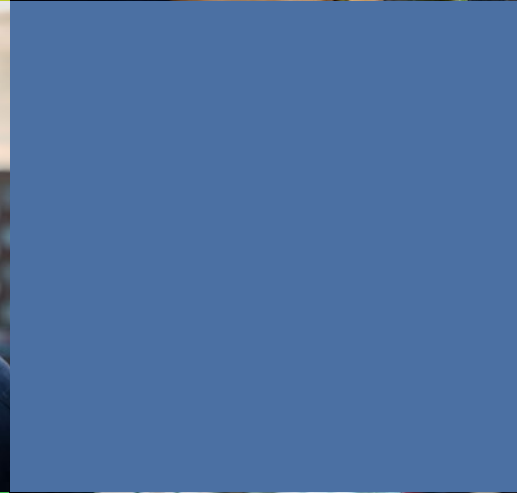
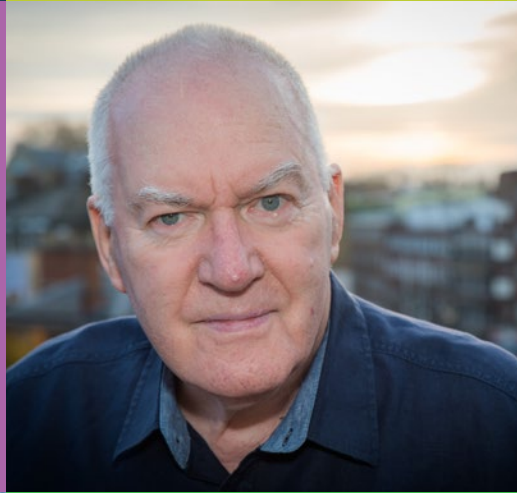
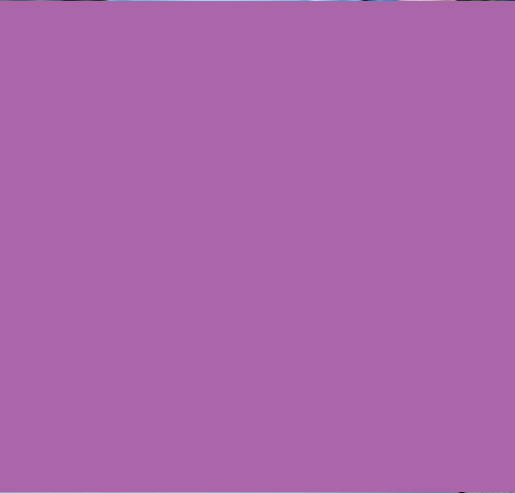




TONIC

A fresh approach
to LGBT older living



A fresh approach to LGBT older living

We are delighted to introduce you to Tonic, a new organisation that will provide the older LGBT population with choice and control over services that are more supportive, safe, and appropriate.

On the homepage of Tonic's website we ask the simple question: Who will care for you when you get older? At the end of a 12-month research and development phase, Tonic feels that the answer to this question is uncertain for the majority of the UK's 1 million plus older LGBT people and causes particular anxiety for some. The data currently available, some of it presented in this brochure, presents a compelling image of a community where individuals are more likely to be single and live alone, and are therefore much more dependent on external services as they get older. Added to this, many of them have experienced isolation and prejudice throughout much of their adult lives, whether within family, the workplace, or the communities where they live, reinforcing that sense of "outsider status" felt when accessing care or support services.

We believe that there are many ways in which Tonic can have an impact in addressing these challenges. Within this brochure we want to focus on the Tonic Centre, a landmark retirement community which will become known for its creative and fresh approach to how people grow old together, and at the same time will become an iconic symbol as the first such community in the United Kingdom with a distinct LGBT identity and ethos.

Our ambition for this new community building is clear: To provide positive, alternative housing options for people who find living on their own a burden, particularly for those people whose financial and social circumstances mean a more limited choice. Through Tonic and the partnerships that we develop to make this vision a reality, we wish to become an exemplar that mainstream providers of older people's housing, whether on behalf of the LGBT community or otherwise, can learn from.





Vito, 72

“Being honest, open, and proud about who I am is incredibly important to me. I think that stems from my time as a WREN when we had to be so secretive about our sexuality - can you believe we used to wear onyx rings on our little fingers to identify each other!

