

A brief introduction



HELLO  
HELLO  
HELLO!!!

# HOW ARE YOU?

## 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?

Keep on reading about how great  
friendship is and how we can help!

Think of us as your supportive friend.



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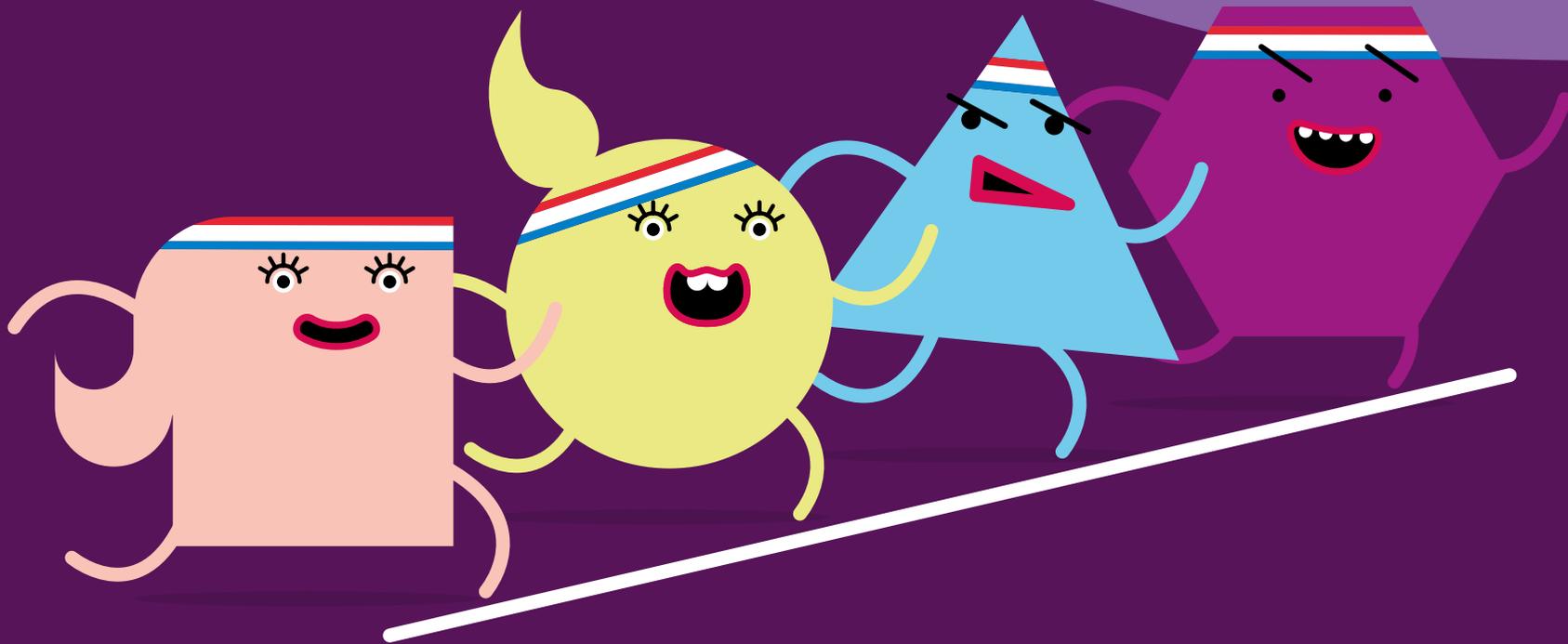
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ON YOUR MARKS,  
GET SET, GO!



