

Cheshire & Merseyside Resilience Hub

Making friends as an adult

www.cheshiremerseyresiliencehub.nhs.uk
@CMResilienceHub



Adult friendships are hard.
Everyone is busy & life happens!
I've learned you have to text people
when you are thinking of them.

A simple, 'Thinking of you, hope all
is well' really goes a long way.

It's only after you've stepped out of your
comfort zone, that you begin to change,
grow, and transform.

- Roy T. Bennett.

TOP TIPS

From people like you

Look at community notice boards for things happening around in your community and attend.

Learn to love your own company but take yourself out. i.e. go to the cinema alone. 2 hours in darkness. No one will care.

Try online social meet ups to kickstart meeting new friends. Maybe an interest group or something you really want to try.

If you're retired or retiring soon, set a plan of things you wish to achieve and join retiree groups to meet like minded folk.

Pump yourself up to talk to a stranger. Easier said than done – but a little 'oh, I love your dress' comment can lead a long way.

Like dating apps, there are apps designed to help build friendships. Firstly decide on your interests and go from there.

Don't lose sight of old friends. You may not have spoken for a while, it's also very good to catch up - life gets in the way.

If you're a male, there's lots of groups like men's sheds or places like Liverpool football therapy.

If you're a parent and want to meet other parents there's a good few places online such as the peanut app or different forums.

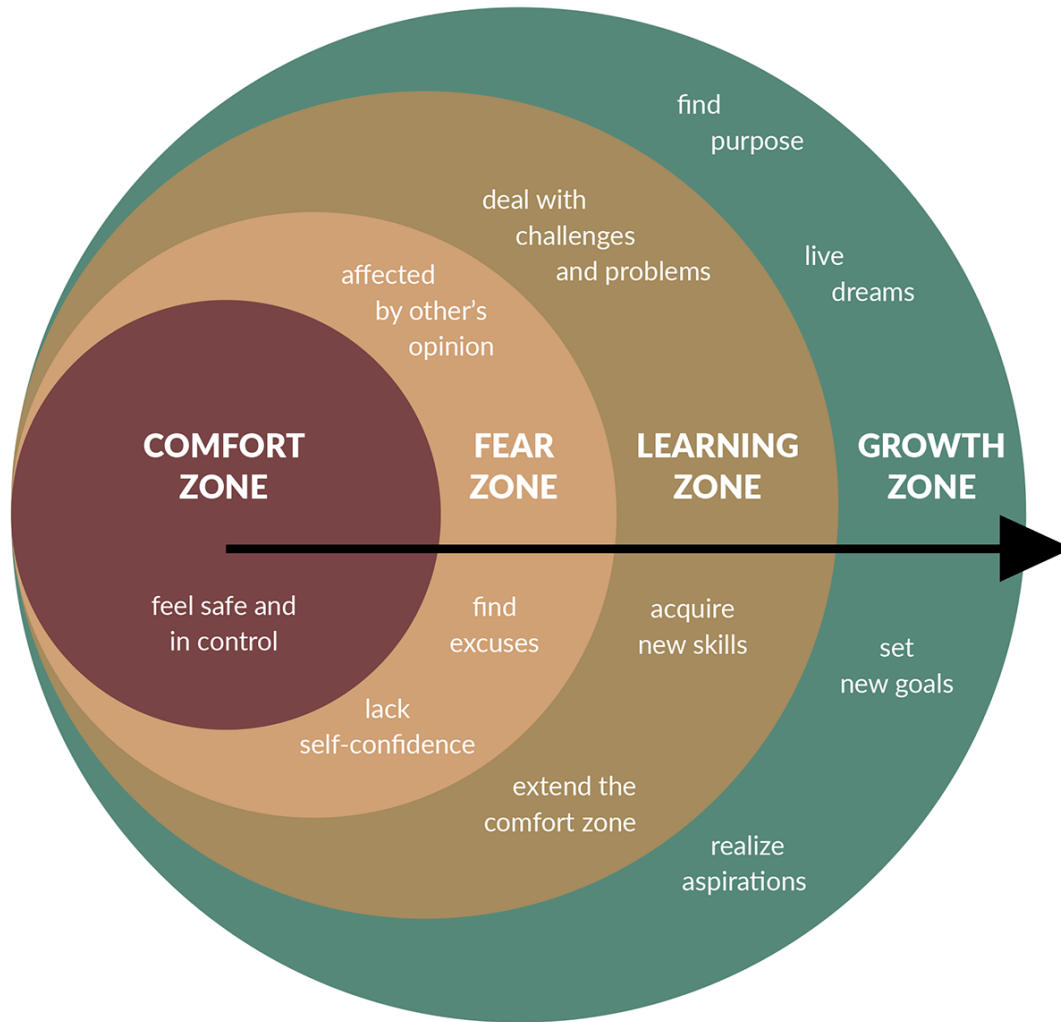
Volunteer for local organisations, it's a great way to give back and also meet other people with shared interests.

