



Our mission:

“to tackle loneliness & social isolation by connecting people using peer support groups to improve health and well-being.”

Talking Communities help people to meet in groups, safely, via the telephone.

In **2015** our volunteers have combined to host over **244,400**  minutes of peer group support.

“I think the group is good, especially for people who live by themselves.”



“Community Network, as experts in their field, are valued delivery partners for us.”

The Silver Line
helpline for older people
0800 4 70 80 90

We are using skype and online communities to understand how new technologies might contribute to tackling loneliness.



The Phone Co-op became business partners in 2013.

“Our teleconferencing team enjoy helping callers connect into Talking Communities”



The co-operative business telecoms

Our training and consultancy has helped extend telephone peer support groups to many organisations including **Arthritis UK** and **RNIB**.

100% of participants in recent monitoring spoke positively about how much they felt part of a telephone community.
92% of respondents said that they felt less lonely since taking part in Telephone Community groups.
72% said that they felt more confident after taking part in their telephone community.

BENEFICIARIES INCLUDE:

- Carers
- Veterans and their dependents
- Seafarers
- Faith and prayer groups
- People who face life transitions
- People with health conditions (such as having survived a stroke).

“In many circumstances people with different health conditions tend to isolate themselves as they feel they are the only one going through it but the group helped me to overcome this.”
Talking Tonics, participant

