

A guide to making friends

from the Oddfellows Friendly Society



7.6 million people now live on their own in the UK and one in 10 people experience feelings of loneliness

> The Mental Health Foundation

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Introduction

Friends enrich our lives – they give us the encouragement we need to do new things and challenge ourselves. They make us laugh, they share our joys and they also support us when we're sad.

There are points in life when we all can struggle. Illness, bereavement, redundancy, retirement, moving house, relationship breakdown, financial difficulties – these events can make us feel like we're in a fog, unable to see a way through.

That's perhaps when friendship is most important. The Oddfellows Friendly Society was founded in 1810 at a time when there were no state benefits and no health service. Oddfellows members paid into a kitty each week and could draw on the pot when they needed help. They met to support each other in additional ways too – and still do today! We have over 310,000 members and 129 Branches right across the country.

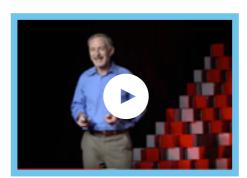
Members come together at meetings to chat, take part in fun activities and hear interesting talks.

We know the power of friendship first hand. Many of our members understand how intimidating it can be to take steps to reach out and make friends. So in writing this guide we've drawn heavily on their experience and wisdom.

This guide can help you think about friendship, where to find it and how to make friends. We hope it will help those who may be struggling a bit. We also hope it will help those who aren't struggling. Sometimes it's easy to feel that there's little time or need for friends. With the retirement age rising many older people feel they have to work longer than they might have preferred and finding the energy outside work can make it hard to nurture friendships. But the experts tell us it's always worth spending some effort to nurture friendships. "People who are more socially connected to family, friends and community are happier; they're physically healthier and they live longer... Good close relationships seem to buffer us from some of the slings and arrows of getting old. Relationships are messy and they're complicated. And the hard work of tending to family and friends is not sexy and glamorous. It's also lifelong. It never ends... [But] the people who fare best are the people who lean into relationships."

Robert Waldinger, Director of the Harvard Study of Adult Development

The Harvard Study of Adult Development has been following 700 people from rich and poor backgrounds for 75 years to see what keeps them happy and healthy. It's the longest such study in the world. Study Director Robert Waldinger says good, warm relationships are protective.



Watch Robert's TED talk on YouTube at bit.ly/friendship-study

"We all know we're supposed to eat five pieces of fruit and veg a day, but maybe we should add having a cup of tea with a friend to that daily target. And, just like we're supposed to have a variety of fruit and veg, it seems we need a broad range of friends too."

Jane Nelson, CEO, the Oddfellows

What sort of friends do you need?

Scientists around the world have come to the same conclusion – friendship is a lifesaver. It helps guard against depression and reduces stress. Those with close friends are nearly a third less likely to suffer heart disease or strokes. It even helps reduce physical pain. Good relationships – more than money or fame – are the key to happiness.

So friends are undoubtedly good for us. But we all have different ideas of what a friend is.

The older we get the more friends we need

American researchers have found that we change as we get older. In one respect older adults are like teenagers – what matters most is how many friends we have, whereas in middle age, when we are perhaps busiest, it's the quality of friendships that counts. "Remember, you're not alone in seeking friendship. You may be the new friend someone else is looking for too."

Denise Turner, Deeside Branch

In Australia scientists have shown that those who spend time with close friends live longer and those with the largest number of friends live the longest of all.

That might be hard to believe if you've just lost a loved one -ahusband, wife or best friend. The truth is, they're irreplaceable. But it's often possible to find some of the aspects of support they gave you in others.

It's worth spending a moment to think about what you want from a friendship. You may find different types of friends help meet different needs. Try filling in the box on the next page to help think about what you need from friendships.

