

Re-engage {formerly Contact the Elderly}

[← Back to results](#)

Re-engage, formerly 'Contact the Elderly' is a national charity which tackles the acute loneliness of isolated older people, over the age of 75, who live alone with limited support from family, friends and statutory services.

Join a group

Are you aged 75 or over, living alone and finding it difficult to get out and about? You're not alone and we're here to help.

Re-engage groups meet right across the UK and our local volunteers provide transport to and from the events so that you have nothing to worry about and no costs to pay.

Once you've joined a group

You will become a member of a local group that meets up monthly for regular outings. People who you first met as strangers will soon become friends.

Our volunteers play an active role in our groups, so you will get to know them as well as your fellow older guests.

How will I get there?

All our older guests are collected from their home by a volunteer driver, who accompanies them to the event and makes sure they get home safely at the end. With your safety in mind, all of our drivers are DBS checked and we all ensure drivers and volunteers are fully vetted. Before you come out with your group for the first time, you will be introduced to your driver who will call you beforehand to let you know what time to expect them.

Where possible we arrange for the same driver to come each month so that you get to know them well.

What happens at the event

You'll be warmly welcomed by your event host, who will probably be a different person each month, and invited in for conversation and a cuppa with the rest of the group.

Our hosts will provide some light refreshments for you all to enjoy. Our events last for a couple of hours and at the end, you'll be driven home by your volunteer driver.

Tower Hamlets & Newham contact

Amanda Cattini

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07597 271 821

Who to contact

Name	Re-engage
Telephone	020 7240 0630
Email	info@reengage.org.uk
Website	https://www.reengage.org.uk/about-us/ 

Where to go

Name of venue	Contact the Elderly National Office
Venue address	2 Grosvenor Gardens London
Postcode	SW1W 0DH
Additional Notes	This is our national office address. We have two current groups in the Tower Hamlets area and are currently developing a third.

When is it on?

Date & Time Information	Sunday afternoon once a month
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Time of day	Afternoon
Session Information	3-5 pm

Other details

Cost(s)	Free
Languages	English
Who can use this service?	Older people
Referral required?	Yes
Who can make a referral?	Anyone
Referral and availability notes	Referrals can be made online via our website.
Notes	<p>In terms of the criteria, our elderly guests:</p> <ul style="list-style-type: none"> • are over the age of 75 - with many in their 80s and 90s - (we are flexible regarding age) • live alone or in sheltered housing, often with little or no contact with family and friends • cannot get out except with some assistance and are mobile enough to walk to a car and negotiate a few steps with a helping hand or using a mobility aid such as a stick or frame <p>Please note: we are unable to accept applicants who rely on a wheelchair for their mobility, or people with complex care needs such as incontinence. We can accept applicants in the early stage of dementia, but unfortunately not in the more advanced stage.</p>

Mental Health Services

What your service now offers?	<p>How our service can benefit the people you support</p> <p>There is increasing evidence to show that loneliness and social exclusion are pivotal factors in physical and mental health. Health providers are pleased to refer older people to our service especially those experiencing depression, as regular social contact can help to alleviate this. Our free, monthly tea parties allow elderly people to remain independent in their homes, whilst ensuring they re-connect with their local communities and can be discretely monitored for signs of anxiety and depression.</p>
Can service users refer themselves?	Yes
Types of services and activities	Group session
How to Access your service	Complete an application form online: www.contact-the-elderly.org.uk.

Alternatively you can call us on 0800 716 543 or email info@contact-the-elderly.org.uk and request an application form.

Office hours are 9-5 pm Monday to Friday

There may be a waiting list in some areas as our groups are very popular, but we will try to allocate people as quickly as possible.

**Mental Health
Conditions and
Related Issues**

Depression

Service User interests

Socialising and meeting people