

**Are you 75 or over and living alone?**

**Do you need help getting out and about?**

**Would you like to meet some new people?**

**Then come and join us!**



### **GETTING IN TOUCH**

If you are interested in joining a Contact the Elderly group, or you know someone aged 75 or over who would benefit from regular outings with friends, please fill in the form over the page and send it back to us.

Alternatively you can call us on our freephone number below and we will be happy to give you more information:

**0800 716 543**



***"A lovely Sunday afternoon out. Hosts prepare a lovely tea and are very kind and helpful, as are the drivers and coordinators. It is nice to meet other people after being alone, and indoors, for so long."***

Margaret, 91

**Freephone 0800 716 543**

### **Contact the Elderly**

15 Henrietta Street, London WC2E 8QG

T: 020 7240 0630 F: 020 7379 5781

E: [info@contact-the-elderly.org.uk](mailto:info@contact-the-elderly.org.uk)

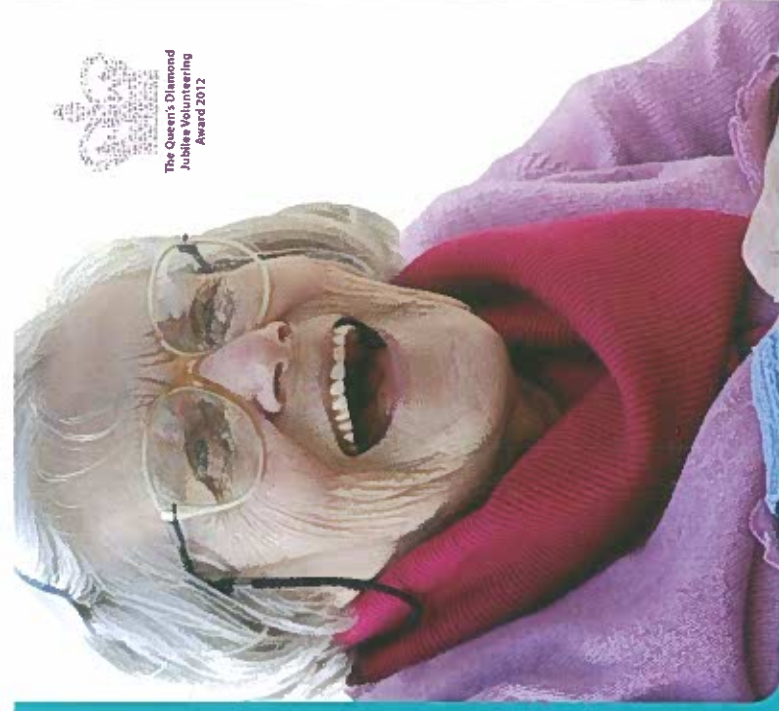
[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)

Search for us on Facebook or

Follow us on Twitter: [@contact\\_teas](https://twitter.com/contact_teas)

Contact the Elderly is a registered charity in England and Wales (1146149) and in Scotland (SC039377). Company Number (07989142). Registered office: 15 Henrietta Street, London WC2E 8QG

GL0313



***"We thoroughly enjoy ourselves and the hosts are fantastic. I love the chat, the friendly discussions and the fun we have. It's wonderful!"***

Dorothy, 93



**CONTACT**  
the elderly

**A LIFELINE OF FRIENDSHIP**



The Queen's Diamond  
Jubilee Volunteering  
Award 2012



## WHO WE ARE

Contact the Elderly is a national organisation which changes the lives of people aged 75 and over who live alone and cannot get out on their own.

## WHAT WE DO

Many people aged 75 and over spend the majority of their days by themselves. If this sounds like you, then we can help you to get out of the house and back in touch with your local community.

## MONTHLY TEA PARTIES

We have small local groups all over England, Scotland and Wales, made up of guests and volunteers. One Sunday afternoon a month, each local group meets for tea, cake and company. Our hosts take it in turns to welcome you and the rest of the group into their homes for a few hours, and our drivers always make sure you get home safely. This service is free.

*"It's 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



## LAUGHTER AND FRIENDSHIP

We keep groups small, so everyone can get to know each other. Guests and volunteers make lasting friendships, and you will spend the afternoons laughing and enjoying each others' stories. And of course, everyone gets plenty of tea and sandwiches!



*"It's so nice to have a chance to dress up and go somewhere. I can't remember when I last had such a lovely time!"*

Gladys, 93

## A LASTING DIFFERENCE

Contact the Elderly offers a lifeline of friendship to thousands of people aged 75 and over.

Do you live alone, have little contact with family and friends and find it difficult to get out and about on your own?

If so, a change of scenery, friends of all ages and regular afternoons of conversation and laughter could be just what you need.

## JOIN US!

If you would like to join a Contact the Elderly group, or you know an older person who might, please call us on 0800 716 543 or fill in the form below and post it to:

**Contact the Elderly**  
**15 Henrietta Street, London WC2E 8QG**

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone number \_\_\_\_\_

Before offering you a place in a group, it will be helpful to know a little bit about you.

Do you live alone?

Yes  No

Are you housebound?

Yes  No

Do you have family nearby?

Yes  No

How many times a week do you go out?

How many times a week do you see other people?

Where did you find this leaflet?