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# Befriending services

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We understand that it is difficult to make new friends and meet new people at the moment as we continue the fight against coronavirus.

However, there are a number of national and local services that can help you make new connections without even leaving the house.

While Blackpool Council doesn't endorse any of the services below, we wanted to make a selection of contacts available to help anyone who is suffering from loneliness or isolation.

Services	Details	Contact
Silver Line	A place for the over 60s to meet new friends through 'Silver Circles' where you can access group phone calls with people of a similar interest.	Phone number: 0800 470 8090 Website: <a href="http://www.thesilverline.org.uk">www.thesilverline.org.uk</a>
I-CANN	Throughout the pandemic, I-CANN has continued to deliver its services, offering telephone friendships for anyone who may be feeling isolated or lonely.	Phone number: 01772 746061 Website: <a href="http://www.i-cann.net">www.i-cann.net</a>
RAF Friendship Group	The service helps RAF veterans and wider RAF family members connect over the phone once a week, at a set time, all from the comfort of their home.	Phone number: 0300 222 5703 Email: <a href="mailto:support@rafbf.org.uk">support@rafbf.org.uk</a> Website: <a href="http://www.rafbf.org">www.rafbf.org</a>
The Mix	A helpline for those under 25, The Mix offers an online community for young people to find new friends	Phone number: 0808 808 4994 Website: <a href="http://www.themix.org.uk">www.themix.org.uk</a>
Silver Surfers	For those over 50 who are a little more tech savvy, Silver Surfers is an online befriending service offering news, forums, and light-hearted conversations.	Website: <a href="http://www.silversurfers.com">www.silversurfers.com</a>
The British Red Cross	Through their Connecting Communities scheme, the British Red Cross helps people rediscover their interests and make new friends over three months, while ensuring they know the steps to take to continue the progress made.	Phone number: 01253 953577 Email: <a href="mailto:connectblackpool@redcross.org.uk">connectblackpool@redcross.org.uk</a> Website: <a href="http://www.redcross.org.uk">www.redcross.org.uk</a>
Blackpool FC Community Trust	The BFCCT is offering a range of services to local residents including regular support phone calls and online community sessions.	Phone number: 01253 348691 Email: <a href="http://www.bfcct.co.uk">www.bfcct.co.uk</a>
	A befriending service for those currently experiencing isolation and	Phone number: 0300 323 2100

BESS Buddies	loneliness throughout the pandemic, BESS Buddies offers regular online group sessions and weekly support phone calls from a volunteer.	Email: <a href="mailto:admin@empowermentcharity.org.uk">admin@empowermentcharity.org.uk</a> Website: <a href="http://empowermentcharity.org.uk">empowermentcharity.org.uk</a>
Blackpool Volunteer Centre	The Blackpool Volunteer Centre has set up the BFriend service where volunteers offer regular telephone calls to those feeling lonely or isolated.	Phone number: 07483041029 Email: <a href="mailto:bfriend@blackpoolvolunteers.org.uk">bfriend@blackpoolvolunteers.org.uk</a> Website: <a href="http://volunteercentrebwf.org.uk">volunteercentrebwf.org.uk</a>
Lancashire Volunteer Partnership	Volunteers offer regular telephone support as well as medication and shopping collection for those in isolation.	Phone number: 01772 416417 Website: <a href="http://lancsvp.org.uk">lancsvp.org.uk</a>

Please remember, the Samaritans are available 24/7 if you think you are struggling to cope. You can phone them at any time on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

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