

Later Life Newsletter

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individuals and organisations

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The Nation's Biggest Housewarming on Friday 28th March aims to raise funds to enable National Energy Action (NEA) to deliver fuel poverty projects and to campaign to ensure that all households are able to live in homes which are warmer, healthier and affordable to heat. The date coincides with Fuel Poverty Awareness Day, a nationally recognised day to promote the issue of fuel poverty and the importance of ensuring vulnerable people are warm in their home. For your fundraising pack contact icj@nea.org.uk or the [NEA website](#)

WaveLength provides televisions and radios for isolated and lonely people, at no cost to the recipient. [read more](#)

Independent Age launches new freephone number. Independent Age, the older people's charity which tackles older people's poverty and loneliness through the 'ABC' of advice, befriending and campaigning, has launched a new freephone number for its advice service. [Independent Age's advice service](#) offers free and confidential advice on issues such as social care, welfare benefits, befriending services and other social support. The new freephone advice number is 0800 319 6789.

Get up to speed with the technology that can help enrich your life. Whether you'd like to improve your computer skills, emailing, use of the internet or generally to boost your digital confidence, this range of simple guides are free, print-friendly and also a great way to support other learners. [access the guides](#)

The Woodland Trust is to give away a further half a million trees this autumn: these UK-grown trees come in packs rated small (30 trees), medium (105), or large (420). Community groups and schools can apply now on [The Woodland Trust website](#) Deadline for applications is 04/09/14.

New website asks – are you “ready for it”? A new website designed to raise awareness of end of life issues, break down taboos about death and encourage people to plan for their future has been launched. [Be Ready For It](#) has been created by the Norfolk and Suffolk Palliative Care Academy.

Being ill when older can be frightening & confusing: a vital service that will ensure the voices of older people affected by cancer are heard is among 10 initiatives awarded flagship funding. They share in over £10m from the Big Lottery's [Silver Dreams Fund](#)

GPs and care homes: Care home and nursing home residents have the right to access the full range of general medical services, yet evidence suggests that many residents are unable to access GP services. [A new guide](#) from the Social Care Institute for Excellence supports both care home managers and GPs.

Caring from a distance occurs when families live apart from an older relative who might need assistance. This situation is of increasing concern to a significant percentage of the UK population. **Age Action Alliance** members have produced a useful information and advice factsheet for people affected [access and download factsheet](#)

Carers UK's Caring & Family Finances Inquiry Report is the result of a year long Inquiry to provide a definitive study into the financial impact of caring, assess the impact of the Government's benefit changes on carers and their families and to develop future policy on reforming the financial support available to families caring for older and disabled relatives and friends. [read the report](#)

Why respite care is essential for Britain's 6.5 million “unsung heroes” What is often forgotten is the respite support that carers need to make their work possible. Advice website www.myageingparent.com has produced a helpful online guide, which sets out why carers should shed their anxieties and feelings of guilt and make use of [respite care](#) to help ensure they themselves don't end up needing care.

Later Life in the United Kingdom is a monthly factsheet produced by Age UK, which uses up-to-date source of publicly available, general information on people in later life in the UK. [read more](#)

To subscribe, or provide contributions to future Later Life Newsletters contact: Simon.wilkinson1@dwp.gsi.gov.uk