

Five for Fiveways!

As Vice Chair of Dundee Age Concern's Board, I am delighted to see this latest great initiative to support the Fiveways Centre, a superb service for many of the city's older people :



For **FIVEWAYS** **FEBRUARY 2022**

Dundee Age Concern (DAC) is a small local independent charity, supporting vulnerable and socially isolated older people over the age of 55 living in Dundee and Broughty Ferry through Fiveways Day Centre. We support people to make friends, get active, gain confidence and get busy living life whilst reconnecting with their city and the places they love.

This February we are running our 5 for Fiveways campaign to raise funds to support vulnerable and socially isolated older people. The concept is simple complete 5 activities of your choosing based on the themes of fun, family, food, fitness and favours. Then donate a £5 to Dundee Age Concern then nominate 5 people to do the same.

"Having lost my wife, I've been lonely & isolated. Fiveways is giving me friendship, connection & fun. I love it. It's changing my life already." Ian - DAC Client

Complete 5 activities Donate £5
Invite 5 friends to do it too!



Fun

Do Something Fun - This could be anything you enjoy doing; read 5 books, binge watch 5 series, visit 5 museums or something sillier, 5 days in fancy dress, tell 5 jokes, or do 5 roly-polies down a hill. Anything you will enjoy and make you smile

Do Something with your Family - Get together with your friends or family. This could be a work family or any other friendship group doing something together that connects people. A day out, a hobby, a board game or litter pick

Family



Fitness

Do Something that gets you moving - Within your limits this can involve any physical activity, whether 5 press ups or 5 miles on a bike or something more adventurous.

Do Something Involving Food -- Food and nutrition are important in older age and can provide lots of opportunities for activities, baking 5 cakes, cooking for five friends, or trying 5 new fruits.

Food



Favour

Do Something for someone else - This can be anything to help someone out, -helping a friend, picking up some groceries or volunteering in a more formal capacity.

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We would love to see what you get up to so sign up now and share your exploits on social media with the #5forFiveways

Dundee Age Concern is for everyone - Growing Old is Part of Life

Dundee Age Concern is a registered charity - Inland Revenue Charity No. SC0125672 and a Company Limited by guarantee no.

SC0125672 also registered with the Care Inspectorate No. CS2016352097 Registered Office: 2-4 Caird Avenue, Dundee DD2 6AW

[justgiving.com/campaign/5forFiveways](https://www.justgiving.com/campaign/5forFiveways)

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