	Someone I can go to events with
	Someone I can share experiences with, like holidays and shopping trips
	Someone I can talk to
	Someone to give me a hug
	Someone I can call if I'm in trouble
	Someone who makes me laugh
	Someone who values my company and help and makes me feel needed
Feel	free to use this space to think about other needs:
•••••	

Where to find friendship

If we're connected with other people, the chances are that we're caring for other people and being cared for. There's more likelihood of us doing interesting things and being physically active (even in a gentle way). Friendship can help keep us mentally engaged with the world around us – so we chat together about what's on the news or what we've seen and heard. All of these things are important to our long-term wellbeing. It can be helpful to remember this when you're thinking how you might make new friends. There are lots of places you might go to find friendship – we've listed some in our Friendship Directory at the back of this guide.

Try thinking about different types of friendship activity – here are five, based on our chats with Oddfellows members about how they've made friends.



Active

This might mean joining a Zumba class or walking group. Or it might mean taking up an active hobby like gardening or running or doing something fun like 10-pin bowling. Check out our website www.oddfellows.co.uk/events or call us on 0800 028 1810 our team can help you find Oddfellows activities near you. You're sure of a warm welcome. If there aren't any groups near you, we may be able to find other opportunities for fun and friendship. Have a look in your local shops for noticeboards advertising other groups and events in your neighbourhood.



Learning

This might mean joining a singing group or learning a new language. It might be a life drawing night class or joining a special interest group.



Volunteering and values

This could mean volunteering with a great organisation like the Royal Voluntary Service or helping at a charity shop. Giving time doesn't have to be formal – lots of people do enormous good supporting neighbours, offering company or a helping hand, and deep friendships can grow from these small acts.

Having shared values can be a good basis on which to build friendship. It might mean becoming part of a faith community – going to a church or other religious organisation or a group affiliated to it. It could mean joining a political party or a campaign group like Amnesty International that has meetings in your area.

"When my husband Jack died, I struggled. I was spending less time with others and hurting. I began by just attending some of the Oddfellows events locally like lunches and day trips. Now I volunteer as a Care and Welfare Officer, supporting other members who are going through a rough time and also helping to arrange events and trips."

Dorothy Emerson, Manchester Branch (winner of the high-jump silver medal at the 1960 Rome Olympics)



Social

This might mean going to a local "coffee morning" where you sit and chat with others. Check out our website at <u>www.</u> <u>oddfellows.co.uk/events</u> or call us on 0800 028 1810 to find groups near you. Other popular groups include the Women's Institute, the Townswomen's Guild, Rotary Clubs and <u>meetup.com</u>.

"In anticipation of retiring, I knew I had to do something to replace my work mates with playmates. It was not easy at first and it took time, but it was worth it."

Helen Carnson, South East Lancashire Branch





Interest

Though they say opposites attract, you're much more likely to get on with someone who you share common interests with. This might mean joining a book club, theatre group or a model railway society.

There can be overlap between these groups. If you attend an Oddfellows group you might find yourself enjoying the social "tea and chat" sessions and also taking part in activities like dances and attending interesting talks or getting involved in our care activities, helping others.

If you can find groups that are right for you there's a high chance that you'll find new friends because you'll have shared interests, values or needs. You'll have something in common with the other people there.

Exercise

Take a moment to look at our list and write down which types of group interest you – the more the better. Look at our Friendship Directory at the back of this guide to find some organisations that might fit your needs. Also look at local noticeboards in your library, supermarket or community spaces advertising groups and activities in your area. Check out the "What's on" sections of your local newspaper too. Then go for it – see how many you can try out!

Remember, if you don't like it, you don't have to go back!

"The Oddfellows is a place you can go at any age and unaccompanied. You don't have to have a man – and you don't have to be looking for one! We can go walking or on day trips to Skegness or Chester Zoo. We just have fun together."

Josephine Vestey, Derby Branch, pictured left, with her best friend Jeanette Carter

Top tips for making friends

There are lots of things that get in the way of us making friends. Not knowing how to start or where to look can be an issue. For many of us it's lack of self-confidence. We're shy. We don't feel interesting enough. We're afraid. This is completely normal! Here we've tried to pull together some tips to help you feel more confident.

