

**MAKING
& KEEPING
FRIENDS**

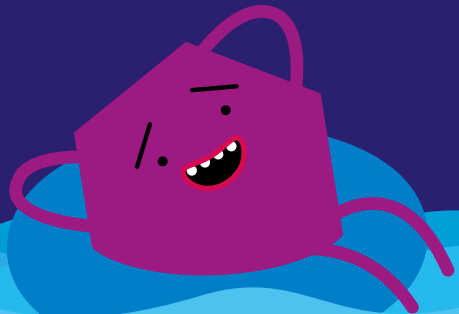
HELLO!

We are Friendkit. A new, fun and awesome (we like to think so anyway) toolkit that helps people make new friends and keep them, just like us. Good isn't it? We like to meet new people and make new friends. Having friends is the best! Because then, we can go swimming or to the cinema, go to a festival, or for a meal or anywhere else we want!

This helps us feel happy and confident while also having a positive impact on our health and well-being. Great!

Friendkit is run by Friends Action North East and they have been around for over 10 years. They are lovely people that support lots of people with a learning disability and autism to make and keep friends!

FRIENDKIT CONSISTS OF INDIVIDUAL TRAINING PROGRAMMES AND RESOURCES THAT WILL HELP YOU TO BUILD YOUR OWN PERSONALISED FRIENDSHIP JOURNEY.

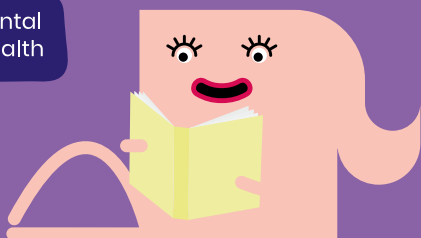
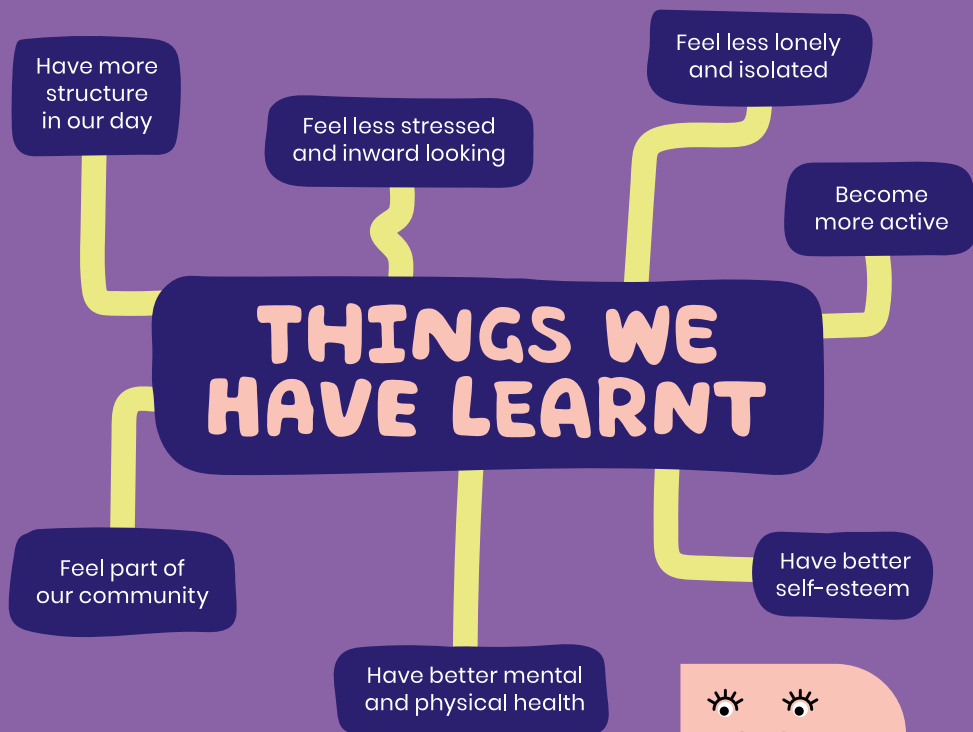


SO, WHAT ARE WE ALL ABOUT?

Friendkit is a collection of tools and resources to support people to make and keep friends. Simple right? Well actually, no.

People with learning disabilities and autism have told us they can find making friends and keeping friends very hard. So we asked them what would help and that is what Friendkit is all about.

There's lots of research showing that having friends and being involved in your community can help you:



OUR TRAINING PROGRAMMES

OUR FUN AND ACCESSIBLE WORKSHOPS HAVE BEEN DESIGNED TO HELP US EXPLORE AND OVERCOME ALL THE TRIALS AND TRIBULATIONS OF GETTING OUT AND MEETING FRIENDS. THEY ARE BASED ON REAL LIFE EXPERIENCES AND ARE A GREAT WAY TO LEARN ABOUT MAKING AND KEEPING HEALTHY FRIENDSHIPS.



