

Talking Tonics

Health and Wellbeing Telephone Befriending -Volunteer Training

Talking Tonics improves the lives of older people by supporting volunteers to set up telephone befriending services based around health and well-being.



The telephone is a specific and innovative medium for a healthy living project; Age UK has joined forces with 'Community Network' in order to create this bespoke volunteer training package. Community Network is an expert in providing group telephone-based support aimed at tackling the debilitating effects of social isolation and loneliness. Talking Tonics supports volunteers to create a forum for older people to informally share healthy-eating tips, signpost to local activities and to encourage and support one another.

Chris Robertson (Community Network) is our leading Talking Tonics expert and his support will enable your organisation to set up effective telephone-based groups, maximise volunteer uptake and operate as inclusively as possible. For an informal chat, please contact Chris on 07436102613 or christopher@community-network.org



“The group has really lifted my spirit and I feel good within myself that other people understand what I am going through, as many do not. I have had a great time, made new friends, had a good few laughs and we all know that laughter always helps.”
‘Fit as a Fiddle’ participant

You can receive:

- 2 days of Chris’ support
- £500 per volunteer training course

We ask for:

- 4 volunteers per training course (min)
- Each volunteer reaching 4 older people (min)



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