What are you afraid of?

It's good to acknowledge your fears. What do you think might go wrong?

Now try to think about other possibilities and the best-case scenario. Focus on the positive outcomes and aim for these.



Focus on finding solutions – not problems

We can find ourselves in negative loops, dwelling repeatedly on our problems. Try to concentrate on solutions instead. If one isn't immediately obvious, think about what steps you can take to find a solution.

Think positive

We all have inner voices that tell us things like "I can't do this", "I'm boring", "It'll go wrong", "I'm not good enough". The exercise opposite can help you train your brain to think differently.

Another good way of staying upbeat is to take regular moments to think about all the good things in your life and the things that have happened most recently to be thankful for.

Exercise



Write down your negative thoughts on a piece of paper. Now take another piece of paper. Look at your negative thoughts list and write the opposite — "I can do this", "I'm interesting", "It can go well".



Write down five things you're good at – it could

be baking, listening, playing music. Think about the qualities that you can bring to a friendship, like companionship, loyalty, a good sense of humour.



Now bin your negative list. Keep your positive list, look at it regularly. Use it to help you silence your negative thoughts and replace them with positive ones. " Big jobs are always dealt with better if you take them one step at a time. My wife and I wanted to tackle a big job in the garden but we didn't let the size of the task overwhelm us. We just broke it down into bite size chunks and divided the jobs up between us – it's less stressful that way and you can take more pleasure from the results you achieve."

Alan Hyatt, Severn & Trent Branch



Set achievable goals

Just as people can be hard on themselves, they can also set themselves targets that are too high – and then get disappointed when they fail to reach them. Set goals you know you can achieve (don't measure yourself against others). Pause to pat yourself on the back when you've hit your target. The more small goals you achieve the better you'll feel about yourself. You might soon find yourself setting bigger (but still achievable) goals.

Be kind and helpful

As well as thinking about what other people can do for you, think about what you might do for them. It could be helping a neighbour put the bins out or doing some volunteering. People who give lots often find they receive even more in return.

Look after yourself

Food and exercise can make a big difference to how we feel. You don't have to cut out all those tasty treats or start doing six-mile jogs every morning. It can be part of your small goals target – eating a healthy meal a day and doing a short walk or some yoga.

Adults should ideally do five half-hour sessions of moderate activity every week. The results are potentially life-changing. Research from the British Heart Foundation shows that being active a few times a day, even for just 10 minutes at a time, can be as good for you as giving up smoking or maintaining a balanced diet. It can lower your chances of a stroke, type 2 diabetes, some cancers, depression and dementia.

Whatever you try, keep it achievable and don't pull a muscle!

How much physical activty is recommended for adults?



of moderate activity every week

What counts as moderate activity?



Source: www.gov.uk

Look good, feel good

What's on the inside is what really matters, but how we look on the outside can help boost our self-confidence. At some time most of us have had a favourite item of clothing that made us feel good, which we kept for those days when we were going out and needed that extra boost. You may still have it!

Have a delve in your wardrobe to see what forgotten treasures you might find. Go out and find something in the shops that makes you feel special. You don't have to spend a lot.

A fresh haircut, polished shoes, dressing a bit smarter – simple things like having a shower and a shave or putting on a bit of make-up can help energise us too.

Just ask

Friendship can ripple. You start with one friend and then you meet that friend's friends and so on. Before you know it you're building your own social network. One of the best ways to find new friends is to talk to the people you meet and know already. They needn't be good friends. Find out more about them. Ask if they belong to clubs or societies that you might like to visit. They might invite you to join them. You never know where it might lead. Asking questions is a powerful way of communicating and easily underestimated.

Smile

Smiling – even if it's forced at first – relaxes the facial muscles and sends "happy" signals to the brain. Try it!

Kath:

"We met 12 years ago at church, where we worked together to raise cash for roof repairs. We haven't stopped since! We did another project to pay for a diabetes clinic in Jamaica and we do a big fundraising raffle for the Oddfellows every year."