WHAT IS A FRIEND?

This workshop is about understanding the difference between equal friendships and other types of relationships in our lives.

WHAT DOES THE COURSE COVER?

- Exploring what makes a positive and equal friendship.
- Understanding the qualities of a good friend and how to be a good friend to others.
- Recognising unacceptable behaviour within a friendship and what to do about hate crime or negative behaviour within a friendship.
- Building friendship skills and confidence around making and keeping friends.

WHO IS THE WORKSHOP FOR?

It's for anyone who wants to:

- Gain some useful tips and practical resources to help make new friends and understand what equality is in a friendship.
- Feel more able to recognise good and bad behaviour within a friendship.
- Build skills and confidence around making new friends and keeping friendships going.

GOALS & BARRIERS

This workshop is about setting personal friendship goals and breaking them down into practical, achievable steps towards building meaningful friendships.

WHAT DOES THE COURSE COVER?

- Building a personal profile and finding a starting point for setting friendship goals.
- Exploring the range of tasks involved when getting out and building friendships and exploring ways to work towards goals.
- Recognising the tasks and support needed when finding a way around the barriers.
- Building an understanding of friendship goals and how they can be achieved.

WHO IS THE WORKSHOP FOR?

It's for anyone who wants to:

- Gain some practical tips for setting friendship goals and ways to achieve them.
- Make a plan about finding opportunities to meet people and make friends.
- Explore ways to overcome things that may be difficult when making and keeping friends.

PLAN B

This workshop is about planning ahead and being prepared when going out with friends, whether you can do this independently or with support.

SOCIAL INTERACTION

This workshop is about feeling more confident in new situations and getting guidance about social rules and making conversation in social settings.

WHAT DOES THE COURSE COVER?

- Looking at body language and facial expressions when meeting new people and spending time with friends.
- Exploring hints and tips to help start a conversation when meeting people for the first time.
- Thinking and talking about the do's and don'ts of social rules.
- Building friendship skills and confidence around being in new social situations.

WHO IS THE WORKSHOP FOR?

It's for anyone who wants to:

- Gain some practical tips for starting a conversation when meeting new people and when out with friends.
- Feel more confident when talking and listening to people and have ideas about things to talk about with others.
- Build skills and confidence around being in unfamiliar social situations.

WHAT DOES THE COURSE COVER?

- Being aware of the problems someone might encounter when going out and having a back up plan if things do go wrong.
- Taking responsibility for personal safety and putting together a safety checklist to help with future planning.
- How to be more independent (or interdependent) and involved in planning social activities, regardless of the level of support required.
- Building friendship skills and confidence around going out and trying new things with friends.

WHO IS THE WORKSHOP FOR?

It's for anyone who wants to:

- Gain some useful tips and practical resources to help get out and about safely with friends.
- Feel more in control when planning their social life.
- Build skills and confidence to overcome problems when going out with friends.

SOLVING FRIENDSHIP PROBLEMS

This workshop is about finding positive ways to deal with conflict and disagreements in friendships and relationships.

WHAT DOES THE COURSE COVER?

- Exploring what makes a positive and equal friendship.
- Thinking about do's and don'ts when having a disagreement.
- Working through problem solving techniques to resolve conflict.
- Gaining ideas and suggestions about ways to positively overcome problems within relationships with friends.

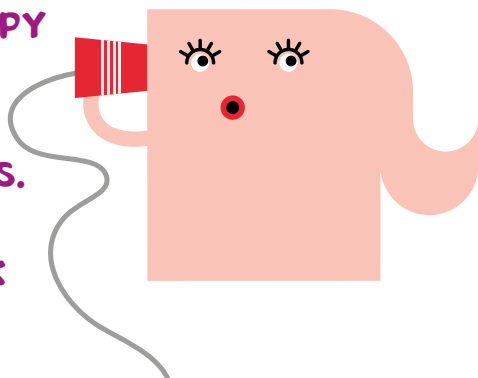
WHO IS THE WORKSHOP FOR?

It's for anyone who wants to:

- Gain some useful tips and practical resources to help maintain friendships and overcome problems that can arise when spending time with friends.
- Tackle problems without losing your friendship and finding ways to move past issues in a positive way.
- Feel more able to recognise good and bad behaviour within a friendship.
- Build skills and confidence around keeping friendships going.

GET IN TOUCH TO FIND OUT MORE ABOUT FRIENDKIT AND HOW WE WORK. WE ARE HAPPY TO COME AND WORK WITH YOUR GROUP OR YOU CAN BOOK ONE OF OUR REGULAR FRIENDKIT TRAINING DATES.

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CONTACT

For more information or if you would like to have a chat with any of us here at Friendkit, contact:

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