



Friends Action North East

Friends Action North East (FANE) is a Newcastle based registered charity that was set up in 2005 by and for adults with a learning disability to explore inclusive ways to support and champion independent friendships. We support adults with learning disabilities, autistic spectrum disorder and/or mental health problems to combat social isolation by gaining the skills, knowledge and experience needed to build and maintain meaningful and lasting friendships.

By working closely with people and their supporters we help people to overcome the barriers they face and support them to achieve personalised goals around building long lasting friendships and community connections.

We deliver a series of workshops to tackle current issues and barriers to friendship such as: Social interaction, barriers to friendships, staying safe on social media, online safety and using a mobile phone.

Alongside the workshops we offer lots of social groups to practice the skills gained on the workshops, we do all sorts of groups such as: Art, walking, yoga, dance, photography and social nights and we also do 1:1 mentoring where we can match an individual up with a volunteer to work on their specific friendships skills and breaking down barriers in small realistic steps.

We do offer most of our groups face to face, however we also run a few zoom on-line socials for those who prefer this platform.



0191 231 4327



keelie@friendsaction.co.uk



Friends Action North East
C/o Ouseburn Farm
Ouseburn Road
Newcastle upon Tyne
NE1 2PA
NE1 2PA



www.friendsaction.co.uk



@FriendsAction



Last Updated - 2nd February 2023

Services

Digital Volunteers

1-2-1 Friendship Mentor

1-1 Friendship Finder

Group Support

Events

No Events

Activities

No Activities
