

In person

Volunteering

Offer your time or talents at a hospital, place of worship, museum, community centre, charity shop or other organisation. You can form strong connections when you work with people who have mutual interests.

Try: **Dolt – Nextdoor – London volunteering**

Extend and accept invitations

Invite a colleague to join you for coffee or lunch. When you're invited to a social gathering, say yes! Contact someone who recently invited you to an activity and return the favour.

Take up a new hobby

Offer your time or talents at a hospital, place of worship, museum, community centre, charity shop or other organisation. You can form strong connections when you work with people who have mutual interests.

Try: **Dolt – Nextdoor – London volunteering**

Local meetups

There are great platforms that you can use to meet people in your neighbourhood with similar interests to yours.

Try: **Meetup – Nextdoor – City Socializer**

Find new friends online

You can use specific apps to make new friends in your area. Set up a profile, include a few of your interests and hobbies and find someone that matches you.

Try: **Friender – Bumble BFF – HEY! Vina – Atheto**

In person

Spend quality time with friends and family

Host a games night, attend a concert, go and support your favourite sports team, spend the day at the beach or go for a family walk. Whatever the activity, dedicate at least one day a month to spending quality time with people you love.

Join a community

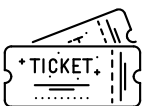
This could be any community such as a book club, sports team, faith community or activist group. Take advantage of special activities and get-to-know-you events for new members.

Connect with your alumni association

If you are a recent graduate you should have access to your university's alumni network which often includes access to free workshops and webinars on a range of topics. Why not connect and sign up to an event?

Attend cultural events

This could involve going to the theatre, visiting an art gallery or attending a lecture on a subject of your interest.



Virtually

Join a facebook group for your local area

Social media is perhaps one of the quickest ways to connect with new people. Conduct a simple Facebook search using the key words for the type of group you are looking for in your area.

Start a blog

Is there any particular topic that fascinates you or that you want to explore in more depth? Why not start a blog about it? Blogging is a great way to share your existing knowledge on a subject and to learn more about it by connecting you with a community of like-minded individuals.

Sign up for a virtual exercise class

Taking part in virtual exercise classes is a great way to keep your activity levels up and can be done when socially isolating or when time does not permit going in person. It also gives you the opportunity to work out as part of a team.

Try: [Free NHS Exercise Videos - Better At Home - Gym Box](#)

Attend an online lecture on a topic that interests you

Most UK universities offer free one-off lectures on specialist topics. Why not connect with your alumni association and learn something new in your sparetime?

Virtually

Attend a livestream concert for a band you like

Music has a way of connecting people in a way that nothing else does. If you miss the atmosphere and sense of togetherness that comes from watching a live performance, why not get dressed up and attend a livestream concert?

Try: Amelia Chamber Music – Songkick – Eventbrite

Set up a zoom quiz with your friends, family or colleagues

Zoom has rapidly become the nation's most used communication platform. Why not use it to set up a regular zoom quiz with others?

