

# Contact the Elderly group is five

Contact the Elderly in Edinburgh is celebrating!

The charity's 'Edinburgh 4' group is now five years old. The group enjoys afternoon tea once a month in a volunteer host's home. Many of the guests and volunteers have been members since the first party and have formed firm friendships.



In the past five years, the charity's presence in Edinburgh has grown exponentially and there are now 21 tea parties taking place each month across the capital.

Lesley Dunbar is a volunteer with the charity and coordinates the tea parties for Edinburgh 4. She said: "The past five years have gone by very quickly indeed. We are now much more to one another than 'volunteers' and 'guests' – we are firm friends.

"It is incredible to see the difference the parties have made to our older guests' lives and I am really proud of what we have achieved together. Here is to another five years."

Contact the Elderly organises free monthly Sunday afternoon tea parties. Volunteer drivers collect guests and accompany them to volunteer hosts' homes for a bit of baking and a blether.

To find out more about volunteering with, or becoming a guest of, Contact the Elderly in Edinburgh, please contact [Jennifer.kaney@contact-the-elderly.org.uk](mailto:Jennifer.kaney@contact-the-elderly.org.uk) or 01786 235034.