

## Contact the Elderly

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Afternoon tea and Friendship

A little time, a lot of fun, a real difference

Sunday is often the loneliest day of the week for those elderly people who cannot get out without a helping hand and therefore miss the social contacts they once had. Â

Could you help just once a year by hosting a Sunday afternoon tea party for 6-7 older guests?Â The afternoon is just for 2 hours once a year.

The national charitable organisation, Contact the Elderly, helps by arranging for its older guests to meet each month in small groups to enjoy friendship at a Sunday tea party in a volunteer host's home.Â Â

The Cottingham group has a lovely team of volunteer drivers who collect the older guests from their homes, take them to the home of a volunteer host, stay and help in any way they can. Â

Being part of a small group and welcomed into a different host's home once a month for afternoon tea restores conversation, laughter and friendship

All that is needed is a warm heart, a downstairs toilet and not too many steps,  
together with a big teapot, some sandwiches and cake! Â

You could host a party with a friend or invite your family and children to take part too.Â There is no need for outside entertainment as there is always

plenty of conversation and laughter.

One of our elderly guests said recently, 'joining this group has made me come alive again, being taken by my lovely driver and welcomed back into people's homes has given me something to look forward to every month'

Further information can be obtained from:

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