Kath Copeland and Dorothy Lunn, Leeds Branch

Dorothy:

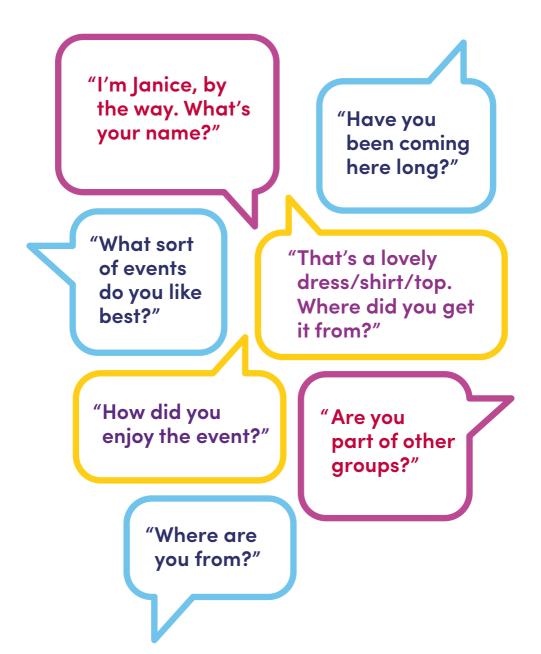
"Neither of us has time to be lonely – we're too busy!"

Starting a conversation

Most of us are capable of making friends, but we may have fallen out of practice. Walking into a room full of strangers can feel daunting. These tips might help.

- Just be yourself. If you want to make genuine friends there's no point pretending you're something you're not or faking interests that aren't real!
- 2 Be patient. It will take people time to realise how marvellous you are, just like it will take you time to learn how lovely some of the other people in the room are.
- 3 Don't feel intimidated. Your opinions and enthusiasms are valid.
- 4 Smile and introduce yourself. It's a friendly way to start a conversation.
- 5 Maintain eye contact. Look people in the eye, smile, nod, show that you're listening.

- 6 Ask questions. You won't find much out if you don't.
- 7 Talk about the event and things going on around you.
- 8 Listen to what people have to say. It shows you are interested.
- Pay compliments. It's a great way of showing interest.
- 10 Don't worry about remembering names. You can always ask again later.



Being digitally social

Millions of us have discovered the power of the internet to maintain and start friendships.

More than half of all pensionable UK adults are on the social network Facebook and the number grows every day. Facebook has over 31m users in the UK. More than 8m users are over 50 years old.

Others are using emails to keep in touch easily and cheaply with loved ones they might not be able to see very often.

Venturing online to meet and make friends is no substitute for face to face contact, but it can be very rewarding.

If you need help to get the most from a laptop, smartphone or tablet, there are lots of organisations that can help. Age UK runs computer training courses explaining things clearly. Alternatively visit <u>www.</u> <u>onlinecentresnetwork.org</u>. This is a network of over 5,000 grassroots organisations working to give people the skills and confidence to access digital technology.

The secret is getting the right device(s) for you, the right phone package or internet service at home to meet your needs and then getting your device(s) set up just for the tools and services that work for you. Top member tips: review what you're paying for every year to ensure you're not overpaying for a phone or internet contract and be careful about giving away personal information online or opening emails and attachments from people you don't know.

If you're handy with technology yourself then volunteer to help others – your skills will make you a valuable friend!



Facebook

This is the most common 'social network'. When you join you have a profile page where you can post and share pictures, videos and nuggets of news for friends to see. You can see what they're up to too. It can be a great way to re-connect with people you've lost touch with over the years and keep in touch with friends' news between get togethers.

8

Skype

A free service that helps you hold video calls with friends and relatives.



Instagram

A social networking app made for sharing photos and videos from a smartphone.



Twitter

A social network that allows you to post and share very short messages to the world and follow what friends and the famous are saying too.



