



**CONTACT  
THE ELDERLY**

# Be Our Guest!

**Do you know of someone aged 75 or over who lives alone, has little contact with friends or family and finds it difficult to get out and about on their own?**

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



# Company, conversation and a cuppa

Contact the Elderly offer a lifeline of friendship to thousands of people aged 75 or over.

We have small tea party groups across England, Scotland and Wales, made up of guests and volunteers.

One Sunday afternoon a month, each group meets for tea, cake and company. Our hosts take it in turns to welcome guests and volunteers into their home for a couple of hours. This service is free and transport is provided by local volunteer drivers.

If you know of someone who would benefit from coming along to a tea party, or would like more information, please call our Freephone number **0800 716 543**

Alternatively you can visit our website [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk) or email us at [guest@contact-the-elderly.org.uk](mailto:guest@contact-the-elderly.org.uk)



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