Try something new. Like an art class or a book club. You might develop interests and a spark can be created from there.

Test your social battery by pushing yourself that extra bit harder or stay somewhere for an extra bit of time.

TOP TIPS

For pushing yourself out of your comfort zone



[How to Leave your Comfort Zone and Enter your 'Growth Zone' \(positivepsychology.com\)](https://www.positivepsychology.com)

Do everyday things differently. A change in your routine will help you see things in a different light.

Get creative!
Creative endeavours are about stepping into the unknown. Using creativity is great to train for growth

Expand your professional skillset. Growing your skill set can foster creativity and refresh your self confidence.

Challenge your beliefs. Whilst exploring alternative perspectives can be different, it enables insight to form.

Try a new diet. Stop relying on comfort foods and stick to a healthy diet – this can be rewarding and helps grow efficiency

Practice Honesty. When used sensitively honesty is a catalyst for growth. Honest forces you out of your comfort zone.

SPORT APPS

An app designed to bring 'togetherness' through the power of physical activity. You can be active with friends or on your own and meet other like minded people with the same interests as you. You can create and sign up for activities within your local area. Find more info [here](#)



FitTogether is a sport based social media app which is designed specifically for the gym and fitness industry. 'A tool to better our lives' – this app has lots of in person events to meet other gym goers and to build a community as one. Find more info [here](#)

Strava is an app that has one of the largest sporting communities worldwide – with it's connectivity, it brings together social networks too – there is a free version of the app where you can connect with others, plan sports & events and also share your physical activity insights. Find more info [here](#)



Within each local community, there is a body who looks after community sport initiatives. These are organisations who set out to bring people together to become more active. Click each logo for more info

PARENT APPS

Peanut app is an all rounder – here to connect women together, no matter what stage of life they are at – from fertility, to menopause. Peanut provides access to a community who are there to listen, share information and offer valuable advice. Fine more info [here](#)



Because dads need friends too! DadApp is really well put together and looks great. It connects dads like tinder. If you both swipe left, a connection is made. Depending on where you live, there might not be enough dads in your area to make face-to-face friends, but the app is packed full of other content, from chat rooms and humorous memes to pertinent polls and advice-based features on everything. Find more info [here](#)

Filtered by distance, mummy social tells you how close another mum is. Unlike other apps, they offer the ability to tell other mums which days you are free, allowing mums to seek out other mums. Once you've loaded your profile, mums can send each other a private message, 'suggest a cuppa' – fine more info [here](#)



Looking for
parental support
in Merseyside?
[Check here](#)

Looking for
parental support
in Cheshire?
[Check here](#)

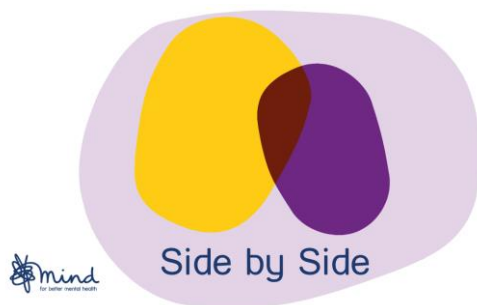
Looking for
parental support
in Lancashire?
[Check here](#)

Looking for
parental support
in Greater Manc
[Check here](#)

Looking for
general parental
support online?
[Check here](#)

ONLINE APPS

The Bee Tree community is an online community centre here for people to connect with each other. They have a varied amount of different events taking place via zoom, from arts & crafts right through to online cooking classes. It costs £10pm but you can get a free month. Find more info [here](#)



We all know mind for their mental health support, now they have created side by side – which is an online community! You have the opportunity listen, share, comment and be heard as well as connect with like minded people across the country – the community is around 24/7 and is a safe place to be.

