

# Time For Tea!



Impressive Glamis Castle.

**Lovely Glamis Castle was recently the venue for a very special party, made possible by all your generous donations to the Love Darg Fund . . .**

**T**AKING tea in the company of friends is a lovely way to spend a Sunday afternoon, and that was certainly the case on a grey, drizzly day last month when charity Contact the Elderly hosted a very special event at historic Glamis Castle in Angus. The cause for celebration was two-fold – not only was Contact the Elderly marking its fortieth anniversary in Scotland, but its brand-new “The People’s Friend” group, funded by the Love Darg, was hosting its first gathering. Lots of excellent reasons, then, to eat cake!

The new recruits from “The People’s Friend” group, which covers Forfar and Kirriemuir, were joined by their fellow members and volunteers from Contact the Elderly’s existing Angus groups, based in Brechin and Montrose. Around 45 intrepid souls braved the typical Scottish weather and were rewarded with an unforgettable afternoon.

Jean Malcolm, volunteer co-ordinator for both the new group and the existing Brechin one, opened the proceedings by welcoming everyone and thanking the Earl of Strathmore for generously allowing the event to be held in such magnificent surroundings. Then it was time to cut the commemorative cake that had been produced specially for the occasion. The honours went to Norma Lawrie, a member of the Brechin group and, at ninety-seven years of age, the oldest person present. She remarked later that the last time she’d cut such an impressive

cake had been on her wedding day in the 1940s!

A truly magnificent spread of sandwiches, cakes, rock buns and meringues had been laid on, and the party-goers were soon tucking in with gusto. The noise in the room was astonishing! There was lots of chat, lots of laughter, and lots of forks and spoons chinking on crockery as generous slices of cake were devoured and teacups replenished.

The five new members of “The People’s Friend” group who were present – Betty, Ena, Rose, Helen and Ellen – were having a marvellous time at their first tea party.

“It’s so nice to get out and do something different,” one of them remarked. “I live on my own and it can be lonesome. It’s meeting people that makes the difference.”

And that, in a nutshell, is what makes Contact the Elderly such a success story.

Often, it’s the small things in life that have the potential to make the biggest difference.

Jean Malcolm was tired but elated at the end of the afternoon.

“The day has gone fantastically well,” she reflected. “We’ve enjoyed wonderful food in a great setting for the launch of our new ‘The People’s Friend’ group. It’s been a day when new friendships have been made, and old friendships rediscovered.”

A cuppa, cake and companionship – that’s a pretty good recipe for happiness, don’t you think? ●



The celebration cake.



What a spread!



The party in full swing.

## Who are Contact the Elderly?

Contact the Elderly is the only national charity solely dedicated to tackling loneliness and social isolation among older people. They do this by organising monthly Sunday afternoon tea parties for small groups of older people (aged seventy-five plus) who live alone, and volunteers within their local community. If you are interested in attending a tea party or volunteering your services for one in your area, you can find out more on their website [www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk) or by telephoning 0800 716543.

  
**CONTACT**  
the elderly