

"Meeting Constance and the other people in the group has brought me closer to the local community.

It's fascinating to hear stories from their lives. It makes you look at your own in a different light."

Isabelle, volunteer



Constance is 90 years old. Her husband died 30 years ago, she has no children and lives alone in the house. She is housebound due to her poor eyesight. She spends most of her days alone.

Isabelle volunteers as a driver and takes Constance to the monthly tea parties. Over the last two years their friendship has blossomed and it has given Constance a new lease of life, and both of them something to look forward to.

They really enjoy the Sunday tea parties with their group where they can share news and stories over cake and tea.

CHANGE LIVES BY VOLUNTEERING

Contact the Elderly is a national charity that changes the lives of lonely older people.

So many people over 75 spend their days alone – isolated from friends and family, or too frail to leave home without a bit of help. The Sunday afternoon tea parties are a lifeline of friendship bringing older people and volunteers together for an afternoon of stories, laughter and conversation.

WHAT WE DO

One Sunday afternoon a month volunteers use their car to take older members to and from a volunteer host's home for tea, cake and companionship. Our hosts take it in turn to welcome the small group into their home for a few hours. At the end of the afternoon everyone goes home happy.

WHAT YOU CAN DO TO HELP

We're always looking for friendly people to help us...

...drive our older members

Use your car to take one or two members with you to a tea party every month.

...host a tea party

Welcome a small group into your home for tea just once or twice a year. Easy access and a downstairs toilet are essential.

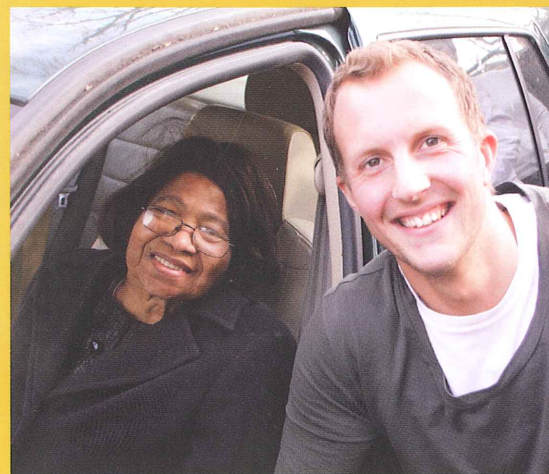
...coordinate a group

Join in and make sure the group runs smoothly. Coordinators are often drivers as well.

If you can spare a few hours, we'd love to hear from you. And in return, you're guaranteed to enjoy yourself!

If volunteering just isn't right for you, perhaps you might know someone who would like to join a group as a member or a volunteer, or you could help us by giving a donation.

For more information call **0800 716 543**
or visit us at **www.contact-the-elderly.org.uk**



"It was such a lovely afternoon. Everyone was so kind and I got on really well with Chris, the young gentleman who drove me.

It was wonderful to meet other people and I look forward to the next tea already!"

Florence, 89

A LITTLE TIME...
A LOT OF FUN...
A LASTING DIFFERENCE...

It takes so little time to help our members escape the loneliness of being stuck at home.

You can change a life with just a few hours a month.

To find out more call **0800 716 543**
or visit us at **www.contact-the-elderly.org.uk**



"It is good getting out and meeting people and it is fun for us to get together.

It has made such a difference to my life."

Joseph, 91

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Contact the Elderly is a registered charity in England and Wales (244681) and in Scotland (SC039377)

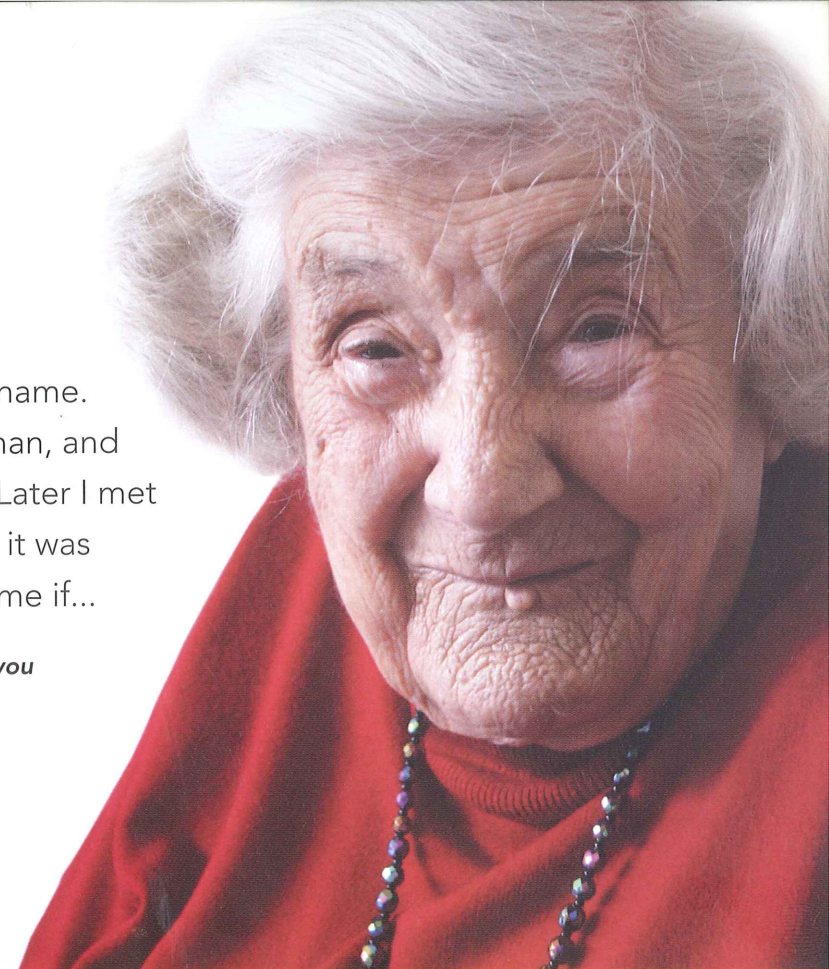


CONTACT
the elderly

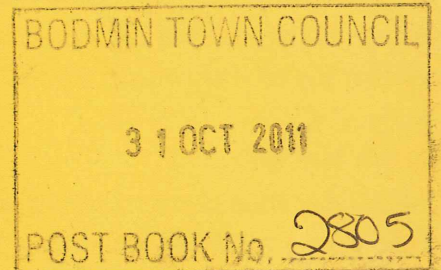
...James was his name.

Such a lovely man, and so handsome. Later I met him again, and it was then he asked me if...

Constance can tell you a tale or two!



**LIFE FILLS US WITH STORIES.
STORIES FILL US WITH LIFE.**



Change lives by volunteering