The elderly are an all too neglected group within contemporary Scottish society. Although some elderly citizens enjoy an active social life, others suffer from acute isolation and worthlessness. To combat this latter tendency there is a wealth of things that you can do to help.
You may wish to try the following:

- Pray for the elderly
- Adopt a Granny which allows you to sponsor an elderly person in the third world to ensure that they receive vital support in the way of food, clothing and medical care.
- Join the RSVP (Retired and Senior Volunteer Programme) provides quality opportunities for people aged 50+ to volunteer their skills and experience within their local community. It has 8,500 active volunteers across Scotland, England and Wales, providing valuable services in health, education and the environment. RSVP operates under the umbrella of CSV, Community Service Volunteers.
- Consider becoming a member of Age Scotland. This will provide you with up-to-date news about the welfare of the elderly in Scotland, news of campaigns and volunteering opportunities. They provide a range of factsheets on topics from Community Care to Crime Prevention. T: 0845 125 9732
- Set up fundraising projects either by yourself or in your congregation to help organisations in this field carry out their vital work.
- Volunteer with Age Scotland which runs a range of voluntary projects for the elderly including their Handyperson project which enables DIY enthusiasts to help the elderly in their area with minor household repairs.
- Volunteer to work in one of the many charity shops Age Scotland has which always need new staff and goods, as well as a post called Church Friends who liaise between the charity and the elderly people in Church congregations.
- Volunteer with Contact the Elderly which is a national organisation which seeks to combat isolation amongst the elderly by organising weekly tea-parties for small groups of elderly people.
- Volunteer with Alzheimer Scotland which is the leading, national organisation to help both those who care for and those who suffer from dementia by helping out in their local drop in centres or being a telephone operator on their 24 hour Dementia hotline.

**PRAYERS**

**Lord,**
When the death of our friends leaves us lonely; when we lose the confidantes to whom over the years we have turned; help us to be renewed in the company of the saints and find ourselves sustained by their prayers and your compassion which never fails.
AMEN

**Our Father,**
We thank you for the generosity of those who surround the elderly; for doctors, nurses, carers, friends and family. In giving and receiving may we build a community of care where each member is included, their needs met, their contribution valued, as once in Jesus, men and women touched and were touched to share his abundant life.
AMEN

**God of love,**
in every moment of our lives you are there within, beside and before us; awaken us to realise this in the passing of days, months and years so that we might grow old in the glorious eternity of your presence and thus praise you in the elderly.
In the name of our Lord and Saviour, Jesus Christ: who reigns with you in the unity of the Holy Spirit, one God, now and forever.
AMEN.