



# Merry Christmas

*from everyone at BtL*

More than one billion Christmas cards (17 for every man, woman and child) will end up in bins across the UK this year. One tree is needed to make about 3,000 cards. That's why this year we have decided not to send you a traditional Christmas card. Instead we have donated our Christmas card fund to Contact the Elderly. So not only are we doing our bit to help save the environment, we are also helping a worthwhile cause.

Contact the Elderly was established in 1965 to relieve the acute loneliness of frail, older people living alone with limited or inadequate social support. Founded in London it spread via Scotland and Yorkshire. Contact the Elderly now have groups in every region of England as well as Wales and Scotland.

Their service is perhaps more vital now than at any other time, as life expectancy grows and patterns of family life change, increasing numbers of older people find themselves living alone.

Across Britain, volunteers pick up lonely, isolated elderly members over 75. A small group of the volunteers and older people spend an afternoon once a month at a volunteer's home. These outings provide fun, friendship and importantly, something to look forward to.

Contact the Elderly has over 370 groups helping well over 3,000 older people.

£5,000 will start a new group providing this lifeline for many years

£500 keeps a group healthy with new volunteers and support for a whole year

£10. It doesn't sound like much. But to thousands of vulnerable elderly people it could make all the difference. It's a cup of tea, a slice of cake, a good chat. It's seeing a friendly face, getting out of the house and back home safely all year around..... £10 is a lifeline.

If you would also like to donate to Contact the Elderly, please visit [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)



**CONTACT**  
the elderly

