



10 Ways to widen your circle of friends offline

Ok so you feel the need to give social media a short break but are scared of losing a connection with people, or feeling isolated.

Here are 10 ways to connect with people offline and widen your circle of friends.

1. Break the ice – you know how you see the same person at the station every morning, maybe nod and/or smile but never engage them in conversation? Find a way to break the ice and find out a little bit about them. Sit together on the train and discuss common interests.

2. Start a lunchtime club – does everyone eat sandwiches at their desk? Why not start a lunchtime club at work? Everyone loves to be a bit more social. Put invitations up on the notice boards and see who turns up. We started a charity committee in my last job, and went on to raise £1000's for good causes whilst brainstorming over our lunch boxes.

3. Find other new people – perhaps you have just moved to the area and don't know many people. Find others who have recently moved, and go exploring together. You either become new friends, or find new friends together.

4. Friends of friends – people who know you need little encouragement to introduce you to people they know. Your social circle can easily grow by spinning out social circles as the group becomes larger.

5. At the coffee machine – many friendships start at work, often as you spend more time with work colleagues than you do with family. It helps that you have work in common, it gives you a topic to talk about, and take it from there.

6. Search for old friends – do you ever wonder that happened to your friends from school? The internet (although slightly cheating here) can help you to find them again. However, people change with time, so don't assume you will still get on, but most likely you will.

7. Networking events – from union meetings to business breakfasts, there are lots of organised networking events you can attend. You might be forced to attend through work, but then find people who you'd like to socialise with too.



8. Join things – Gyms, running clubs, craft meetings and book clubs are all places where you'll meet new people. Find something you are interested in and look for clubs in your area, then you'll be able to meet people with common interests.

9. Be receptive – the potential to meet new people is everywhere from the school gates to supermarket checkouts. Be open and listen to what people have to say and people will see you as someone they'd like to get to know better. Make time for them and find out how much you have in common.

10. Travel – many single people travel with companies that specialise in this field, so there are plenty of coach trips, retreats and organised trips that will have lots of other people who you can connect with whilst enjoying a break.