

Appendix 1: Some Magnificent Examples of Old People

People who have grown old with wisdom, still working, producing, conducting, painting, splendid in their age, radiant, brilliant people – an example to us all:

Eleanor Roosevelt, 1884-1962

‘No-one can make you feel inferior without your consent.’

Sophie Tucker, 1884-1966

‘I have been poor and I have been rich. Rich is better.’

Charles Chaplin, 1889-1977, who married again at 54 years old and had eight children and at the age of 75 said,

‘My life is more thrilling today than it ever was.’

Albert Schweitzer, 1875-1965

‘The tragedy of life is what dies inside a man while he lives.’

Henry Ford, 1863-1947

‘Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.’

Mark Twain (Samuel Clemens), 1835-1910, who sent the following famous cable from London to Associated Press:

‘The reports of my death are greatly exaggerated.’

Bob Hope, 1903-

‘You know you’re getting old when the candles cost more than the cake.’

Bertrand Russell, 1872-1970

'To fear love is to fear life, and those who fear life are already three parts dead.'

Margaret Kuhn, 1904- leader of the Gray Panthers, named after its members' hair colour

'We are not mellowed, sweet old people. We're outraged, but we're doing something about it.'

'The trouble with America is the Detroit syndrome. We only want the latest models.'

Winston Churchill, 1874-1965

'When I look back on all those worries I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which had never happened.'

Pablo Picasso, 1881-1973

'I'd like to live like a poor man with lots of money.'

George Bernard Shaw, 1856-1950

'The worst sin towards our fellow creatures is not to hate them, but to be indifferent to them; that's the essence of inhumanity.'

Pope John XXIII, 1881-1963

'It often happens that I wake at night and begin to think about a serious problem and decide I must tell the Pope about it. Then I awake completely and remember that I am the Pope.'

Appendix 2: Useful Voluntary Agencies and Addresses

Abbeyfield Society, 35a High Street, Potters Bar, Hertfordshire EN6 5DL. Tel. Potters Bar (0707) 43371.

Housing units for fit and healthy elderly persons.

Age Concern (Headquarters), Bernard Sunley House, 60 Pitcairn Road, Mitcham, Surrey CR4 3LL. Tel. 01-640 5431.

Runs day centres, clubs, training courses. Over 100 branches throughout the country.

Alcoholics Anonymous, 11 Redcliffe Gardens, London SW10 9BG. Tel. 01-352 9779.

Al-Anon Family Groups, 61 Great Dover Street, London SE1 4YF.

Support groups for the friends and relatives of problem drinkers.

British Association for Retired Persons (BARB), 14 Frederick Street, Edinburgh.

Information on activities and ways retired people can help themselves.

British Diabetic Association, 10 Queen Anne Street, London W1M 0BD.

British Red Cross Society, 9 Grosvenor Crescent, London SW1X 7EJ. Tel. 01-235 5454.

Provides aids and transport for sick persons. Also has an aftercare service.

British Rheumatism and Arthritis Association, 6 Grosvenor Crescent, London SW1X 7EH.

Welfare service, holiday home, information on aids.

The Church Army (Headquarters), Independents Road, Blackheath, London SE3 9LG. Tel. 01-318 1226.
Provides holiday homes for the aged.

Council of Social Services for Wales, Crescent Road, Caerphilly, Mid-Glamorgan. Tel. Caerphilly (0222) 86224/6

Counsel and Care for the Elderly (Elderly Invalids' Fund), 131 Middlesex Street, London E1 7JF. Tel. 01-621 1624.
Advice on anything concerning the elderly. Grants for needy chronic invalids.

Citizens Advice Bureau — see local telephone directory

Cruse (The Organisation for Widows and their Children) (Headquarters), 126 Sheen Road, Richmond, Surrey. Tel. 01-940 4818.

Distressed Gentlefolks' Aid Association, Vicarage Gate House, Vicarage Gate, London W8. Tel. 01-229 9341.
Pensions, financial help and clothing

Friends of the Elderly and Gentlefolks' Help, 42 Ebury Street, London. Tel. 01-730 8263.
Financial help to the elderly. Will sometimes help with nursing home fees.

Help the Aged, 32 Dover Street, London W1A 2AP. Tel. 01-499 0972.
Sheltered housing, day centres. Care for the aged throughout the world.

