

1 Make a donation
To make a donation to Age UK, simply complete the enclosed donation form, call us on **0800 169 8787** or visit **www.ageuk.org.uk/get-involved**

2 Donate items to our shops
By donating an unwanted item to one of our shops, you can help generate vital funds to support our work. To find your nearest Age UK shop, visit **www.ageuk.org.uk** and enter your postcode into the ‘What does Age UK do in your area?’ search function. Alternatively, call us on **0800 169 8787**

3 Leave a gift in your will
Nearly half the money we receive from supporters come from gifts left in wills. To find out more about how you could help in this way, please call the Age UK legacy team on **020 3033 1421** or email **legacies@ageuk.org.uk**

Thank you!

What should I do now?

For more information on the issues covered in this guide, or to order any of our publications, please call Age UK Advice free on **0800 169 65 65** or visit www.ageuk.org.uk/healthandwellbeing

Our publications are also available in large print and audio formats.



The Age UK Group offers a wide range of products and services specially designed for people in later life. For more information, please call **0800 169 18 19**.

If contact details for your local Age UK are not in the box below, call Age UK Advice free on **0800 169 65 65**.



This guide has been produced with funds raised by Santander employees.