



Befriending: Support and Further Reading

Church-based Befriending Projects

Linking Lives UK exists to empower and equip individuals and churches to significantly impact social isolation and loneliness in local communities – www.linkinglives.uk

Christians Together Against Loneliness is a coalition of Christian organisations active in alleviating loneliness in society – www.ctal.uk

Befriending Networks envisages a society that values befriending, recognises its importance, and provides befriending support to everyone who needs it – www.befriending.co.uk

The Campaign to End Loneliness focuses on raising awareness and understanding on loneliness and how it relates to other issues in society – www.campaigntoendloneliness.org

Good Neighbours: download their guide to Befriending – www.goodneighbours.org.uk/wp-content/uploads/2021/05/befriending-guide-web.pdf

For Older People

Gransnet is the busiest social networking site for the over-50s – www.gransnet.com

Gransnet forums: Grandads' shed is a space for men over 50 – www.gransnet.com/forums/grandads_shed

Royal Voluntary Service Virtual Village Hall: a programme of themed online activities designed to enjoy at home such as creative arts and crafts, music and singing, cooking and baking, dance and exercise, and technology skills. Join in with live sessions or catch up on demand when suits it you – www.virtualvillagehall.royalvoluntaryservice.org.uk

For Unpaid Carers

Carers UK Forum is a supportive online community of current and former unpaid family carers who understand the ups and downs of caring – www.carersuk.org/get-involved/join-us/our-forum

For people with mental ill health and their family/friends:

- **Side by Side** is open to anybody over 18 years who has an experience of mental health problems or is closely connected to someone that has – www.sidebyside.mind.org.uk

For Young People:

- **The Mix** provides free, confidential help for under-25s online and via a helpline. Call 0808 808 4494, text THEMIX to 85258 or use their online chat service on the website – www.themix.org.uk
- **Lonely Not Alone** is a safe space for young people to share their stories with other young people, sending messages of support to each other – www.lonelynotalone.org

For Parents:

- **Dadsnet** is a global online parenting platform connecting dads to parenting resources, entertainment and each other - www.thedadsnet.com
- **Mumsnet** is a website for parents in the UK. It hosts discussion forums where users share advice and information on parenting and many other topics – www.mumsnet.com
- **Mush** is an app to access a local social network of mums, so that you find other mums nearby, know what's going on, know where to go and organise meetups. Download the Mush app – <https://mushapp.app.link/v5n5vEnFXM>
- **Peanut** is an app which allows mothers, women and mothers-to-be to connect with other like-minded individuals in a safe space to find support. This app allows you to connect in forums and in person. Download the Peanut app – www.peanut-app.io