

From: Louisa, Age UK email@emails.ageuk.org.uk
Subject: Mr Steen, The Bulletin from Age UK: October 2026
Date: 22 October 2026 at 15:03
To: [REDACTED]

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the Bulletin

Dear [REDACTED]

Welcome to the October edition of our email newsletter, The Bulletin.

There's been a lot of discussion of issues affecting older people in the news recently. In this email, hear from an older person providing vital care, read our response to the Prime Minister's announcements on pensions, and find ways to keep well as it gets colder, along with other advice and opportunities.

Highlights from Age UK this month:

- [The importance of carer-friendly communities](#)
- [Government changes to State Pension](#)
- [What rights matter as we grow older?](#)
- [Stay cosy while supporting Age UK](#)
- [Clear things out ahead of Christmas](#)
- [Tribute to Dame Esther Rantzen](#)

I hope you find plenty in this email to interest you.

Warm regards,

Louisa

Age UK Brand and Communications

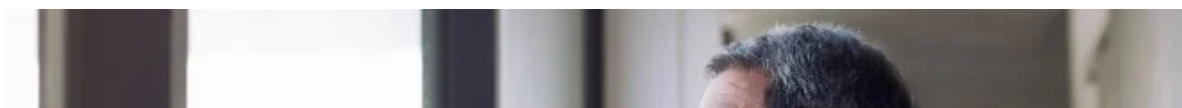
The importance of carer-friendly communities

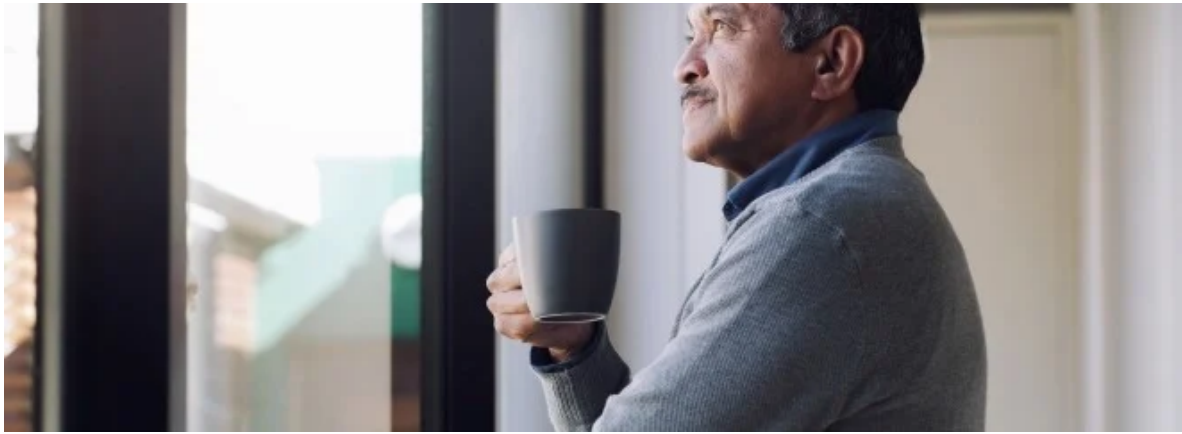


In the UK, millions of unpaid carers quietly provide essential support every single day. Muriel*, 80, cares full-time for her husband Harry*, who has Alzheimer's. Her role is demanding, but thanks to her local Age UK, she's been able to [access much-needed support](#).

[Discover Muriel's story](#)

Government changes to State Pension uprating





The Prime Minister has announced a future change to how increases to State Pension are calculated. The Triple Lock will be unaltered until 2030. Then, while how it's calculated will slightly change, the State Pension will continue to rise each year, be linked to earnings growth and be protected against inflation. The savings will help fund a new National Care Service in England.

[Read our response](#)

What rights matter as we grow older?

"...I want access to basic healthcare that is within reach, support when I cannot meet my daily needs, and reliable social protection..."

– Akai, 71, Kenya



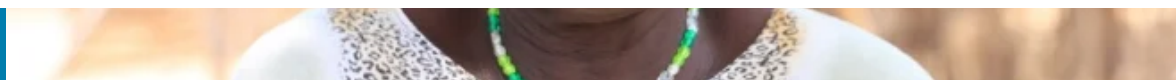


Photo credit: Chelangat Shema/HelpAge International

Age UK and Age International have been talking to people all over the world about what rights matter. Unsurprisingly, accessing affordable healthcare without discrimination is a top priority. In our new report, **All our rights**, hear from older people about the issues that matter to them, and why all governments need to act now to put the protection of older people's rights into practice.

[Read the report](#)

Stay cosy while supporting Age UK



Until 21 November, every Supersize Bubble Fleece Throw sold at Dunelm will include a £2 donation to Age UK. Available in a range of seasonal colours, it's a good way to bring a little extra comfort to your home this autumn, while supporting our vital services. We're delighted to continue our [partnership with Dunelm](#).

[Get your cosy throw](#)

If you're looking for ways to [keep warm and well](#) this winter, you can read plenty of advice on our website.

Clear things out ahead of Christmas

Are you looking to clear things out ahead of the Christmas rush? You can donate your unwanted items to Age UK quickly and easily by post. Just fill out a quick form and we'll send you a free postal bag to send your donations in!

[Donate items by post](#)

Paying tribute to Dame Esther Rantzen



Earlier this month, we were saddened to hear of the death of Dame Esther Rantzen, founder of [The Silver Line Helpline](#). Her vital work has benefitted millions of people over the years.

[Tribute to Dame Esther Rantzen](#)

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