Incontinence Advisory Service, The Disabled Living Foundation, 346 Kensington High Street, London, W4. Tel. 01-602 2491.

Jewish Welfare Board, 315/317 Ballards Lane, London N12 8LP. Tel. 01-446 1499.

Methodist Homes for the Aged, 11 Tufton Street, London

SW1P 3QD. Tel. 01-222 0511.

National Benevolent Fund for the Aged, 12 Liverpool Street,
London EC2. Tel. 01-283 3287.
Financial and holiday help.

The National Council on Alcoholism, 3 Grosvenor Crescent,
London W1X 7EL. Tel. 01-235 4182.

National Council for the Single Woman and Her Dependents,
29 Chilworth Mews, London W2 3RG. Tel. 01-262 1451.
Advice and support for those who care for an elderly
relative at home.

National Council for Voluntary Organisations, 26 Bedford
Square, London WC1. Tel. 01-636 4066.
Will supply addresses of volunteer bureaux and Councils
for Voluntary Services nationwide.

National Federation of Old Age Pensions Associations,
Melling House, 91 Preston New Road, Blackburn, Lanca-
shire B2 6BD. Tel. Blackburn (0254) 52606.

Northern Ireland Council of Social Service, 2 Annadale Aven-
ue, Belfast. Tel. Belfast (0232) 650011/2/3.

Pre-Retirement Association of Great Britain and Northern
Ireland, 19 Undine Street, Tooting, London SW17 8PP.
Tel. 01-767 3225.

Presbyterian Residential Trust, Church House, Fisherswick
Place, Belfast BT1 6DW. Tel. Belfast (0232) 22284.

Professional Classes Aid Council, 10 St Christopher's Place,
London. Tel. 01-935 0641.
General relief for professionals and their dependents in
distress for whom statutory or other voluntary help is not
available.

Retirement Association of Northern Ireland, 42 Botanic

Avenue, Belfast BT7 1JQ. Tel. Belfast (0232) 21324.

Royal British Legion, 49 Pall Mall, London, SW1W 5JY. Tel. 01-834 9353.

Help for ex-servicemen and women and their dependents.

Royal United Kingdom Beneficent Association, 6 Avonmore Road, London. Tel. 01-602 6247.

Help for professional people over 65, or disabled people over 40.

St John Ambulance Association and Brigade (Headquarters), 1 Grosvenor Crescent, London SW1X 7EF. Tel. 01-235 2531.

Day centres, clubs for the elderly, help with transport, visits to the aged and disabled at home.

Salvation Army (Headquarters), 101 Queen Victoria Street, London EC4 4EP. Tel. 01-236 7020.

The Scottish Council of Alcoholism, 47-49 York Place, Edinburgh EH1 3JD. Tel. 031-556 0459.

Scottish Council of Social Services, 18/19 Claremont Crescent, Edinburgh EH7 4D. Tel. 031-556 3882.

Shaftesbury Society, Shaftesbury House, 112 Regency Street, London SW1. Tel. 01-834 2656.

Holiday centres in Whitstable and Dover.

Society of St Vincent de Paul, 24 George Street, London W1 5RP. Tel. 01-935 7625.

Mainly Catholic. Helps all in need. Visits to poor and old in hospital and at home.

Samaritans (Headquarters), 17 Uxbridge Road, Slough, Berks. Tel: Slough (0753) 32713.

24 hour free confidential telephone counselling for the suicidal, distressed and despairing. Local branches in most areas.

Shelter, 157 Waterloo Road, London SE1. Tel. 01-633 9377.
Advice and information on housing matters.

Scottish Old Age Pensions Association, 12 Gordon Street,
Lochgelly, Fife PY5 9PT.
Co-ordinates pensioners' organisations in Scotland.

Society for the Assistance of Ladies in Reduced Circumstances, Lancaster House, 25 Hornyold Road, Malvern, Worcestershire. Tel. Malvern (068 45) 4645.
Monthly grants according to age and circumstances.

Task Force, Clifford House, Edith Villas, London.
Organises voluntary help in 10 London boroughs. Practical help to lonely and housebound.

Women's Royal Voluntary Services, 17 Old Park Lane, London W1Y 4AJ. Tel. 01-499 6040.
Meals on wheels, clubs, clothing and some aftercare services following discharge from hospital.