At the age of 27 my officer in charge challenged me about my sexuality - they had found some letters that I had written to a girlfriend. Better to be a lesbian than a liar, so I acknowledged their accusations. I was

dismissed immediately - no preparation, no pension, nothing. It really was awful. I've been a psychotherapist for the past 30 years and so have witnessed first hand a lot of the damage that discrimination can cause - for some people, almost beyond repair. I know what I want for my older age, assuming that I can't continue to live independently.

I want a place where my sexuality is acknowledged, respected, and celebrated. In fact, I'd wish that for every older LGBT person.”

Why should meeting the housing needs of the older LGBT community be a priority?

There are many reasons for celebrating older age, not least the increased time to spend with family, including children and grandchildren. Within the older LGBT community the outlook is often less positive and more complex, where perhaps you will be facing older age alone and without the reassurance of family support. Additionally, the discrimination which many older LGBT people have experienced at different stages of their lives can lead to a lack of confidence or fear about the care and support services available.



Just over a quarter of gay & bisexual men and half of lesbian & bisexual women have children compared to almost nine in ten straight men & women



Older LGBT people are nearly twice as likely as their straight peers to expect to rely on a range of external services as they get older



45%

45% of older LGBT people have felt discriminated against when accessing social services



73%

73% of older LGBT people are anxious about disclosing their sexuality to care staff



40%

40% of older gay & bisexual men are single compared to 15% of straight men



41%

41% of older LGBT people live alone compared to 28% of straight people

What does our own survey tell us?

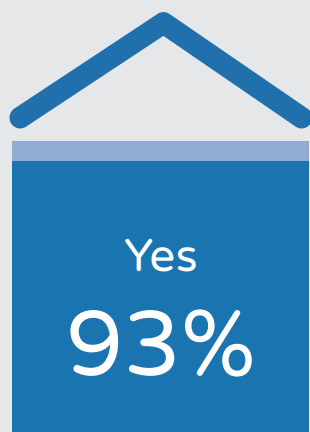
As well as considering research undertaken by national organisations, Tonic has undertaken its own extensive consultation work with older LGBT people through agencies such as Age UK Ambassadors, Opening Doors London, Stonewall Housing, LGBT Switchboard, South London Gays, and the Gay London Christian Group.

We continue to be informed and influenced by our online community of social media followers and through the survey hosted by the Tonic website, all of which provide a compelling evidence base for the need for care and support services that meet the specific requirements of the older LGBT community.

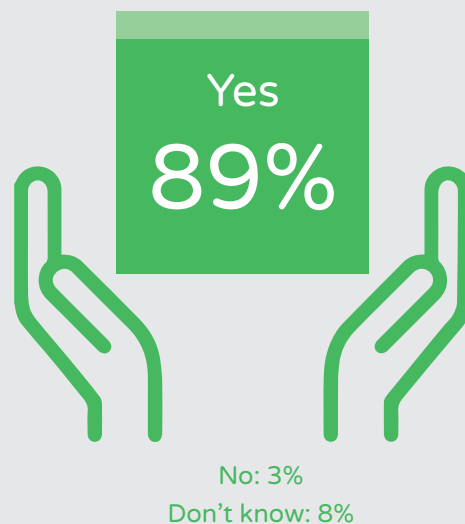
Do you think the care/support needs of older LGBT people are currently adequately provided for?



Would you consider living in LGBT specific housing?



Would you consider accessing LGBT specific care or support services?





Ted, 79

“I was an unplanned baby so maybe that helps explain an early sense of alienation. Added to that, I’m from South Africa originally and grew up during the apartheid era. Being black and gay was bound to reinforce that early sense of being an outsider, not really belonging.

After studying medicine, I moved to England and found work as a GP in London. I enjoyed the new freedoms that a city like London could offer a gay man - even in the sixties - but inevitably there were restrictions, many of

them self-imposed, because of my professional role. For me, the Tonic Centre means freedom and security, a place I can finally call home where I’ll be understood and not judged.

In the best possible way, it feels like it could represent the culmination of a very long spiritual journey for me.”



What will the Tonic Centre offer?

Tonic has been working closely with Age UK's Opening Doors London programme to ensure that older LGBT voices are heard. Our work with them has included the hosting of a seminar with service users during which some of the core components of the Tonic Centre were identified.



