Discussion 5: Starting New Activities to Meet New People

“This discussion is about how you might go about starting new activities and meeting new people. Think about which activities you like doing and which you would like to do more of.”

YOU SAY...

<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. How did you feel about the last discussion?</td>
<td></td>
</tr>
<tr>
<td>2. Have you had any reflections or insights since the last discussion about relationships?</td>
<td></td>
</tr>
<tr>
<td>3. Did you take any action as a result of our last discussion?</td>
<td></td>
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<tr>
<td>4. If so, how did it go? Did you learn anything from it about yourself or about how you should act in the future?</td>
<td></td>
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</tbody>
</table>

Family and Friends Toolkit. Discussion 5 of 7: Starting New Activities to Meet New People
<table>
<thead>
<tr>
<th>Questions</th>
<th>Answers</th>
<th>Support Worker’s Comments</th>
</tr>
</thead>
</table>
| What activities would you like to get involved in? (Please check all relevant boxes) | □ Volunteering to work with homeless people  
□ Other opportunities for volunteering  
□ Work, training or education  
□ Religious organisation  
□ Self-help group  
□ Sports  
□ Personal interests/hobbies  
□ Political activities or campaigning  
□ Clubs  
□ Outings or holidays  
□ Finding a romantic partner  
Please list any other activities you would like to get involved in: | |
## Reflections and Review

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Are there key points, new insights or ideas that have stuck in your mind from this discussion?</td>
<td>Key points / insights / ideas:</td>
</tr>
<tr>
<td>2. Is there any action you intend to take as a result?</td>
<td>Actions:</td>
</tr>
</tbody>
</table>

**Support Worker Name:**

**Service User Name:**

*Family and Friends Toolkit. Discussion 5 of 7: Starting New Activities to Meet New People*