

Letter to the Editor – from Contact the Elderly

✘ Contact the Elderly is a charity which works to tackle loneliness and social isolation among older people. They have sent out the letter below to us and we imagine to other news outlets.

You can either join up as a volunteer driver or host, or you can refer someone to a local group. More details on the charity's website [here](#).

Watch this film to see what they do! There are eight locations here in Edinburgh.

Dear Sir,

Darker evening and changing of the clocks act as timely reminders to consider older people in our communities.

Many of us will go into a self-enforced hibernation at this time of year – drawing the curtains, getting cosy and watching TV with loved ones. But what about those who live alone? Loneliness is far more acute in winter time and it is imperative that efforts are made to help older people through this period

We cannot forget our duties to care for those who need our help simply because it's far more inviting to stay toasty indoors. Here at Contact the Elderly, we understand how far a little effort can go in supporting older people through these difficult months.

Older people will often have additional support needs in winter. Those who are more mobile and can ordinarily walk or

catch a bus may be unable to do so as bad weather hits. There is an increased chance of illnesses, particularly flu, and long periods of darkness can have a negative impact on happiness and wellbeing

Our monthly tea parties in Edinburgh offer a social lifeline to older people. That few hours out of the house on a Sunday afternoon make such a difference to our guests – even more so in winter when we are all getting out less often.

Yours faithfully,

Valerie Crookston

Scotland Executive Officer, Contact the Elderly