# WHO WE ARE

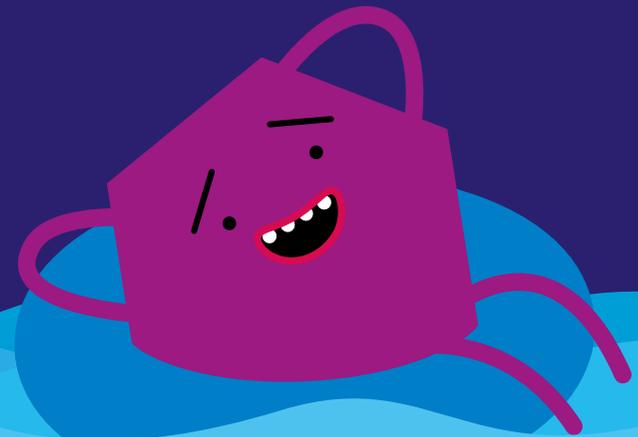
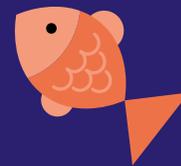
Hello again!

We are Friendkit (as you already know). 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!



**WHAT  
MAKES US  
TICK?**

# WHAT MAKES US TICK?

At Friendkit, we believe in certain things. It is good to believe in something.

We did lots of research and talked an awful lot with different people and came up with a number of words that we like and live our lives by. We then created a message that says it all: 'Helping People to make and keep friends'.

And that is exactly what we do.

## Communication

Talking	Joining
Sharing	Contacting
Connecting	Expressing
Showing	

## Community

Places	Company
Local	Belonging
Neighbourhood	Society
Home	Inclusion

Helping people to make and keep friends

## Relationships

Friendships	Respect
Bonding	Give and Take
Acceptance	Equality
Balance	Together
Well-being	Understanding

## Support

Guidance	Encouragement
Care	Interdependence
Planning	Help
Freedom	Co-operation

# SO WHAT IS Friendkit ALL ABOUT?

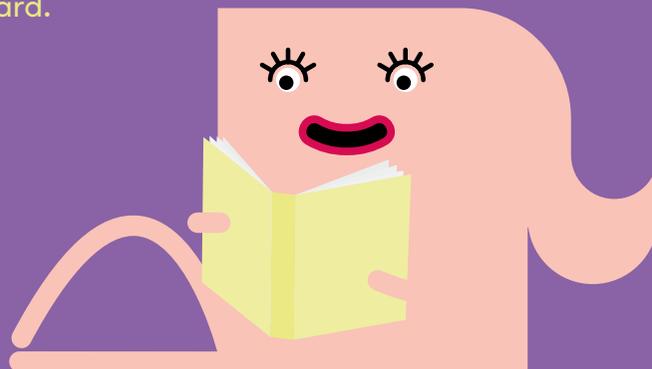
Well, we'll tell you.

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:



# HOW WE HELP

The way that we help is by using our knowledge (stuff we've learned), experience (stuff we've done) and resources (stuff we've made), to set friendship goals like:

Joining a new group

Finding out about friendly places to visit

Learning a new bus route into town

Using a mobile phone to text a friend

Using digital tools to connect with friends

Making conversation with a new person

Transport problems

Finding out what's on

We work on overcoming barriers to friendship like these:

Socialising on a budget

Feeling safe

## SOME OF THE WAYS WE HELP

We work with supporters (family, carers, paid staff) to plan ways of making sure the good stuff carries on after we've helped. That means remembering all the good stuff and keeping friendships going.

We teach the skills that people need to help them to build and maintain friendships.

We match people who want to make and keep friends with a volunteer to support them in setting friendship goals and plan ways to achieve them.

We achieve goals by breaking targets down into small steps. And small steps lead to bigger ones.

# OUR TRAINING PROGRAMMES

Friendkit consists of individual training programmes and resources that will help you to build your own personalised friendship journey.

