



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## 1-2-1 Friendship Mentor

A one to one friendship mentor supports an individual with a learning disability and/or Autism who has enrolled on to our programme (friendship finder) to achieve their friendship goals.

### **We are looking for volunteers to become Friendship Mentors**

A mentor will be expected to meet up with their friendship finder once a week/fortnight helping them meet up with existing friends or new people and engage in community activities.

A 1-2-1 friendship mentor is not a friend of befriender to the person they are supporting but a mentor who will support their friendship finder to make their own friends.

Mentors are there to help, support friendship finders in finding a friend(s) and maintaining that relationship.

*Please note this is NOT a befriending service but will assist in finding and maintaining friendships by giving people the skills and confidence to develop their own networks and take part in community activities*



befriending | autism | one to one support | adults with learning disabilities | volunteering opportunities |  
Mentorship

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1-2-1 Friendship Mentor



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Last Updated - 22nd November 2023

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