CINEMA
CLUB

COMMUNITY
HUB

INTERNAL
COURTYARD

MINI
ALLOTMENTS

COMMUNAL
1200F
TERRACE

Hobby
Rooms

Business
Centre

OVERNIGHT
ROOMS
for
visitors

MAX OF
100 ~~UNITS~~
UNITS

Mix of
1 & 2
Bedrooms

RESTAURANT
AND
BAR

Stage
for
Cabaret!

24 HOUR
SUPPORT

Advice on
LGBT
Care Services

Fitness
Centre

Bicycle
Club

What will the Tonic Centre be like to live in?

The team at Tonic joined our friends at Publica (the urban design consultancy) for a series of workshops which looked at the profile and characteristics of the Tonic Centre and its future residents, and how the building may function as a shared facility within a wider neighbourhood. To create an impression of life at the Tonic Centre, we developed six imaginary characters who would live in, work at, or visit the community. Here's one of them, Wendy...



"I'm Wendy, and this is Doris, my partner. I'm 70 and she's 77. I used to be an accountant, well, I still am actually; I just work for myself these days. I like to keep my hand in to keep busy but also to ensure that Doris and I can continue to live our lives the way we want to, which includes continuing to live at the Tonic Centre.

I offer my services as a freelance accountant, working for my clients from the workspace here at the centre, or even from my flat – isn't the Internet a wonderful thing? The workspace here is great. It has everything anyone could want to run their own little enterprise, or even to start up a new one: desks, a printer and scanner, computers, classes to teach you how to use them, talks by business gurus.

We all support each other, as we're all pursuing our own dreams and passions here, and offer our skills to one another where we can. And non-residents can rent a desk space here and come and run their businesses out of the space too.



I do client work in the morning then I meet Doris and some of our friends who also live at the centre for lunch in the café.

In the afternoon I look over the Tonic Centre's books. I pay a bit less for my rent, in return for providing this service for them, which suits me just fine.

Doris is off to the theatre this evening with several other residents, but I give that a miss as I'm a bit tired. It's a warm summer's evening so I sit out on our balcony overlooking the centre's inner courtyard garden, read a little bit, and then go inside and get ready for bed."

fun
creative inviting
warm urban stylish
progressive contemporary
open-minded



Ruth, 82

“I used to be an engineer and then I became a financial consultant. I don’t have a big pension but you just need something that makes life enjoyable and keeps you going. For me, that’s swimming in the sea every day, and campaigning on behalf of older transgender people. Two years ago I became the oldest person in Britain to undergo gender reassignment surgery.

From the age of nine I had this strange feeling that I wanted to be a woman. But this was during the war years so you couldn’t do much

about it. I met my wife when I was in the RAF and we were married for 42 years and have three children. When she eventually found out I felt terribly guilty as I felt that I had betrayed my marriage and her. We divorced in 2003, but we still see each other regularly.

The Tonic Centre is essential because not everyone is so understanding. I’ve witnessed what being ostracised - or worse - can do to people, particularly in older age when you are more vulnerable anyway. It’s what keeps me motivated as an activist.”



Where will the Tonic Centre be located?

Historically, LGBT people in the United Kingdom have congregated in the larger towns and cities, drawn by a sense of security in numbers, a greater liberalism, and the opportunity to be a little less visible. Today, LGBT people live within every community in the United Kingdom - urban, suburban, and rural- and with an ever-increasing confidence in their identity.

We are currently exploring land options in London. For this historic first development, we believe that it is appropriate to build in the city which has by far the largest population of LGBT people in the United Kingdom, and where therefore the demand will be greatest. Our ambition is to identify a site which is close to good public transportation, has an existing infra-structure of retail and cultural amenities, and a community within which a progressive older people's housing scheme would be welcome.

We are also considering sites in Brighton & Hove. In a city where up to 20% of the adult population identify themselves as LGBT, we believe that a new Tonic Centre would be particularly well received.





Jackie and Jean-Michel 52 and 55

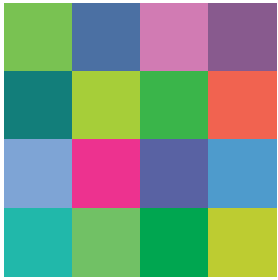
“We were colleagues for over 20 years at the BBC World Service, often travelling together to produce programmes in Africa and other parts of the world, and actually only became a couple six years ago. One of the things that we value most about living in London is its rich diversity and our friends reflect that. We do talk about our older age and what we want that to look like though some way off yet!