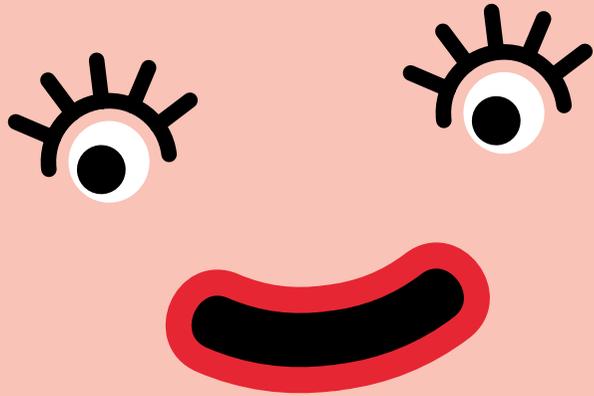
Each one focuses on a different part of friendship and takes you through fun activities, conversations, games, videos and other cool stuff. They provide you with the tools and resources needed to build a picture of your friendship goals and plans so you can work towards making and keeping friends. The training programmes are:

**WHAT IS A FRIEND?**

**PLAN B**

**GOALS & BARRIERS**

**SOCIAL INTERACTION**



# 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.

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

### 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:

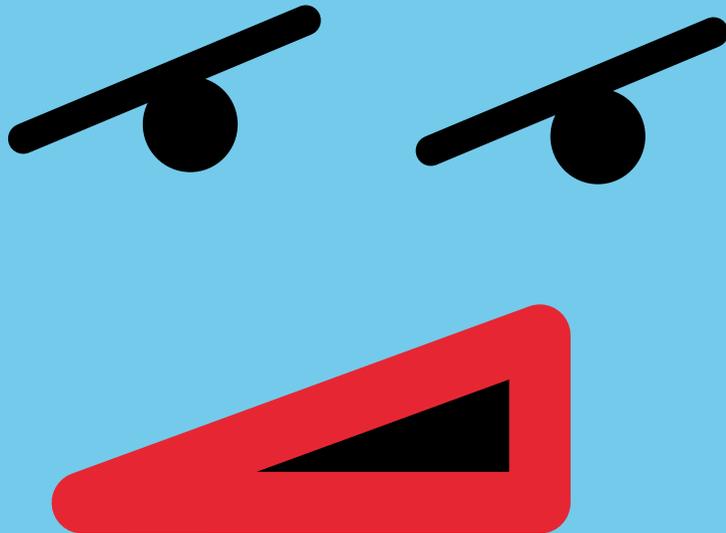
- Gain some useful tips and practical resources to help get out and about safely with friends.
- Feel more in control when planning their social life.
- Build skills and confidence to overcome problems when going out with friends.



# PLAN B

# GOALS & BARRIERS

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



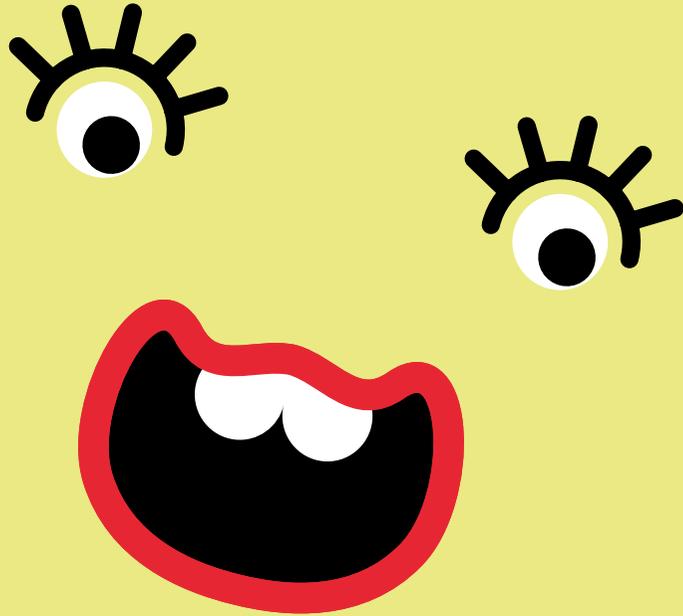
## WHAT DOES THE COURSE COVER?

- 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.



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.

