

Tool Two: Tea Parties

DIFFICULTY: ● ○ ○ ○ ○ ○

FOR: INDIVIDUALS AND ORGANIZATIONS

Re-Engage UK's Tea Parties combat loneliness among older people by organizing intergenerational social gatherings, connecting volunteers with older people to provide companionship and purpose.

BASICS:

When: Ongoing, with events scheduled consistently.

Time Needed: 2–4 hours.

Materials: Typically include tea, refreshments, and a venue or host home.

Objective: The objective is to address social isolation and loneliness among older individuals, typically aged 75 and above, who live alone and face mobility challenges. The Tea Parties provide a platform for social interaction, connection, and the rediscovery of purpose in the lives of older adults.

STEPS:

1. Event Organization: Volunteers and coordinators plan and organize monthly Tea Parties, either in volunteers' homes or community venues.

2. Participant Outreach: Older adults experiencing loneliness are invited to attend these Tea Parties.

3. Tea Parties: Attendees enjoy tea, refreshments, and conversation with both

volunteers and fellow older adults. Activities may vary and can include games, music, or simply socializing.

4. Intergenerational Connections:

Volunteers of all ages participate in these activities, creating intergenerational bonds and breaking down age barriers.

5. Empowerment: The program empowers volunteers to find purpose in helping combat loneliness and supports older individuals in finding joy and companionship in their later years.

THINGS TO CONSIDER:

The most successful tea party groups are those that are able to create a sense of consistency and build a community.

Expect there to be possible conflict. Tea Parties focus on promoting intergenerational relationships as a way to foster understanding and empathy, but the emphasis is on connecting with people in order to sometimes have hard conversations that need resolution in a communal way.

Volunteers also find purpose and fulfillment in connecting with older individuals. The program benefits everyone.

Have flexibility in planning activities and focus on common interests rather than age-related factors.

Recognize the unique challenges faced by older people in specific communities, such as LGBTQ+, and create inclusive spaces.

Source: [Re-Engage UK](#)