



CONTACT THE ELDERLY

Make Sunday the highlight of your month

Gladys is 90 and has been a guest of Contact the Elderly for many years:

“Contact still means a lot to me each month. It seems that some folk have never heard of Contact. If they ask me about it I try to explain that small Contact groups are all over the country in towns and villages. Every group has an organiser and she arranges friends and volunteers with cars. Next has to be arranged twelve venues (one for each month) and a hostess who is willing for the group to meet at her house for a simple tea twice a year.

A Contact group is kept small, 6 to 10 members, so that everyone can chat to everyone else. Each month on a Sunday afternoon, rain or shine, the drivers collect the members and take us for a little drive to where we are made welcome and have tea. There is a lot of talk and laughter during tea and somebody will tell us what they have been doing since our last meeting.

Always there is something to look forward to - friends to meet, ideas to be exchanged. Time goes all too quickly but when we say goodbye we all feel that the loneliness has been lifted, that we have plenty of friends and kind people that really care and we all have another get-together to look forward to in a month's time.”



Please turn over

A LIFELINE OF FRIENDSHIP

National Office: Contact the Elderly, 2 Grosvenor Gardens, London SW1W 0DH.
Telephone: 020 7240 0630 Fax: 020 7379 5781 Email: info@contact-the-elderly.org.uk

Website: www.contact-the-elderly.org.uk

What does Contact the Elderly offer?

Contact the Elderly groups have been running for 50 years. Volunteers offer companionship one Sunday afternoon a month for people over 75 who live alone, are unable to get out and about without help and have lost touch with family and friends.

What does each Contact the Elderly group do?

Older people are invited to join a small group of volunteer drivers and other older guests for an afternoon get-together one Sunday afternoon a month. It is a great way to make new friends of all ages.

What do Contact the Elderly volunteers do?

Your regular volunteer driver will come to your door, walk with you to their car and drive you to the place where you all spend the afternoon together. The get-togethers usually start at 3.00 pm and ends at 5.30 pm. You will be collected in time to have a pleasurable drive to the host's home and at the end of the afternoon the driver will take you home safely.

Where do we visit for afternoon tea?

Each group of volunteer drivers and their older guests visit a volunteer's home each month. Different homes are visited throughout the year. Your hosts will usually provide a lovely afternoon tea.

When would you take me out?

One Sunday afternoon each month - so you will have a regular date on your calendar to look forward to.

Are there any costs?

There are no charges involved at all.

How are the groups organised?

Contact the Elderly has groups in many different parts of the UK. Each group is run by a group coordinator. S/he makes the arrangements for each month's visit to a volunteer host and will let your volunteer driver know where you are going.

How can I join?

If you would like to join your local group please call

Contact the Elderly on Freephone 0800 716 543.

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