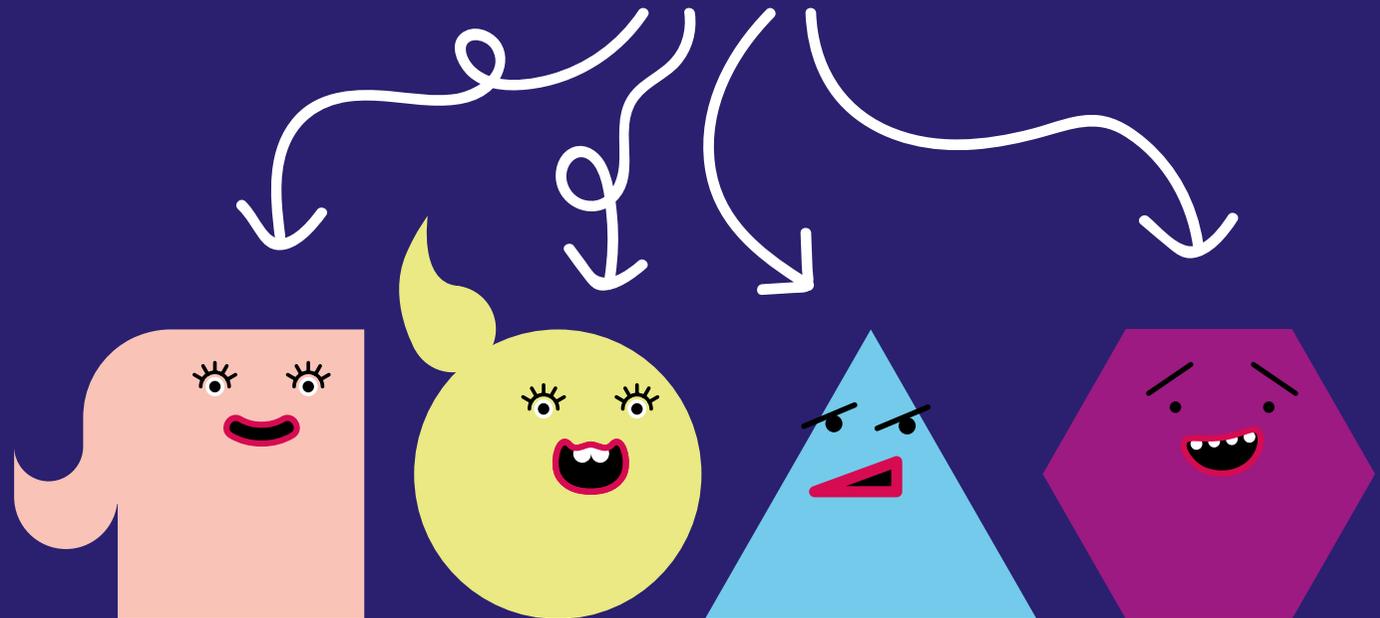
# SOCIAL INTERACTION

# INTRODUCING OUR MASCOTS

To make it a little easier to communicate with everyone, we have created some characters that we call our mascots. Think of them as a mentors. They allow us to get our point across much easier. You may have seen them already.

Each mascot has their own speciality. One is very good at explaining things, another is best with directions, overcoming barriers and social interaction. One is even good on computers and stuff.

So we feel that we have got pretty much everything covered to help people achieve their goals of finding it easier to talk to people and make lasting friendships.



