

# My Friends and Me



Because friendship matters

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# How does loneliness affect me?

Alone at the weekend

Having no friends where I live

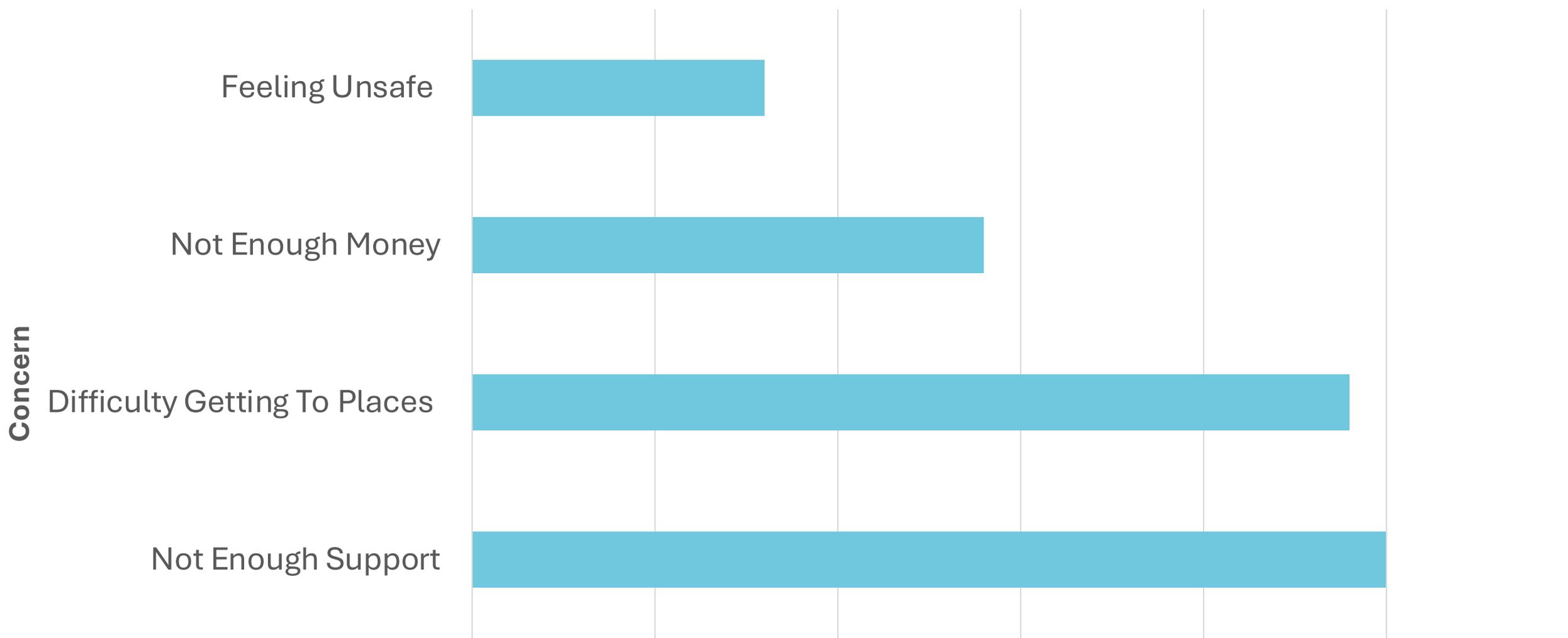
Having no one to visit me at my home

Wishing I had someone to share hobbies with

Wanting someone to watch football with me and play games

# Let's Warm Up Together

1. Pair up with the person next to you
2. Create a secret signal with them.  
For example, a handshake, a gesture, or a facial expression.
3. You have 5 minutes – GO !



	Not Enough Support	Difficulty Getting To Places	Not Enough Money	Feeling Unsafe
■ Main Barriers To Making Friends	25%	24%	14%	8%

**Percentages %**

■ Main Barriers To Making Friends

# One Small Friendship Step



Time:



40 minutes



Small groups



3-4



You can talk,  
draw or write



This activity helps others to:

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Talk about friendships



Think about people you  
already know

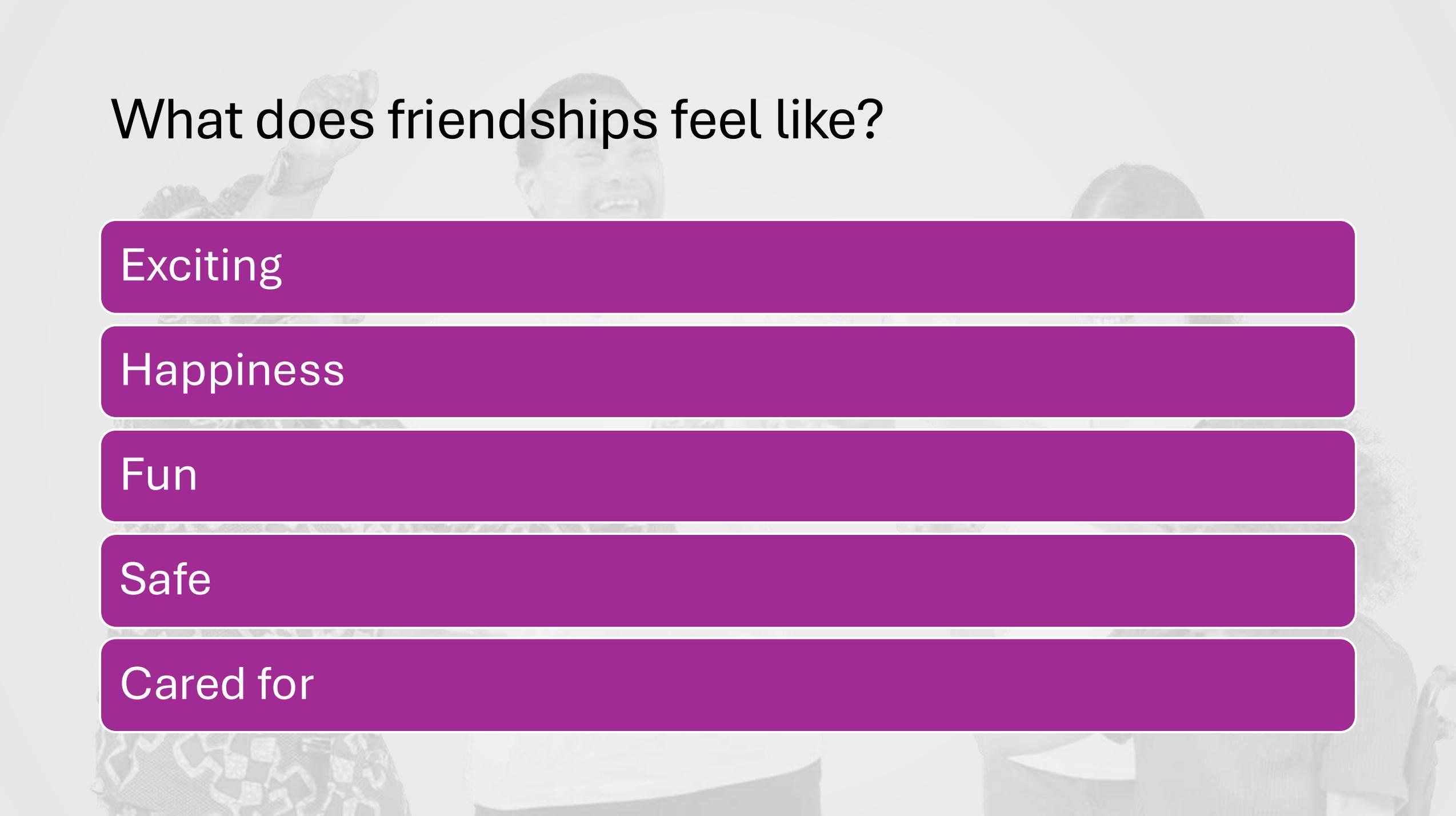


Choose one small step  
towards friendship



Think about what  
support can help you

# What does friendships feel like?



Exciting

Happiness

Fun

Safe

Cared for

# Is there someone you could be friends with?



- Where do you see them?
- What do you like about them?
- What do you have in common with them?

Discuss in your groups  
Time: 10 minutes

# What do you find hard about making friends?

Write or draw your answer  
Time: 5 minutes



Friendships can be hard because of:



Feeling shy or nervous



Not enough support time



Trouble getting to places



Not knowing what to say



Worried about your safety



Not having enough money

# Let's choose One Small Friendship Step Together!

Could that step be:

Sending a message to someone?

Making a phone call?

Meeting someone for a walk?

Do an activity with someone?

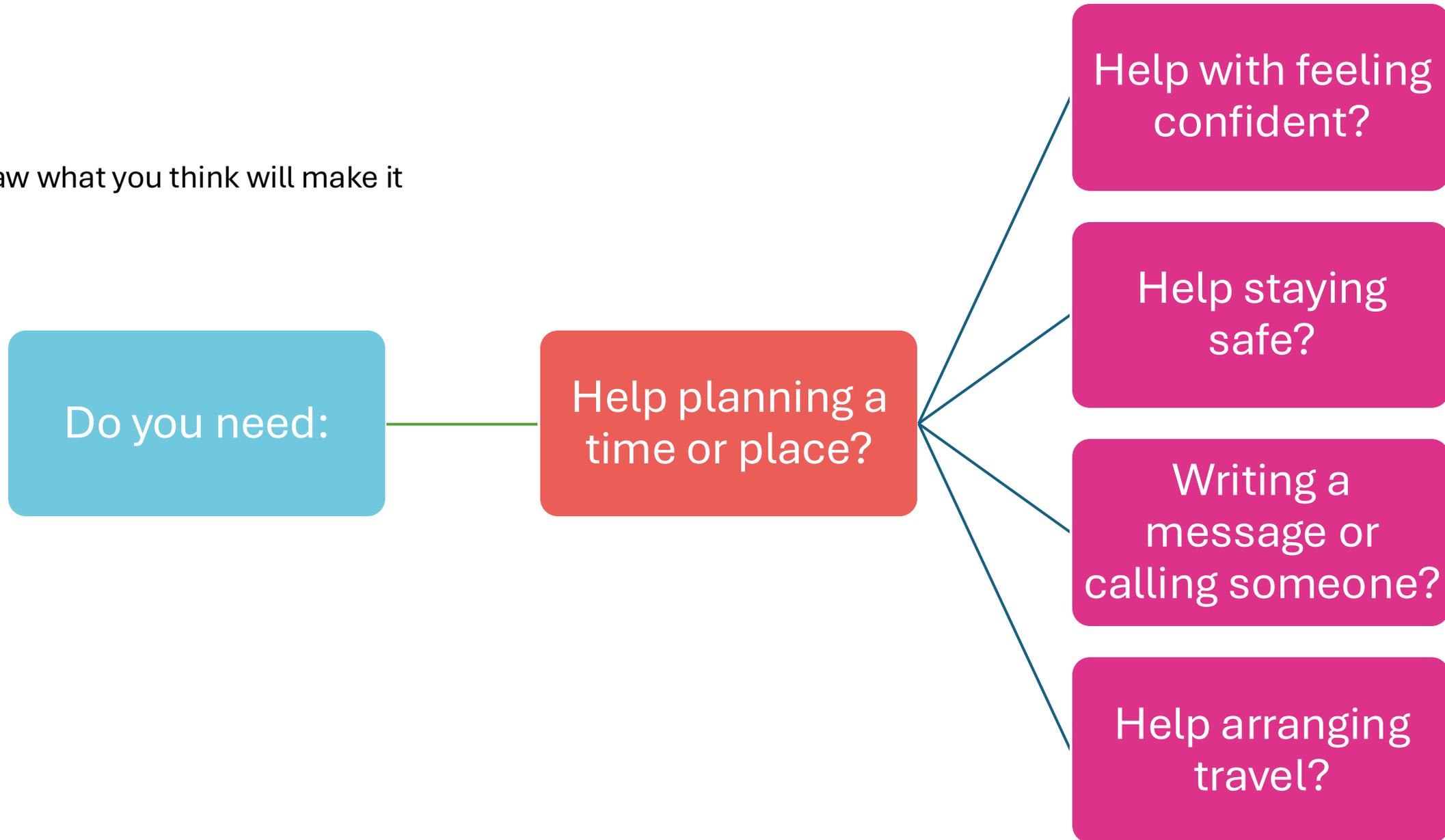
Write, talk or draw it on your paper!

Time: 10 minutes

# What could make your small step easier?

Write down or draw what you think will make it easier for you:

Time: 5 minutes



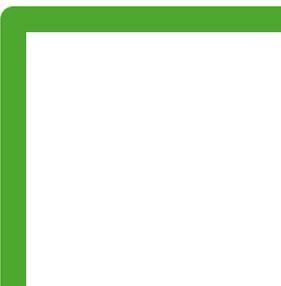
# Share your thoughts!

Can each group please share:

One small friendship step you would like to take

One type of support you feel would help you do your friendship step

Time: 5 minutes





## REMEMBER:

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- Friendships are important
- Always be yourself
- Friendships are not always easy
- Both people should try to make an effort with each other.



We hope you can take away some important actions to help you with creating friendships.



Any questions are welcome