

# Just Friends



Over 500 members to Just Friends, coming to lunch clubs and excursions, enjoying the company of others within the group and forming friendships which help alleviate the feeling of loneliness.

## Our Motivation

My Wife's, Valerie, passing left an enormous hole in my life and having been supported so much by the caring professionals, I then asked the question, 'where do I go now for continued support?'. The answer was, 'Sadly there is nothing available, you are now on your own'. It made me so angry. But I channeled my anger into starting Just Friends, knowing there must be many in the same situation.

In 2018 Frederick Smith decided to start a group to help combat the effects of loneliness.

Just Friends organises social meetings, walking groups and a lunch each month in each branch.

In addition, members can enjoy events including Tea Parties with Entertainment, Steam Train outings, Wine Tasting excursions, Theatre Visits, Specific Lunches including Halloween, Christmas etc. and more.



## Our beneficiaries

- ♦ I have just joined Just Friends following the loss of my partner. It gives me that life will get better with the friendship of the members. – Pete
- ♦ When my husband died I was determined not to "fade away" and I joined Just Friends. I have met some really nice people who have saved me from total boredom. Thank you so much. – Pat
- ♦ Just Friends has been a "delight" and it is all down to Frederick who started all our clubs. Come and try us. You will be welcomed. – Jeannie



**BIGGEST CHALLENGE** - Encouraging new members is a constant challenge, how to reach the people this charity is meant to be helping, those isolated individuals.

There is a need to reach out to services who will be in contact with the very people we would like to see at the lunch clubs, but this is sometimes difficult because it is not always clear who is best to contact.

## Achievements

Having only started the charity in 2018, we are extremely proud to say we have over 500 members across the different branches in East Sussex

## Message to the public

The Just friends groups would like welcome anyone who is living alone and wanting to build friendships, go on visits to some of the wonderful places we have in the South East.

If you are lonely, please come and try our group, we are friendly welcoming and there are branches across East Sussex, so there will be one near you.

Contact us: 01323 725882  
By E-mail: [info@just-friends.uk](mailto:info@just-friends.uk)  
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