



CONTACT THE ELDERLY

CHARITY URGENTLY APPEALS FOR VOLUNTEERS TO HELP 'DRIVE AWAY LONELINESS' AMONG OLDER PEOPLE IN WELWYN AND HATFIELD

Contact the Elderly, the charity solely dedicated to tackling loneliness and isolation among older people, is urgently appealing for volunteers living in **Welwyn and Hatfield** to spare just a few hours each month to drive one or two older people to a local tea party - and enjoy a cuppa and a cake themselves!

The charity aims to relieve the acute loneliness of isolated older people, aged 75 and above, who live alone, by organising free monthly Sunday afternoon tea parties for small groups within local communities – providing a regular and vital friendship link every month.



Each older guest is collected from their home by a volunteer driver, and taken to a host's home, where they join a small group for tea, chat and companionship.

Contact the Elderly's National Support Officer Jo Hobson, said: "The charity is committed to offering a lifeline of friendship to the oldest and loneliest people. Anyone who can spare a couple of hours one Sunday a month, has a driving licence, a car, and a capacity for drinking tea, is eligible to volunteer! It's not a big commitment, and our volunteers genuinely get as much out of the experience as our older guests, so I'm calling for anyone who is interested in giving something back to their community to please get in touch with me as soon as possible."

**Welwyn and Hatfield residents interested in volunteering for Contact the Elderly
as a driver once a month can contact Jo Hobson, National Support Officer on our Freephone
Number 0800 716543 or 01568 605022
or email jo.hobson@contact-the-elderly.org.uk**