

# Friends First

## Safe local spaces to make new friends

- ✓ Looking to get out more and meet like-minded people?
- ✓ Feeling bored and not sure how to fill your time?
- ✓ Does it feel like you don't talk to people a lot?

Our Friends First Community Groups are a great way to get out and socialise with other people.



## Not feeling confident enough to go out and meet new people?

We can support you to start to build your confidence and social network:

- ✓ Finding local activities that match your interests .
- ✓ Support from a friendly volunteer; from telephone calls to accompanying you to groups and even just going for a walk around your neighbourhood.



**If you would like to find out more about our groups for yourself or someone you know, please get in touch:**

**Call on 0121 362 3650 or email at [info@ageconcernbirmingham.org.uk](mailto:info@ageconcernbirmingham.org.uk)**