We heard through a friend about the Tonic Centre and it instantly appealed to both of us. We'd like to live in an environment

which reflects our own experiences of life in London- an open-minded place where people can express themselves freely. We've both experienced societies first hand where that's not the case and it's taught us to value even more some of the freedoms we enjoy in this country.

All our gay friends enjoy life to the maximum so we're up for growing old disgracefully too!”

TEAM



GILLY GREEN

Gilly is Head of UK Grants at Comic Relief with responsibility for the development, implementation and review of the UK grants strategy.

Trained as a social worker, Gilly's early housing and homelessness work included establishing the first supported housing for young lesbians. She was a co-founder of the Ellen Gee Foundation which informed funding strategies to ensure they met the needs of LGBT people. She was awarded an OBE for services to domestic violence in 2007.

Gilly has a strong interest in the quality of care for older people, informed recently by both parents moving to a care home.



JAMES GREENSHIELDS

James's career has included time as a teacher in Kenya and Honduras, as a journalist with the BBC World Service and other international broadcasters in Southern Africa, and as an editor at GQ Magazine.

In 1999 his interest in the power of media and education led him to establishing Media for Development (MFD), which to date has delivered educational media projects in over 30 countries worldwide. Through MFD in the United Kingdom, a range of new media initiatives and social businesses has been launched, including Inside Job Productions, Young Dads TV, Savvy Chavvy, and Prison Media.



JAMIE HARTZELL

Jamie is chair of three leading social businesses. Ethex, the positive savings and investment platform that makes it easy to make money do good, and the fairtrade companies Divine Chocolate and Zaytoun.

He began his career as a documentary film-maker and left television in 1998 to found the Ethical Property Company, which raises finance to acquire property that provides office accommodation to charities and campaign groups. He led the company for 13 years, taking it from one employee to 70 staff and owning and managing over 20 centres in the UK, Belgium, France and the Netherlands.

Jamie has undertaken four Ethical Public or Private Offerings, raising £14 million from some 1,300 investors in the UK, as well as a private offer in Belgium for €3.2 million. He also founded the charity the Ethical Property Foundation.



GEOFF PINE

Until recently Geoff was Principal and Chief Executive of Greenwich Community College (GCC) a large further education college in South East London. In this role he played a prominent part in the development of an international/global dimension to vocational education and training.

Geoff had a parallel business career initially in the retail world and subsequently in the entertainment business. In this he was involved with his partner in developing and running what became the largest agency for dancers and singers in the UK.

Geoff is the Chair of Trustees of both Bird College and the Greenwich and Docklands International Festival.



ALASTAIR WILSON

Having worked extensively in the private sector, Alastair became a student of the School for Social Entrepreneurs (SSE) in 1998. Having established and run his own project, he returned to SSE as CEO in 2004.

SSE's core expertise is 'action learning' programmes tailored to social entrepreneurs, focusing on building business capacity and personal leadership skills. Under Alastair's stewardship, the school has grown considerably, from its base in London to 12 locations in the UK and 7 internationally. Alastair has also substantially grown income, award winning partnerships and extensive networks.

Alastair is also a trustee of the Sheila McKechnie Foundation and the Cabrach Trust.

ADVISORS



JUNE BARNES

June worked in both the housing management and development side of housing associations for over thirty years spending the last 16 as Chief Executive of East Thames Group. During this time she was involved in the development of a number of schemes for older people. She retired from full time work in 2014 and now serves on the Board of a development company and plc.

Recently as a member of the London Mayor's Design Advisory Group she co-authored 'Ageing London' which is one of their four essays on 'Good Growth'.



LUCY MUSGRAVE

Lucy is Director of urban design and public realm consultancy Publica. They work for planning authorities, Great Estates, developers and community organisations on transformational projects across London. These include setting policy for whole districts and key civic spaces and designing major public realm projects.

Lucy is a member of the Cultural Hub Advisory Board for the City of London, the City Property Association Board and the HS2 Design Panel. Lucy was a founding trustee of the Sheila McKechnie Foundation and was made an honorary fellow of the RIBA in 2001.



CLIVE PARKER

Clive Parker has worked in housing and development for 25 years and within the specialist housing with care sector for the last 18 years.

Clive currently heads up Caresec. He has developed a full and diverse range of housing specifically built for older people, from retirement housing, through to extra care, to residential and nursing homes, including the sourcing of development sites for housing associations and private sector retirement and residential providers.

Clive has worked with the Berkeley Group, Barratt Group Local Authorities and the HA sector to develop alternative financial and operational models of housing for older people.



