* We joined our local church and have met many nice people.
* Join a group, any group just for the winter. you may want to stop going next year, but by that time you may have a friend or someone to talk to. A group will get you out of the house, cut down on costs at home, keep you warm etc.
* Join our activity days here at Radford Care Group's 'Meet Me' sessions - available to all Nottingham and Nottinghamshire residents. If you are a carer, you can bring your loved ones along, enjoy our activities or just spend time with others (Subsidised rates for carers). Lunch is also available. To book please call 0115 9786133.
* Don’t be afraid to use the resources available to you. It may feel a bit scary to make contact but it can certainly be worthwhile and help in the longer term.
* I do various activities on line through our local U3A. You can find your local group on this site: <https://www.u3a.org.uk/>
* Join a zoom choir e.g. Singing for Fun, Beeston.
* Go to a lunch club
* Look for long or short courses run by Inspire at libraries and other venues