



What is Come to Tea?

The **Come to Tea Project** is part of Age UK's national programme *Fit as a Fiddle*, funded by the Big Lottery. Fit as a Fiddle champions **physical activity, well-being and nutrition** for older people.

The project aims to improve the lives of older people living in care settings by encouraging them to move more, eat and drink well and engage with others in a social environment. The key to the success of Come to Tea is the **involvement of volunteers**, who are encouraged to take an active role in this initiative. Volunteers will take part in some training with staff to enable them to spend time with residents and support activities.

Who's invited?

The project will attempt to address needs of those residents who are particularly isolated, frail or with limited mobility. Your **Come to Tea group** will consist of 3 or more volunteers, the care home Manager, the Activity Organiser and some members of the care team and catering team. After the initial training sessions the group will be able to support each other through the project delivery.

What do I need to do?

If you are interested in taking part in this project please contact NAPA on **020 7078 9375** or email **amy@napa-activities.co.uk** for more information.

The first step is to recruit your dedicated team of volunteers - contact us for helpful hints on how to do this.

Training for volunteers and staff

The project consists of two free **training workshops** delivered by expert NAPA trainers in order to enable volunteers to learn alongside care home staff. The training will cover:

- How the care home works
- Being a good volunteer
- Understanding how to motivate residents
- Communication
- Non-contact mobilising, moving and handling
- What is 'activity' in a care home?
- Basic facts about nutrition and hydration.

What will happen after the training?

Volunteers, with the support of staff, are asked to put into practice what they have learnt by planning and organising at least 6 Come to Tea sessions with residents.

The opportunities for social interaction are endless ... a tea party, a small event in a lounge or bedroom, a trip to the local pub or coffee shop, a one-to-one chat.

The idea is to enable residents to do more than they normally do. Whether it be walking to the dining room to join in a game of cards or pouring their own milk into their tea ... **it's the small things that count!**