Find more info [here](#)

Eventbrite is a platform that hosts a range of events – it's not the event organiser. On Eventbrite, you can find a range of online community support offers, from teen support, right through to cancer support. Most of the meetings are free to join. You can find more info [here](#)

eventbrite

Looking for
online book clubs

[Check here](#)

Looking for
specific interest
groups

[Check here](#)

Looking for
community
support online?

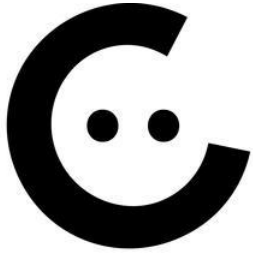
[Check here](#)

Looking for
online MH
support?

[Check here](#)

GENERAL APPS

Meetup is a platform for hosting and organizing in-person and virtual activities, gatherings, and events for people and communities of similar interests, hobbies, and professions. From local walking groups, right through to marginalised communities meet ups Find more info [here](#)



city**socializer**

CitySocializer helps you find cool social gatherings going on around you. Like Meetup, it focuses on face-to-face interactions rather than online connections. As you attend more events, your network will grow, and you'll be invited to even more events. Find more info [here](#)

MEETin, like Meetup, is a website that was created with the purpose of using the Internet to bring people together from all over the world for fun, free events. MEETin is run entirely by volunteers, so you never have to pay membership fees; the only costs associated with using it are small fees dependent on the type of gathering you were participating in. You can find more info [here](#)



Groupspaces is an alternative & functions as a group-coordination platform. find info [here](#)

FriendMatch is an online service to help you **meet** real **new friends**, from your neighborhood or from around the world. find more info [here](#)

Nextdoor is your window to everything happening in your neighborhood, be it events, or furniture swaps [Check here](#)

MALE SUPPORT

Men's Sheds are kitted out community spaces where men can enjoy practical hobbies. They're about making friends, learning and sharing skills. Many guys come just for the tea and banter, everyone's welcome. Find more info [here](#)



ANDYS MAN CLUB are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online find more info. With a service used on a weekly basis by almost 2000 men, and an army of 500+ facilitators, the movement is always continuing to grow. find more info [here](#)

Tribes are building a science-based **self-discovery space** for men which is high quality, easily accessible, and inspiring. **TRIBES** are perfect for YOU if you want to: Meet like-minded **men** who value self-discovery, mindfulness and meaningful activities. Find more info [here](#)



Looking for Male
mental health
support?
[Check here](#)

Looking for Male
online forums?
[Check here](#)

Looking for Male
interest groups?
[Check here](#)

Looking for Male
online support
groups?
[Check here](#)

FEMALE SUPPORT

togetherfriends is a friendship site for women in the UK, we help you to make new friends by putting you in touch with women who share the same hobbies. Find more info [here](#)



Girlfriend Social is the largest women-only worldwide friendship making website available. Established in Jan, 2009, GFS is growing at an amazing pace. Girlfriend Social is free for all women to sign up, create a profile and talk to other women. Girlfriend social allows women to share and bond in whatever ways they are comfortable. Find more info [here](#)

LeanIn help women come together to learn from each other and achieve their goals, because women can be a powerful force for change in the world. find more info [here](#)



Looking for
female only
book clubs?
[Check here](#)

Looking for
female specific
interest groups?
[Check here](#)

Looking for
female support
online?
[Check here](#)

Looking for
female mental
health support?
[Check here](#)

LGBT+ SUPPORT

The **Gay Outdoor Club** operates throughout Great Britain, and provides a wide range of outdoor and indoor sports and recreational activities for everyone in the LGBT+ community –Find more info [here](#)



Consortium are a national specialist infrastructure and membership organisation. They work to build the resource, sustainability and resilience of LGBT+ groups, organisations and projects across the UK, so that they can deliver direct services and campaign for individual rights.

