



CONNECTING
BROMLEY

DEREK'S TOP TEN TIPS to feeling less lonely

Derek's Top 10 Tips are from *Living in Manchester - our age-friendly city, 2016*

- 1 Make an effort to make new friends
- 2 Join a hobbies club
- 3 Visit your local community or resource centre and find out what's on offer
- 4 Learn to use a computer at your local library
- 5 Seek help from your local social services
- 6 Consider taking in a lodger or paying guest
- 7 Use your telephone more often to contact people; don't wait for people to contact you
- 8 Contact friends and relatives you haven't spoken to recently
- 9 Make friends with your neighbours
- 10 Do voluntary work if you are able to

Feel connected with your community -
see what's on near you

<https://bromley.mylifeportal.co.uk/connectingbromley>