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Sixty years of tea, chat and companionship in Epsom

22 November 2025

A charity supporting lonely and isolated older residents in Epsom and Ewell is marking its 60th anniversary.

Re-engage volunteers run monthly free tea parties for people aged 75 and over, alongside a call-befriending service for those who live alone.

“Almost part of my family”

Lesley Renwick, who has led the local group since 2005, said they had supported “hundreds of lonely older people who often don’t see or speak to anyone for long periods”. She added: “Our group is very friendly and they’ve almost become part of my family. It’s lovely seeing the older people enjoy themselves, simply having a chat and a cup of tea.”

Re-engage began in London in 1965 when a young lawyer, Trevor Lyttleton, and friends set out to support isolated older people. Epsom and Ewell was one of the earliest groups to follow. Today the charity has thousands of volunteers running hundreds of tea parties, activity groups and call-befriending sessions for around 6,500 older people nationwide.

‘It was worth the wait’

Phyllis, 91, has been attending the local tea parties since 2011. “I love them,” she said. “The volunteers make you so welcome. We all get to know each other and have a good old chat. I like the companionship. It’s nice to have someone to talk to. I had to wait two years to get into the group because it was so popular but it was well worth the wait.”

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Pat, 86, whose husband died 14 years ago, said the gatherings helped lift the quiet moments at home. “There are times when I feel lonely but it helps going to the Re-engage tea parties. I’ve made some friends there and there’s always a lovely spread from the volunteers who are so kind. I get to hear everybody’s news and have a lovely time.”

Calls that make a difference

Jo Kearns, 48, lives in Epsom and volunteers as a Call Companion, making weekly calls to Irene, 79, who lives alone. “She gets very anxious about things. Her friends are dying so she can be a bit isolated but the phone calls seem to help. She’s happier by the time we’ve ended our chat,” she said. “I enjoy the volunteering because I like to help vulnerable people. It must be horrible to be alone and worried so I want to do whatever I can. In fact I’m thinking of taking on another older person after Christmas.”

‘Marvellous job’

Jenny Willott, CEO of Re-engage, said: “Our volunteers in Epsom and Ewell do a marvellous job, making sure some of our most vulnerable older people can find new friends and socialise. The fact they have been doing this for 60 years is astonishing.”

Interested in helping?

Volunteer opportunities supporting older people locally and remotely can be found on the Re-engage website.

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