Find more info [here](#)

OutdoorLads runs a range of sociable outdoor activities aimed at gay, bi and trans guys right across the UK and further afield - activity based things like hiking, climbing, camping, biking, canoeing, scrambling, running and sailing, as well as purely social events. find more info [here](#)



Looking for
LGBTQ+ support?
[Check here](#)

Looking for
LGBTQ+ forums?
[Check here](#)

Looking for
LGBTQ+ book
clubs?
[Check here](#)

Looking for
LGBTQ+ events?
[Check here](#)

CARER SUPPORT

Carers Trust works to transform the lives of unpaid carers. It partners with its network of local carer organisations to provide funding and support, deliver innovative and evidence-based programmes and raise awareness and influence policy. Carers Trust's vision is that unpaid carers are heard and valued, with access to support, advice and resources to enable them to live fulfilled lives.–Find more info [here](#)



Crossroads Together supports unpaid carers of all ages and the people they care for. It provides information, advice and practical support to new and existing carers with the aim of improving their health and wellbeing.

Find more info [here](#)

Cheshire Young Carers support young carers across Cheshire in three key areas, school holiday respite programmes, individual & group support where necessary plus working with schools/colleges to provide specialised support where required.find more info [here](#)



Looking for Carer
Events?
[Check here](#)

Looking for Carer
support?
[Check here](#)

Looking for
Carer Forums?
[Check here](#)

Looking for
Carer grants?
[Check here](#)

Looking for
Carer respite?
[Check here](#)

DISABILITY SUPPORT

This website a local authority run website where you can search for support on many different things. We've filtered the results to show clubs and activities within the cheshire region with a focus on disabilities or long term conditions. You can find more info [here](#)

Live Well
Cheshire West



Much like the link above, this section is for Cheshire east and we have run a filter for disability based activities. You can find more info [here](#)

Ableize is a information service run and owned by disabled people in merseyside and the surrounding areas. There's lots of information available, from support right through to events. You can find more info [here](#)



The idea behind Gig Buddies is that we want to enable people with learning disabilities and/or autistic people to enjoy all the great things going on in their community, especially live music. Gig Buddies is a project that pairs up people with and without learning disabilities (and/or autism) to be friends and to go to events together. Find more info [here](#)

Looking for Carer
Events?
[Check here](#)

Looking for
disability friend
support? [Check
here](#)

Looking for
Disability based
forums? [Check
here](#)

Looking for
Disability grants?
[Check here](#)

WHAT'S ON BOARDS

What's on board:
[Liverpool](#)

What's on board:
[Halton](#)

What's on board:
[Knowsley](#)

What's on board:
[Sefton](#)

What's on board:
[St Helens](#)

What's on board:
[Warrington](#)

What's on board:
[Cheshire East](#)

What's on board:
[Cheshire West](#)

What's on board:
[Lancashire](#)

Liverpool
[Voluntary Services](#)

Knowsley
[Voluntary Services](#)

What's on board:
[Greater Manchester](#)

Warrington
[Voluntary Services](#)

Cheshire East
[Voluntary Services](#)

Cheshire West
[Voluntary Services](#)

Sefton
[Voluntary Services](#)

Halton & St Helens
[Voluntary Services](#)

Lancashire
[Voluntary Services](#)

Greater Manchester
[Voluntary Services](#)

Royal Voluntary
[Service](#)

PASTORAL SUPPORT

- Here at the hub, we're extremely lucky to have Judy who is our Pathways Advisor.
- Judy can help with a range of pastoral topics, like housing, debt, finance and one of the bigger ones – **social engagement**.
- Judy has years upon years of experience in working in community settings and is a fountain of knowledge when it comes to this stuff.
- You can get a FREE & confidential 1-2-1 with Judy, and she'll do her best to get you the right information.

[Self refer here](#)

