



Living Well North Tyneside

Supporting Health and Wellbeing

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



[friendship](#) | [autism](#) | [one to one support](#) | [volunteering](#)

[adults with learning disabilities](#) |

[volunteering opportunities](#) |

1-2-1 Friendship Mentor



0191 231 4327



lucie@friendsaction.co.uk



Ouseburn Farm
Ouseburn Road
Newcastle Upon Tyne
England
NE1 2PA



<https://www.friendsaction.co.uk/>

Last Updated - 18th July 2024



Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

