



Adopt A Grandparent

Bridging Generations. Ending Loneliness. One Call at a Time.

Who We Are

Adopt A Grandparent is a UK-registered charity (No. 1208584) tackling loneliness among older adults through virtual friendships. We pair care home residents and older individuals with volunteers of all ages, connecting them for regular, one-to-one video calls that bring joy, conversation and companionship.

Why We Exist

Loneliness is a growing public health issue. Research shows that 3 in 5 care home residents receive no regular visitors. The World Health Organisation has linked loneliness to a 26% higher risk of early death, 50% increased risk of dementia, and a 30% rise in heart disease and strokes.

What We Do

Our award-winning programme carefully matches older people with volunteers based on shared interests, culture or language. These matches are then nurtured through weekly video calls, building authentic, long-term friendships across generations.

The Role of Technology

All calls take place via a secure, AI-powered platform that's specifically designed to safeguard users and enhance the experience. The technology supports: Emotional monitoring, to help identify changes in wellbeing. Safeguarding protocols, ensuring all calls are safe and appropriate. Volunteer support, helping us better train and assist our community.

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Our Aim: We want every older adult to feel heard, valued and connected, and with your support, we can reach more people than ever

How Your Support Can Help Us

Just £250 funds one year of weekly video calls for one older person – providing consistent companionship and a renewed sense of connection. Every donation and every grant brings us closer to ending loneliness for good.

Real Impact – Daniel & Linda’s Story

When 14-year-old Daniel signed up for Adopt A Grandparent through his Duke of Edinburgh Award, he never imagined how much it would mean to him – or to 77-year-old Linda, a retired nurse residing in a care home in the Midlands. From the very first call, a bond formed. Despite their 63-year age gap, they connected over books, stories, and a shared love of gardening. Over time, their friendship blossomed into something truly special.

Recently, they met in person for the first time:
“I almost cried when I saw him,” said Linda. **“This is the best surprise I’ve had in years. Daniel has such a kind heart, and I look forward to our chats every week. Meeting him in person was beyond anything I imagined.”**

To learn more or to support our work, please visit: www.adoptagrandparent.org.uk, or contact DavidA@adoptagrandparent.org.uk.

