

**MAKE
SOMEONE'S
DAY!**

Hello! How has your day been?

The Make Someone's Day campaign focus on having conversations with neighbours and people we meet when we're out and about, and making such conversations a habit.

We need everyone, people of all ages, to start having these conversations in Birmingham because

- By 2020, almost 57,000 people aged 65 plus will be living alone in Birmingham, increasing their risk of being isolated.
- 20% of Brummies don't have close friends to talk to.
- Almost half the people living here (49%) say their neighbours are like strangers to them.
- A bus driver can be the only person someone speaks to all day.
- People do not need to be alone, and anyone can 'make someone's day' by having a chat!

You can help combat social isolation and loneliness by starting conversations at the bus stop, on the bus, in the shop, in a queue, in the park and so on.

<https://bemoreus.org.uk/how-to-talk-to-strangers/> has lots of tips on how to start a conversation, how to keep it flowing smoothly and even how to end it!

Here's our favourite conversation starters that can lead to more interesting topics:

- Comment on the weather
- Comment on something you're both looking at.
- Ask how their day has been so far
- Start with a compliment
- Ask someone for advice

**In every
conversation...**

**...there's an
opportunity
to make a
difference**