



# Living Well North Tyneside

Supporting Health and Wellbeing

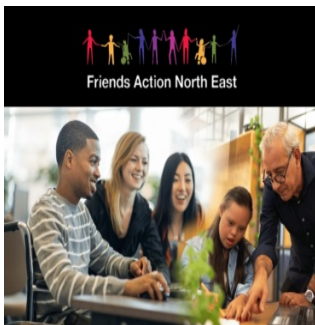
A 1-2-1 friendship mentor is not a friend of befriender to the person they are supporting but a mentor who will support their friendship finder to make their own friends.

Mentors are there to help, support friendship finders in finding a friend(s) and maintaining that relationship.

*Please note this is NOT a befriending service but will assist in finding and maintaining friendships by giving people the skills and confidence to develop their own networks and take part in community activities*



friendship | autism | one to one support | adults with learning disabilities | volunteering opportunities |  
volunteering



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