

Older people living more in Isolation

We hear and read more about older people living in isolation in rural areas. Tavistock and Surrounding Area is no exception with a high proportion of older people living in isolation through Finance, Social, Physical and lack of Transport.

This is not a new revelation as for over twenty years Tavistock Area Support Services has developed services to benefit older people living in our area through the varied services provided through our Outreach Services and Community Transport. The nine centre's covering Princetown, Lifton, Bere Alston, Bere Ferrers, Yelverton, Milton Abbot, Buckland Monachorum, Mary Tavy and Horrbridge all offer a place for people to meet old friends, make new ones, have a laugh, enjoy a light lunch and access information, Bere Ferrers also enjoy a game of table tennis. Throughout the year our three 15 seater minibuses deliver a wide range of solutions to transport needs either for our own activities and trips or for other local charities and organisations.

Tavistock Area Support Services each week help over 800 older people within our area, with the help of over 140 volunteers either driving, raising much needed funds, working in the charity shop, co-ordinating outreach centre's, office administration, supporting activities at The Anchorage Centre, with out them the various services just would not happen.

Each year we develop new activities, meeting the needs of those who use our centre's and we aim to support others in the delivery of valuable services, meeting the needs of others.

Tavistock Area Support Services, is a local charity, making a difference to local older people, giving them hope for a brighter tomorrow.

If you feel you might be able to help by volunteering or you might be one of those people living in isolation and would be interested in accessing our services, please phone 01822 616958.