



Living Well North Tyneside

Supporting Health and Wellbeing

will support their friendship finder to make their own friends.

All friendship finders will complete an induction covering 5 different training sessions including:-

- What is a friend and what is not a friend
- Barriers to making friends
- Having a plan B
- Conversation starters and stoppers
- Digital support session

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

If you are interested in becoming a Friendship Finder please complete an application form for the one to one mentoring project. The project is FREE to join

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



learning disabilities | support | friendship | lonely | autism | adult learning | autism spectrum disorders





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