



Loneliness really is nothing to be ashamed of, but it is unhealthy and something that we all need to do our best to stop where we can. Contact the Elderly are helping to do this with their 'Be Our Guest' initiative.

Contact the Elderly organises free, monthly Sunday afternoon tea parties and occasional outings for people aged 75 or over, who live alone.

If you like the idea, then [CLICK HERE](#) for more details