# SO WHAT'S NEXT FOR Friendkit?

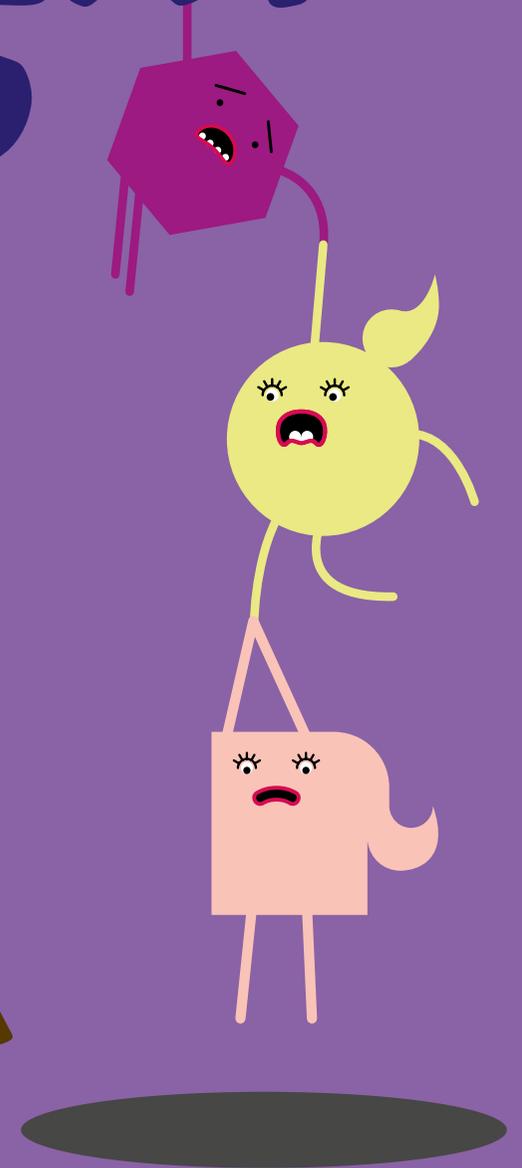
Over the coming months we are getting Friendkit ready to help loads and loads of different people have some tools and resources to help them make and keep friendships, so keep your eyes peeled.

We are really excited as we have had years of testing and research, meetings and conversations and we have met lots of interesting people who have helped us to make Friendkit happen... and we can't wait to meet some more new people... like you.

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

0191 231 4327  
info@friendkit.co.uk  
friendkit.co.uk

And don't worry,  
we're a friendly bunch!



# FRIENDSHIP SUPPORT MODEL (OUR CREATORS)

The Friends Action North East (FANE) team have over 20 years experience of working with people with a range of learning disabilities, difficulties and autism in educational and creative settings.

Since becoming a registered charity in 2010, FANE has worked with hundreds of people and their supporters throughout the North East, to find out how people want to be supported with friendship, community life and building ordinary social networks.

All of the training, resources, group and 1:1 programmes they offer are based on what people have said they want and need and what they find useful when being supported with making and keeping lasting friendships.

Many people around the region have told FANE they are struggling with social situations, lacking real friendships and feeling lonely and isolated.

They are often vulnerable and at risk from abuse and discrimination and feel left out of everyday community life.

FANE works by placing people in the driving seat to constantly shape and develop the work they do. Supporting people to build equal and meaningful friendships with all of the benefits this brings to our lives, mental health and well being.

Speak to the FANE team to find out how they can work with you to help you to make and keep friends and build an ordinary social life.

## BESPOKE TRAINING PACKAGES

If you work for an organisation that supports others and would like to better support friendship opportunities within your work, please get in touch to find out how we can work together.

We will be happy to talk to you about the training and development we offer and how you can put our tried and tested model of support into practice in your everyday activities. We can tailor our training to meet your needs and we will be happy to work with you to develop methods and resources to suit the people you support.

**WE CAN'T IMAGINE  
A LIFE WITHOUT  
FRIENDS, CAN YOU?**

## GET IN TOUCH

Phone us on:  
**0191 231 4327**

Drop us a line at:  
**[info@friendsaction.co.uk](mailto:info@friendsaction.co.uk)**

Make an appointment  
and come and see us at:  
**Friends Action North East  
Ouseburn Farm  
Ouseburn Road  
Newcastle upon Tyne  
NE1 2PA**

See more of what we do  
here: **[friendsaction.co.uk](http://friendsaction.co.uk)**



# Friendkit

[friendkit.co.uk](http://friendkit.co.uk)