YouTube

A free online library of video. It might be funny clips from ancient episodes of All creatures great and small or fantastic "how to" videos that amateurs have uploaded – there are millions. Want to know how to pot on a spider plant or clean the limescale out of a kettle? There's bound to be a helpful video up there showing you how. What's this got to do with friendship? Well friendship is about sharing. We think these videos are acts of friendship. And they can certainly give you something to talk about with friends.



Making friends when it's not easy to get out

For some older people, getting out to meet and make friends isn't simple, particularly if you have physical challenges or have to care for someone else.

We can't pretend it's easy but we do know that in this situation it's more important than ever to work out ways to remain connected.

We've included a number of different telephone and face-toface befriending services in the directory at the end of this guide.

Carers can face particular issues with leaving those they care for and there are organisations such as Carers UK which offer a range of help and support. Check out local community transport schemes such as Dial-a-Ride too.

When you can't get out easily, think of other ways you can remain connected. Use the sorts of online tools we've mentioned in the previous section.

For those needing one-to-one support, companies such as Home Instead Senior Care (with whom the Oddfellows has a partnership) can often help. As well as providing support and companionship in the home, they can help people get beyond their front doorstep to lunches and events.

"I regularly take my clients out and about – whether it's to the local coffee shop or garden centre. Even just getting out to the local park with the help of a walking aid works wonders – and it's amazing how many people you meet to have a chat with as you go about your day."

Home Instead CAREGiver Carol Cossentine

Friendship Directory

The Oddfellows is a great place to start if you're looking to make friends. We have 129 Branches around the country offering social opportunities and ways to get involved. Check out our website at <u>www.oddfellows.co.uk/events</u> or call us on 0800 028 1810 – our team can help you find all kinds of activities near you. We also thought it would be helpful to share with you some contact details for other organisations that might help you find friends.

There are lots more than we've been able to fit in here, but we hope this gets you off to a good start!

Activity

Borrow My Doggy: www.borrowmydoggy.com

Allows you to help someone out by walking or caring for their dog. Pets can be a great source of company and unconditional love. Dog walking can also be a good way to get outside, be active and meet other dog walkers.

Bowls Clubs: www.bowlsclub.org

Great site to find bowls clubs near you – lawn bowls, crown green, indoor bowls, short mat and carpet bowls clubs.

The Ramblers: 020 7339 8500 or www.ramblers.org.uk

Join Britain's largest walking community, with hundreds of group-led walks each week.

Royal Horticultural Society (RHS): www.rhs.org.uk/communities

Check out the "find a group" tab on the website to find local community or school gardening groups near you. The directory lists thousands.

Sports Clubs: www.sports-clubs.net

This website offers a long list of links to sports clubs and associations to help you get active, including swimming, taekwondo and even Highland Games associations.

Walking for Health: 020 7339 8541 or www.walkingforhealth.org.uk

Offers free short walks suitable for all, including people with long-term health conditions such as cancer, diabetes and heart disease.

Learning

Age UK Classes and Courses: www.ageuk.org.uk/work-and-learning

Some of Age UK's most popular courses include family history, computer skills, photography and cookery. There's something for everyone.

Digital Unite: 0800 228 9272 or www.digitalunite.com

Digital Unite trains and supports Digital Champions to help people make the most of the internet.

Senior Learning Network: www.seniorlearningnetwork.com

If you have a computer with a camera and internet, this is a great way to share stories and find people with similar passions and hobbies.

University of the Third Age (U3A): 020 8466 6139 or www.u3a.org.uk

Retired and semi-retired people come together and learn together, not for qualifications but for the joy of it.

Workers' Educational Association: www.wea.org.uk

Offering accessible and fun courses for people of all backgrounds, the WEA runs courses all over England and Scotland. Try WEA Cymru if you live in Wales – <u>www.adultlearning.wales</u>

Volunteering and values

Action for Children: 0300 123 2112 or <u>www.actionforchildren.org.uk/</u> <u>how-to-help/volunteer-with-us</u>

Make a real difference to the lives of disadvantaged children while meeting new people and learning new skills, within a welcoming and enthusiastic team.

