

A-Z of Conversation Starters



A	Activities - do they go to any local groups or want to?
B	Brew - Are you both enjoying a beverage, chat about it
C	Cover the basics - Do they have enough food? Enough medication? etc...
D	Do you need anything at the moment?
E	Emotions - How are they really feeling at the moment
F	Family - Are they in contact with any family
G	Geography - Where are you both from, where do you go for holidays
H	Hobbies - What hobbies do you and your beneficiary have? Do you have any in common
I	Interests - what are they interested in
J	Jokes - Have you heard any funny jokes you can share
K	Keeping Well - Are they keeping well, being active etc...
L	Likes and Dislikes - keep it simple, ask about favourite colours or something easy to start
M	Milestones - Talk about milestones in your lives
N	News - is there anything in the news recently that has caught your interest or theirs?
O	Occupation- Ask about what they used to do for work
P	Pets - Ask if they have/had any pets and mention yours if you do!
Q	Quizzes and trivia questions - fun way to test both your knowledges
R	Reading - do they enjoy reading anything eg magazines, books etc...
S	Stories - Do you have any funny stories you can share
T	TV - Do you watch any of the same shows, have you watched something really interesting
U	Updates - Anything to catch up on since you last spoke
V	Validation - Being there, listening and understanding is important in your role as a befriender.
W	Weekend Plans - It's always nice to chat about what you might be doing at the weekend/what you did on the previous weekend.
X	EXtra Help - Is there anything they need you to do to help them out
Y	Youth - Discuss any highlights they remember from when they were younger
Z	Zen - Befriending shouldn't feel like a stressful activity, make sure you both feel relaxed and if not discuss how to make the experience more comfortable