

# Charity appeal for volunteers to help older people who live alone



## CONTACT THE ELDERLY

A charity dedicated to defeating loneliness is appealing for Edinburgh volunteers to help brighten the lives of older people who live alone.

Contact the Elderly arranges free monthly Sunday afternoon tea parties across the country to help combat social isolation and is looking for city residents to join them as volunteer drivers and hosts.

The drivers collect guests from their home and accompany them to a gathering in a local host's home where they can enjoy a couple of hours of tea, cake and conversation in a small, friendly group.

With the clocks going back this weekend the dark days of winter can be particularly long and isolating for the older generation.

Lorna Dunbar, Contact the Elderly Support Officer said: "Life can sometimes be very lonely for older people, particularly during the winter when it can be more difficult to get out and about. But our drivers chauffeur them door-to-door giving them peace of mind and that bit more confidence they might need to socialise with new people.

“We have more than 20 groups in the capital and know just how much our regular guests look forward to catching up. The difference a little company and a change of scenery can make is amazing but we need more support to maintain this vital service.

“We would love to hear from anyone who could provide transport as a driver for the charity or who would like to become a host. It only takes up a few hours of their time each month and we can guarantee they will find the experience really rewarding.”

To find out more about becoming a guest or volunteer of Contact the Elderly in Scotland, please contact Lorna Dunbar at [lorna.dunbar@contact-the-elderly.org.uk](mailto:lorna.dunbar@contact-the-elderly.org.uk) or tel 01738 730249.