Alzheimer's Society: www.alzheimers.org.uk/info/20017/volunteering

You could help someone with dementia by enjoying activities such as trips to the garden centre, visiting nature spots or simply having a chat over a cup of tea.

British Red Cross: 0344 871 1111 or www.redcross.org.uk/lonely

The Red Cross offers a wealth of support in addition to providing opportunities for those looking to help others who are lonely or socially isolated.

Carers UK: 020 7378 4999 or www.carersuk.org/how-you-can-help

By volunteering for Carers UK you could make a genuine difference to the lives of people who work hard to improve the quality of life of others.

Do-it: www.do-it.org

Find volunteering opportunities near you with a flexible range of time and skill requirements. No matter what your strengths and interests are, you can be invaluable to the community.

English Heritage: 0370 333 1181 or <u>www.english-heritage.org.uk/</u> <u>support-us</u>

From answering visitors' questions or running family-oriented activities to helping out with gardening, there's a role for everyone at some stunning locations.

Local Volunteer Centres: 020 7713 6161 or <u>www.ncvo.org.uk/ncvo-volunteering</u>

Each local authority area has an organisation which advertises volunteering opportunities in its area.

Mentoring and Befriending Foundation: 0161 787 8600 or <u>www.mandbf.org.uk</u>

The Mentoring and Befriending Foundation accepts volunteers from all backgrounds and enjoys a broad mix of mentors.

National Trust: 0344 800 1895 or www.nationaltrust.org.uk/volunteer

Help contribute to a great cause in some fantastic locations. There are plenty of opportunities, regardless of your situation.

Refugee Action: 0207 952 1511 or www.refugee-action.org.uk

Refugee Action offers the chance to make new friends, learn new skills and help support refugees and asylum seekers in the UK.

The Retired and Senior Volunteer Programme: 020 3780 5870 or <u>www.volunteeringmatters.org.uk</u>

The Retired and Senior Volunteer Programme helps over-50s find opportunities to use their skills and experience in the community.

Royal Voluntary Service: 0845 608 0122 or <u>www.royalvoluntaryservice</u>. <u>org.uk/volunteer</u>

The Royal Voluntary Service is a good way to meet and help people. It offers a wide variety of opportunities to make a big difference in your community.

Sense: 0300 330 9256 or www.sense.org.uk/content/volunteering

Sense offers volunteering opportunities that improve the lives of deafblind people and their families.

Wildlife Trust: 01636 677711 or www.wildlifetrusts.org

Wherever you live there's a Wildlife Trust that covers your area and would appreciate your help with things like species surveying, dry stone walling, hedge laying and habitat management.

Women's Institute (WI): 020 7371 9300 or www.thewi.org.uk

Provides women with educational opportunities and the chance to learn new skills, to take part in a wide variety of activities and to campaign on issues that matter to them and their communities.

Social

Age UK: 0800 169 2081 or <u>www.ageuk.org.uk/get-involved/social-</u> <u>groups</u>

Local Age UK groups offer a range of activities such as lunch clubs, social events, gardening groups and exercise classes for older people – and often know of other activities in the area too.

Contact the Elderly: 0800 716543 or <u>www.contact-the-elderly.org.uk/</u> <u>be-our-guest</u>

Free monthly Sunday afternoon tea parties for people over 75 who live alone. The parties are hosted by volunteers and transport is also provided.

Eden Project Communities: 0845 850 8181 or www.edenprojectcommunities.com/reducing-loneliness-and-isolation

Eden runs a huge range of activities – from The Big Lunch to walking buses, there's an opportunity for anyone to take part in enriching their community.

Meetup: www.meetup.com

Local Meetup groups offer all kinds of socialising opportunities, from dancing to cookery.

Men's Sheds: www.menssheds.org.uk/find-a-shed

Provides a place for men to share tools and resources and work on practical projects at their own pace in a safe and friendly venue.

