

# Making friends in your new community

## Why?

### Making new friends can be good for:

- Helping you settle into life in the UK
- Finding people with similar experiences
- Easing feelings of loneliness



## How?

### You can make new friends by:

- Finding people with similar hobbies
- Joining a club or group
- Finding people with a common language
- Introducing yourself to someone new
- Asking someone for help with something
- Helping someone else



## Where?

### There are lots of groups in Sussex that connect and support refugees and asylum seekers, such as:

- [Black & Minority Ethnic Community Partnership \(Brighton\)](#)
- [Hummingbird Project \(Brighton\)](#)
- [Horsham Refugee Support group \(Horsham\)](#)
- [Sussex Syrian Community Group \(Brighton\)](#)
- [Sanctuary Cafe \(Eastbourne\)](#)

**You can find more information and resources by [clicking here!](#)**

To view this in another language, scan here to use Google Translate:

