

Volunteer training toolkits for wellbeing



Older men, sheltered housing, care homes, faith and community, social isolation

Fit as a Fiddle is Age UK's programme for older people's health and wellbeing, funded by the Big Lottery Well-being Programme.

We have produced six unique training toolkits, supporting active ageing and wellbeing through volunteering, with key groups of older people.

Each resource includes a comprehensive package of support for developing wellbeing training; including a trainer's guide, film clips, interactive training and volunteer support materials and 'supporting good practice' templates.

These bespoke training packages focus on engaging key groups of older people:

- Life and Soul – sheltered living
- Moving Moments – faith and community groups
- Building Better Buddies – older men
- Come to Tea – residential care
- EngAge – person to person befriending
- Talking Tonics – telephone befriending

* Toolkits are free to organisations working with older people.

Register your interest

To register your interest to receive more information about these new resources, please complete the form below and email/post to the addresses provided.

Title (Mr/Mrs/Ms) _____ Initial _____ Surname _____

Organisation address _____

Contact number _____ Email _____

I would like to register interest in the following resource(s):

Life and Soul (sheltered housing training pack) Moving Moments (Faith and community training pack) box

Building Better Buddies (Older Men training pack) Come to Tea (Care Home training pack)

Talking Tonics (Isolation training pack) EngAge (Isolation training pack)

Please send forms to: Cascade Administrator, Age UK, Tavis House, 7th Floor, 1-6 Tavistock Square, London WC1H 9NA or email to fitasafiddle@ageuk.org.uk

Produced in association with Fit as a Fiddle national partners.



Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. Age Concern England (registered charity number 261794) and Help the Aged (registered charity number 272786), and their trading and other associated companies merged on 1 April 2009. Together they have formed the Age UK Group, dedicated to improving the lives of people in later life. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI and Age Cymru. ID201711 11/13