MICHAEL VOGES

Michael Voges is the Executive Director of the Associated Retirement Community Operators (ARCO). Michael has worked with ARCO since its formation in 2012 and was appointed as ARCO's first Executive Director in August 2013.

ARCO's work is focused on raising standards for retirement communities through the introduction of the ARCO Consumer Code, increasing public awareness and addressing the key question of how to step up the supply of high quality housing-with-care for older people. ARCO is also actively involved in shaping sector specific legislation and regulation in a sector that is projected to grow exponentially in the coming years.



Charles and Uli 85 and 74

“It’s nearly six years now since I first noticed a change in Uli’s health. He has advanced vascular dementia and my life is now committed to supporting him. The thing that I miss most is his ability to express himself. He was such a demonstrative person before he became unwell. But the other day I was thinking out loud as I quite often do when with him and I said something like “do you not even love me a little bit anymore?”. Uli very rarely speaks these days but at that moment he slowly opened his mouth and said: “Loads”.

I’ve been a supporter of Tonic from the moment I heard about it. Uli and I have been so lucky to live happily as a couple for 50 years and for quite a bit of that time in this apartment in central London. It’s worth a small fortune now. I’ve been telling the people at Tonic to consider legacies as a way of supporting those less fortunate. Perhaps that’s a way of funding some of the affordable housing?”

A special thanks

All of our work has been made possible to date thanks to the generous support of the following trusts and foundations:
Barrow Cadbury Trust / Comic Relief / Joseph Rowntree Foundation / Trust for London / The Tudor Trust

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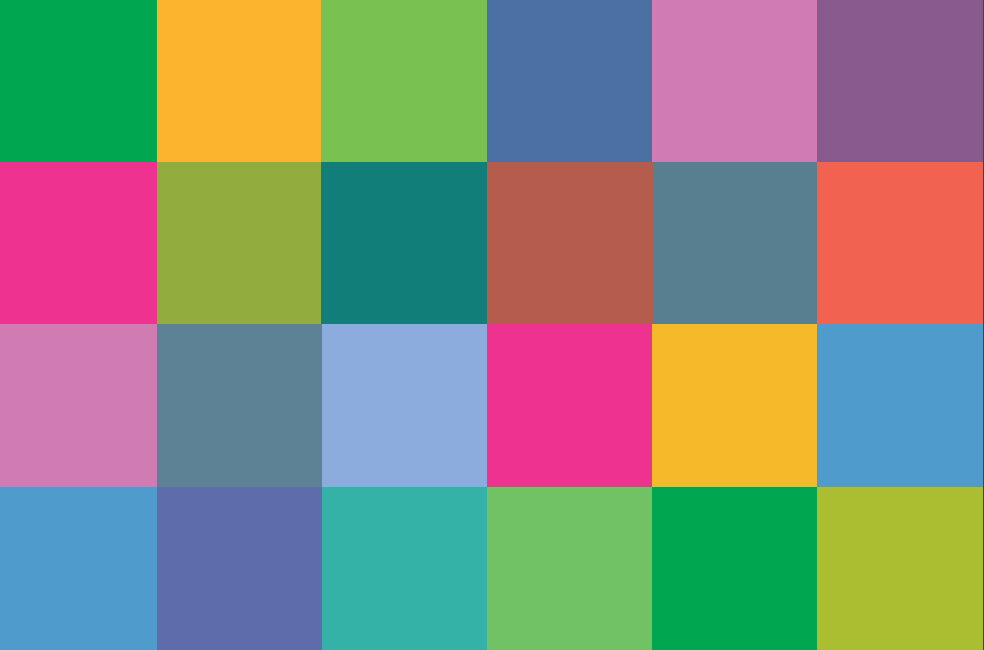
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w: tonichousing.org.uk
t: 020 7089 9120



A final word from some
of our potential future
residents...



Charles

“I can’t imagine what it would be like if you
couldn’t share freely a lifetime’s memories
just because you happen to be gay”



Jackie and Jean-Michel

“We’re both foodies who love cooking and
entertaining. A good restaurant on site
and shops with locally sourced produce
would therefore be priorities for us.”



Ted

“It needs to be a social space, somewhere I can connect with like-minded people”



Ruth

“Speaking out on behalf of your own community is the best way to give something back to society”



Vito

“The Tonic Centre needs to support and encourage physical activity- a gym, even a pool, would be nice”



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