

Spending time with friends

Call a friend to see if they would like to meet and why not take a flask of coffee with you to share



Watch a series that you finally got around to watching and see if a friend would like to come round and watch it with you



Read a book series or listen to one my audio book and share with a friend and swap books with friends



Go swimming and make it a regular thing like each week or do a fitness class with a friend



Invite a friend around and rather than dining out or have a takeaway have a meal indoors and it doesn't have to be a recipe that takes too long but is easy to do along with some wine



Take a shopping trip or do a declutter together, and see if you can swap clothes or bags, shoes etc.

