



# Befriending guide

**It's ok to feel lonely,**  
particularly at a time like this.

**Don't suffer in silence,**  
we can all help each other stay connected.

## How to help yourself and others



**Keep in touch  
with those around you**



**Join a group –  
either virtually or in-person**



**Do things you enjoy,  
such as hobbies and activities**



**Talk to others  
about how you feel**



**Help someone else  
feel connected**



**Take care of yourself  
physically and emotionally**

## Local organisations

offering befriending services – by phone, in-person or helping you get out and about

### Bromley Home Library Service

Unable to get to your local library? Have volunteers bring the library to you.

Call: 07464 524846

Email: [bromley.hls@royalvoluntaryservice.org.uk](mailto:bromley.hls@royalvoluntaryservice.org.uk)

### Bromley Libraries

Online and in person activities for all ages.

Visit: [www.bromley.gov.uk/libraries](http://www.bromley.gov.uk/libraries)

### Bromley Well

Community Befriending Services for people aged 55 and over.

Call: 0808 278 7898 (freephone)

Visit: [www.bromleywell.org.uk/events](http://www.bromleywell.org.uk/events)

### Careplus

Befriending, transport and other help for older people aged 65+.

Call: 07930 955 398

Visit: [www.careplusbromley.org.uk](http://www.careplusbromley.org.uk)

### Bromley Dementia Support Hub

Befriending services for people with dementia

Call: 020 3328 0366

Visit: [www.blgmind.org.uk](http://www.blgmind.org.uk)

### Kent Association for the Blind

Volunteer befrienders for those experiencing sight loss of all ages.

Call: 020 8464 8406

Email: [rehab.bromley@kab.org.uk](mailto:rehab.bromley@kab.org.uk)

### The Maypole Project

Volunteer befrienders for parents/carers of children and young people with complex medical illnesses or disabilities as well as buddies for children and young people.

Visit: [www.themaypoleproject.co.uk](http://www.themaypoleproject.co.uk)

Call: 01689 889 889

### Mindful Mums

Befriending for pregnant women and new mums referred by a midwife or health visitor run by Bromley, Lewisham and Greenwich Mind.

Call: 07885 975129

## National organisations

### Telephone calls

#### Age UK

Weekly friendly phone calls for people aged 60 and over.

Call: 0800 434 6105

Visit: [www.ageuk.org.uk](http://www.ageuk.org.uk)

#### The Silver Line

Confidential free helpline for older people.

Call: 0800 4 70 80 90

Visit: [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

#### Macular Society

For people who are experiencing macular disease.

Call: 0300 3030 111

Visit: [www.macularsociety.org/support](http://www.macularsociety.org/support)

#### Re-engage

Friendly phone calls and Sunday afternoon tea for those aged 75 and over.

Call: 0800 716543

### On the internet

#### For young people

- **The Mix** – 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 online ([www.themix.org.uk](http://www.themix.org.uk)).

#### For parents

- **Dadsnet** – Parenting platform connecting dads to parenting resources, entertainment and each other ([www.thedadsnet.com](http://www.thedadsnet.com)).
- **Mumsnet** – Discussion forums where users share advice and information on parenting and many other topics ([www.mumsnet.com](http://www.mumsnet.com)).
- **Mush** – 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 ([www.letsrush.com](http://www.letsrush.com))

## For older people

- **Gransnet** – The busiest social networking site for the over 50s ([www.gransnet.com](http://www.gransnet.com)).
- **Grandads' shed** – A space for men over 50 ([www.gransnet.com/forums/grandads\\_shed](http://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 (<https://virtualvillagehall.royalvoluntaryservice.org.uk>)

## For unpaid carers

- **Carers UK Forum** – A supportive online community of current and former unpaid family carers who understand the ups and downs of caring ([www.carersuk.org/forum](http://www.carersuk.org/forum)).

## For people with mental ill-health and their family/friends

- **Side by Side** – For people over 18 years who have an experience of mental health problems, or is closely connected to someone that has (<https://sidebyside.mind.org.uk>).

## For those who are grieving

- **Ataloss** – local bereavement and counselling services, GriefChat bereavement counsellors as well as practical advice for those recently bereaved ([www.ataloss.org](http://www.ataloss.org)),
- **Good Grief Trust** – stories from people who have been bereaved, practical and emotional support and signposting to a choice of local and national support ([www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org))

## For people of all ages

- **Frindow** – Helping people of all ages make new friends through common interests or circumstances in order to put an end to loneliness ([www.frindow.com](http://www.frindow.com)).
- **Meetup** – An online social networking website and mobile app that facilitates offline group meetings ([www.meetup.com](http://www.meetup.com)).
- **Nextdoor** – A free private social network for your neighbourhood community ([www.nextdoor.co.uk](http://www.nextdoor.co.uk)).

## General information and advice

- **NHS Loneliness** – Information and resources about loneliness ([www.nhs.uk/every-mind-matters/lifes-challenges/loneliness](http://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness)).
- **Mind** – Tips to manage loneliness ([www.mind.org.uk](http://www.mind.org.uk)).

## How can you help?

If you are able to commit to making regular friendly phone calls or visits or help people to get out of their homes with some support, you can:

1. Contact one of the organisations in this guide.
2. Contact the Bromley Volunteer Centre website to search for volunteering opportunities [www.communitylinksbromley.org.uk/volunteer](http://www.communitylinksbromley.org.uk/volunteer) or call 020 8315 1930.

Please note that organisations will carry out a DBS check and that appropriate training will also be given where necessary to ensure the safety of both volunteers and those they are assisting.