



## **Contact the Elderly / Cyswllt â'r henoed**

### ***Maintaining Wellbeing for Older People through Preventative Services***

***Keith Arscott, Director***

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**[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)**

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Contact the Elderly is a registered charity in England and Wales (1146149) and in Scotland (SC039377). Company Number (07869142) Registered office: 15 Henrietta Street, London WC2E 8QG.

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# What we do

- National charity founded in 1965
- 6,500+ volunteers and 500+ groups = 48,000 links of friendship
- 9 National Office staff
- 20 regional staff

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# In Wales

- 3 regional staff
- 432 volunteers changing the lives of 479 older guests through 52 groups
- Almost 6,000 links of friendship

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# Simple, yet effective

- Sunday afternoon tea
- Private transport
- Private hospitality
- Monthly
- Date in the diary
- Lifeline of friendship

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# Simple, yet effective

- Film highlighting the difference our tea parties make to the lives of older guests and volunteers
- This Contact the Elderly group is just one of many examples of our work nationwide

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# Does it work?

- 80% feel less lonely as a result
- Over 25% now see their doctor less
- 80% now feel part of their local communities again
- Over 60% feel more confident now
- Nearly 90% have made friends with the volunteers
- 79% have made friends with other guests

Statistics based on Contact the Elderly research undertaken among a sample of 2,000 older guests in 2012

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# Does it work?

*Knowing I can refer some clients on to the group, once we've completed a piece of work and their mood and self esteem have improved, can be a real protective factor in their ongoing psychological wellbeing and quality of life. These friendship groups are particularly relevant as social isolation can be such a risk factor for depression. Contact the Elderly has been a real lifeline for some people I have worked with."*

**Michelle Hamill, clinical psychologist**

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# Does it work?

*“I’m so glad I got in touch with Contact the Elderly. The social contact the tea parties bring has made a big difference to my life. Being around people again has made me feel like my old self.”*

**Freda, 83, older guest**

*“Everyone is so friendly and the hosts make you feel so welcome. I’ve never had anything given to me in my life and I can’t believe how kind people have been to me since I’ve been part of Contact the Elderly.”*

**John, 86, older guest**

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# Does it work?

*“I would highly recommend it – not only are you enriching other lives but your own too. Also it is only a few hours a month, which is easy enough for anyone to give up, no matter how busy you are.”*

**Gemma Heath, 29, volunteer driver**

*‘Margaret [older guest] has had such massive positive changes in her life recently - you [Contact the Elderly] being one of them. She is truly grateful and so much happier. From a life of isolation to feeling a part of something, having a sense of worth and involvement again. I couldn’t be happier.’*

**Andrea from a social housing provider**

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# Golden Jubilee in 2015

- Aims
  - 7,500+ volunteers
  - 625+ groups
  - 60,000+ links of friendship

To reach even more older people

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