Nextdoor: nextdoor.co.uk/streetlife

Nextdoor is the best way to stay informed about what's going on in your neighbourhood—whether it's finding a last-minute babysitter, planning a local event, or sharing safety tips. There are so many ways our neighbours can help us. We just need an easier way to connect with them.

Rotary Clubs: 01789 765 411 or www.rotarygbi.org

Rotary Clubs raise money for worthy causes, and are welcoming places to listen to some interesting speakers and meet new friends.

Townswomen's Guilds: 0121 326 0400 or www.the-tg.com

Members of the Townswomen's Guilds offer each other support and stability.

Interest

Check the "What's On" section of your local newspaper or visit your nearest library to find out about groups near you that share your interests and are looking for new members and holding events. Many supermarkets will have noticeboards advertising events too.

BBC: www.bbc.co.uk/local

The BBC has 40 local radio stations that often broadcast local events and things to do. Visit the website to select your county and see what's going on.

Extra help

It's important to talk to your GP if you are really struggling. Here we've also listed some useful contacts for specialist help.

Carers UK: 0808 808 7777 or <u>www.carersuk.org/help-and-advice/</u> <u>get-support/local-support</u> and <u>www.carersuk.org/forum</u>

Provides support if you're caring for somebody.

Cruse Bereavement Care: 0808 808 1677 or www.cruse.org.uk

Offers support for bereavement.

Home Instead Senior Care: 01925 730 273 or www.homeinstead.co.uk

National homecare provider that offers non-medical care and companionship in the home for older people and specialises in Alzheimer's and dementia care. Visits last at least an hour, with CAREGivers carefully matched to your needs and interests.

Local authority: www.gov.uk/find-local-council

Most local authority websites have a searchable directory of organisations, services and support for older and disabled people in their local area.

Macmillan: 0808 808 0000 or <u>www.macmillan.org.uk/information_</u> <u>and-support</u>

Offers support to people affected by cancer.

Mind: 0300 123 3393 or www.mind.org.uk/information-support

Offers support for all kinds of mental health concerns.

Relate: 0300 100 1234 or www.relate.org.uk

Offers support with all kinds of relationships.

Moodzone: www.nhs.uk/moodzone

This is an online service run by the NHS with mood self-assessment tools and advice on how to deal with common mental health concerns such as low mood, low confidence and anxiety.

Parkinson's UK: 0808 800 0303 or <u>www.parkinsons.org.uk/</u> <u>information-and-support/local-groups</u>

Provides support to people affected by Parkinson's.

Befriending services

Age UK: 0800 169 2081 or www.ageuk.org.uk/health-wellbeing/loneliness

Telephone befriending service for people over the age of 60, offering weekly friendship calls from volunteers.

Friends of the Elderly: 020 7730 8263 or www.fote.org.uk

Offer regular phone calls from volunteers for people over 60 and home visits in some areas.

'Good Neighbour' or similar: www.gov.uk/find-local-council

Some areas have 'Good Neighbour' schemes or other local befriending organisations that visit people at home. Contact your local council for details.

Independent Age: 0800 319 6789 or www.independentage.org

Offers regular phone calls or visits from volunteers.

The Silver Line: 0800 470 8090 or www.thesilverline.org.uk/what-we-do

A free, confidential helpline for older people, open 24 hours a day every day of the year – offering advice, friendship or just a good chat.

Getting involved with the Oddfellows is a great way to have lots of fun and make new friends

Check out our website at www.oddfellows.co.uk/events or call us on 0800 028 1810 to find social events near you

Get more out of life with the Oddfellows



Have fun and make new friends



Have someone to turn to



Get exclusive deals and offers*



Travel places with friendly faces



Explore our historical archives

Call us on **0800 028 1810** Be part of our friendlier society www.oddfellows.co.uk

*Terms and conditions apply. Visit www.oddfellows.co.uk for details.





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