



YOUR GUIDE TO THE TONIC OFFERING

We're offering something **unique**. Older LGBT+ people deserve to live their lives out, in a **space that celebrates who they are**. Here we explain why this is important, and how we plan on creating our Tonic community.

Our community panel members, and discussions with our wider community members has emphasised that a **safe space** is important. A place where people can chat openly with other LGBT+ people over lunch, a coffee or a glass of wine at the bar and talk about their **lives**, and **histories** as LGBT+ people that they may not feel comfortable doing in other public places.

Moving in is just the beginning.



HERE'S THE NEED

There are currently no LGBT+ retirement communities in the UK, whereas they are commonplace in the US and in countries across Europe. This means there is nowhere for older LGBT+ people to age well within a community, nowhere that celebrates and embraces LGBT+ culture, nowhere to 'live your life Out' and be your authentic self.

We know from many studies that in addition to the issues of ageing faced by the general population, LGBT+ people:

- have faced decades of discrimination, and still do to this day
- have generally worse health outcomes than the rest of the population
- are more likely to live alone, and to be single
- are less likely to have children and a family support network
- are less likely to feel a sense of belonging to their local community
- feel that their specific needs are not taken into account in their care

We have therefore built our Tonic services to sensitively respond to these requirements. We have based this on the years of experience of the SAGE LGBT+ elders centres in the US using their holistic wellbeing approach. Our community panel shapes what this looks like in the UK, prior to Tonic residents being in place to develop this further.



WHAT WE'LL BE DOING

We will offer a specific LGBT+ care and support package, a core part of the Tonic service to our customers.

This will comprise Tonic staff providing:

- reassurance and assistance in helping people move and settle in (we are aware that older LGBT people are more likely to be single and less likely to have children and a family support network)
- on-going support to residents including linking with other LGBT+ services, such as the Opening Doors London befriending service
- organising, hosting and facilitating regular LGBT community interest events including the potential to host the London Rainbow Dementia cafe
- optional care package - provided by One Housing Group, with all the care team trained by Tonic and ODL in LGBT+ awareness and their duties of the Equality Act 2010

Tonic will be a **safe** and **inclusive** environment for older LGBT+ people. We're creating a space for LGBT+ people to feel comfortable, and to have someone to turn to who they trust if there is an issue. Combining this with our **community agreement**, we're setting clear boundaries on respectful behaviour. Our team is made up of LGBT+ people, giving us a **shared understanding** of our common experience.



Call us **community builders** or facilitators. As we're community-led, we'll work closely with all residents to listen and understand what they want. We don't just want to provide basic services, we want to enable our residents to **live their lives to the fullest**, without fear, hesitation or restriction. A big aspect of Tonic community life will involve activities and events. We're talking cocktail evenings, drag nights, regular film and book clubs, and visits to local museums and galleries to name a few.

We're focused on creating a culture of **independent living**, allowing our residents to have fun and be able to remain an **individual**, while ensuring their changing needs are catered for.

ABOUT TONIC

Tonic is focused on creating vibrant and inclusive urban LGBT+ affirming retirement communities where people can share common experiences, find mutual support and enjoy their later life. We're inclusive, meaning Tonic is also for those that do not identify as LGBT+ but actively value, respect and celebrate LGBT+ people. Rather than just being 'LGBT+ friendly', our services will be actively affirming of the lives, histories, needs and desires of LGBT+ people.