

# No one should have no one on Christmas Day

*Age UK Lambeth needs your support to provide a Christmas Dinner for the most isolated older people in Lambeth.*

LONDON, UNITED KINGDOM, December 6, 2017 /EINPresswire.com/ -- On Christmas Day volunteers from [Age UK Lambeth](#) will be cooking up turkey and all the trimmings and providing dinner, gifts and entertainment for 40 of the most socially isolated older people across the borough of [Lambeth](#) at their community hub Vida's. We will also be providing a further 20 meals for those who would prefer to be at home and we need your help to make it happen. Could you make a donation to provide a Christmas Lunch for a lonely older person?

You can donate any amount online at <https://www.justgiving.com/campaigns/charity/auklambeth/nooneshouldhavenoone2017> or by texting AUKL17 £4 to 70070 to donate £4.

Winter and the festive season can be tough for older people, it gets dark early, the bad weather can make people worried to go out and as so much of the focus in the media is on family time, you can feel especially isolated if you don't have any family nearby. In fact half a million older people across the UK will spend Christmas Day alone.

- 200,000 older people say they haven't had a conversation with friends or family for a month.
- 3.9 million older people agree the television is their main form of company.
- Loneliness can be as harmful for our health as smoking 15 cigarettes a day.

This year we have the great pleasure to have British actress [Miriam Margolyes](#) OBE supporting our Christmas campaign to tackle loneliness for older people in Lambeth!

Age UK Lambeth is a local independent charity that supports older people across the entire borough with a range of services to help people stay as independent and active as possible. We want to ensure that the second half of their life is as enjoyable as the first, and we rely on the generosity of the local community and businesses in order to provide our services.


There are also opportunities for businesses and volunteers to get involved with our Christmas Day



no one should have no one

Lambeth ageUK

Text AUKL17 £4 to 70070 to give £4 to help buy Christmas lunch for a lonely older person.  
Call 020 7346 6800  
<http://www.ageuklambeth.org.uk/>



"I feel terribly sad to hear that more than 80,000 older people in London will be spending Christmas Day alone because they have no-one to spend the day with. I strongly encourage everyone to support Age UK Lambeth and help them provide a Christmas lunch for the most socially isolated older people in Lambeth. Even the smallest contribution can make an enormous difference. No one should have no one. Not at Christmas. Not ever."

Miriam Margolyes OBE  
Actress

Text AUKL17 £4 to 70070 to give £4 to help buy Christmas lunch for a lonely older person.  
Call 020 7346 6800  
<http://www.ageuklambeth.org.uk/>

no one should have no one at Christmas

Lambeth ageUK

Dinner. If you are local business who would like to find out about sponsorship opportunities for our No one should have no one campaign then please email [Claire.nethersole@ageuklambeth.org.uk](mailto:Claire.nethersole@ageuklambeth.org.uk) If you would like to volunteer please email [bev@ageuklambeth.org](mailto:bev@ageuklambeth.org)

The money raised from the campaign will be also used for a Christmas party for our clients and for MySocial. MySocial is our service providing a calendar of fun events all year round for older people to meet new friends, stay active and enjoy their lives.

### Notes to Editors

Age UK Lambeth supports over 5,000 people every year. More information about our services can be found at [www.ageuklambeth.org.uk](http://www.ageuklambeth.org.uk)

Find Age UK Lambeth on social media Facebook – Twitter - Instagram

As budgets are squeezed and funding becomes more competitive we are increasingly reliant on the kind donations of members of the public and organisations in order to provide our services.

Panagiotis Balalas  
Age UK Lambeth  
2073466800  
email us here

This press release can be viewed online at: <http://www.einpresswire.com>

Disclaimer: If you have any questions regarding information in this press release please contact the company listed in the press release. Please do not contact EIN Presswire. We will be unable to assist you with your inquiry. EIN Presswire disclaims any content contained in these releases.

© 1995-2018 IPD Group, Inc. All Right Reserved.



**no one  
should  
have  
no one**

Please help us provide companionship and support for more local older people.

Text **AUKL17 £4 to 70070** to give **£4** to help buy Christmas lunch for a lonely older person.  
Call **020 7346 6800**  
<http://www.ageuklambeth.org.uk/>

Find Age UK Lambeth on  
[f](#) [t](#) [i](#) [p](#) [v](#)

On Christmas Day, Age UK Lambeth will be hosting a lunch for older people who would otherwise be on their own.  
**Will you help us give them a Christmas Day to remember?**

Get involved by sending us a donation or volunteering. We need help not only on Christmas Day but all year round. We would really appreciate your helping us to reduce loneliness around Lambeth. For more information, please call us on 020 7346 6800 or visit [www.ageuklambeth.org.uk](http://www.ageuklambeth.org.uk)

Registered charity number: 106397