

Are you an elderly person living alone? Would you like to make friends and enjoy a regular monthly social occasion? Then why not join a **Contact the Elderly** local group?



“Contact the Elderly has made a wonderful difference to my life as it has given me a regular outing to look forward to and memories to think about in the time I spend alone. When I was invited to the first outing I was really looking forward to it and the second one didn't come quickly enough.”

Mary Thompson, 96, guest of Contact the Elderly.

Visit our web site: www.contact-the-elderly.org

How do I join?

If you think you would like to join a group, or know of an elderly person who would benefit from one of our groups, you can either;

- complete the coupon on the reverse **OR**
- phone National freephone number 0800 716 543 **OR**
- contact the Scottish Regional Development Officers as below

Highlands & Islands:

Alan Michael Tel: 01463 798008
E-mail: alan@contact-the-elderly.org

Central & Southern Scotland:

Joan Grant Tel: 01575 573370
E-mail: joan@contact-the-elderly.org

- **OR** for further information or to make a donation, contact our Scottish Executive Officer;

Ms V Crookston, Muirshiel, Kilmacolm, PA13 4SG
Tel: 01505 874412
E-mail: val@contact-the-elderly.org



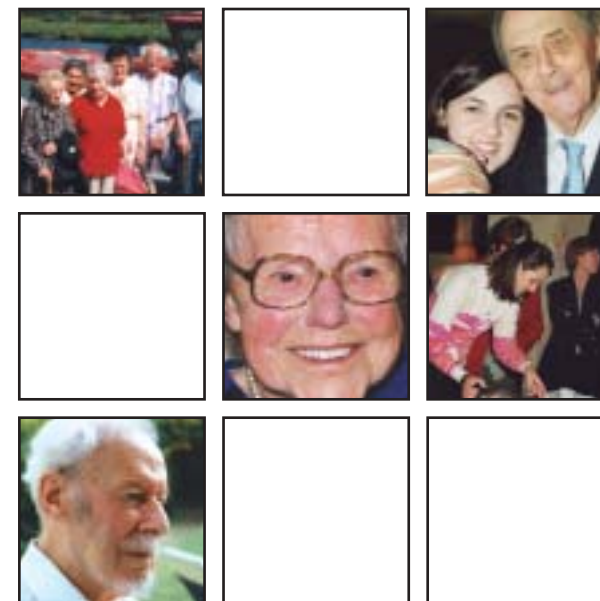
Contact the Elderly

15 Henrietta Street, London WC2E 8QG
Tel. 020 7240 0630 Fax. 020 7379 5781
E-mail: info@contact-the-elderly.org
Web: www.contact-the-elderly.org
Registered Charity Number 244681



Contact the Elderly

*a little time...
a lot of fun...
a lasting difference!*



*A lifeline of friendship for
the elderly*

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What is Contact the Elderly?

Contact the Elderly is a national charity with local groups all over the UK. We help to combat the loneliness so often felt by elderly people who live alone. One Sunday afternoon a month our volunteers enjoy driving elderly people to a volunteers home for tea, talk and companionship - so simple, yet it changes lives, enhances well-being, and creates great new friendships across the generations.



Who benefits from Contact the Elderly?

Thousands of elderly people, who have become lonely and are isolated in their own homes.

Our service is for those who have no family nearby, see them infrequently, perhaps are widowed, and are unable to go out unaccompanied.

Groups enjoy time together and take pleasure in chatting over tea and cakes.



How does it work?

Groups are kept small, so they remain friendly and everybody can join in easily. Generally full of laughter, new guests readily make friends with other elderly guests and volunteers. Outings are to accessible homes of welcoming volunteer hosts. Elderly group members are collected from their home by a volunteer driver, who will also take them safely home at the end of the afternoon. This is a free service.

“For many elderly people, Sunday can be the loneliest day of the week. By joining a local Contact the Elderly group, it becomes a day to look forward to!”

Please call us on
Freephone
0800 716 543

I'm interested in joining a Contact the Elderly group, so please pass my details to my local co-ordinator -

Name: _____

Address: _____

Postcode: _____

Day tel: _____

Eve tel: _____

It will help us to know a little 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 get out of your house?

How many times a week do you see people?

Please help us by telling us where you found this leaflet

Please return this coupon to either

Highland & Islands;
Contact the Elderly, Mr A Michael, 28 Culloden Road, Balloch, Inverness, IV2 7HQ

Central & Southern Scotland;
Contact the Elderly, Ms J Grant, 9 Whiteside, Kirriemuir, Angus, DD8 4HZ

Freephone 0800 716 543