

Party to celebrate active people helps chase blues away

Mayor Kate Bielby, centre, joins the tea party celebrating the organisations and volunteers who help isolated, vulnerable or elderly people Picture: Artur Lesniak/ arturlesniak.com



A party to celebrate the work of volunteers and groups that hold out a hand to lonely and isolated people in Frome was held on Blue Monday.

Social scientists claim that Monday, January 25, is when people are at their lowest ebb so to counter that charity Active and In Touch decided to throw a party.

A special afternoon tea in the Cheese and Grain was laid on for the organisations and volunteers who help people who are isolated, vulnerable or elderly in the Frome community.

Mayor Kate Bielby was a guest of honour and a message was sent from MP David Warburton by video applauding the charity and the people within it.

Active and in Touch was first

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introduced as a pilot project in 2011. Today it has 60 volunteers and more than 100 people regularly attend the charity's Active Wednesdays.

Lucia Chadwick, who has been with the charity from the beginning, said: "We have a group of amazing volunteers and Active and In Touch just keeps on growing, doing exactly what it set out to do which is to reach out to isolated people from 18 to 80."

Fifty-four-year-old Paul moved back to Frome knowing

nobody and experienced what he described as a dark time for a while.

He was introduced to the charity which gave him back the confidence he needed to make new friends. Since then he has become a volunteer himself and started up a group called Welcome to Our Worlds which meets every Thursday at the Cheese and Grain.

One elderly woman was referred to the group by her doctor and goes regularly to the get-togethers.

She said: "I thoroughly enjoy it and on my birthday and Christmas Day I had a visit, they are very good to me."

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