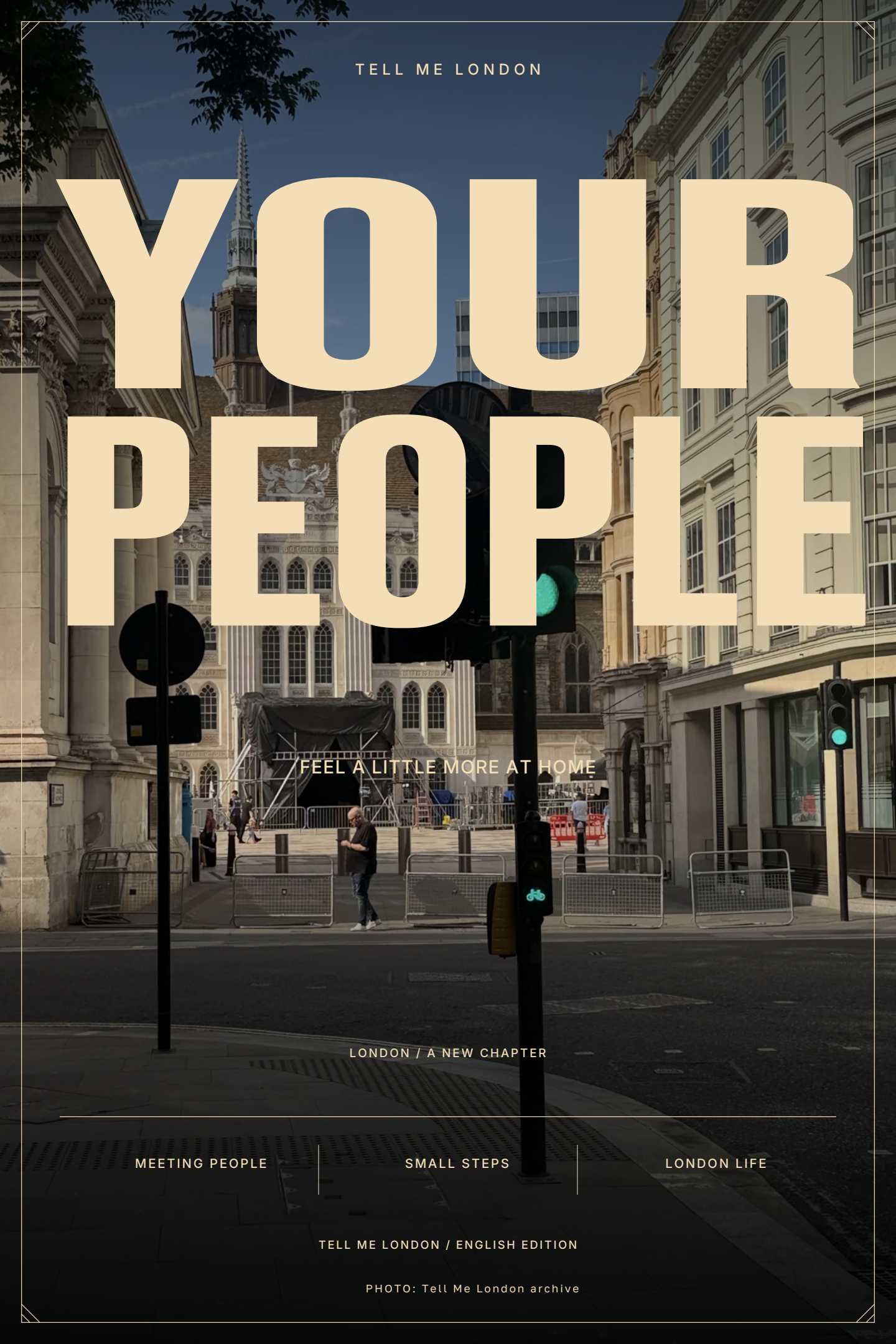
TELL ME LONDON
YOUR PEOPLE
FEEL A LITTLE MORE AT HOME
LONDON / A NEW CHAPTER
MEETING PEOPLE
SMALL STEPS
LONDON LIFE
TELL ME LONDON / ENGLISH EDITION
PHOTO: Tell Me London archive

You are not broken



LONDON / A NEW CHAPTER



Evening on the Thames

Loneliness in a big city does not mean something is wrong with you. After a move, old connections may be far away and new ones have not had time to grow. Many newcomers experience this, even if they rarely say it out loud.

Feeling at home with a city and its people can develop through small, repeated encounters, familiar faces and places that become yours. Here is a calm plan, without pressure to transform yourself overnight.

If low mood is persistent or affects sleep, eating or work, consider speaking with your GP or a qualified therapist. For urgent mental health help in England, call NHS 111 and select the mental health option. The support links at the end explain how to get help.

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Three newcomer traps



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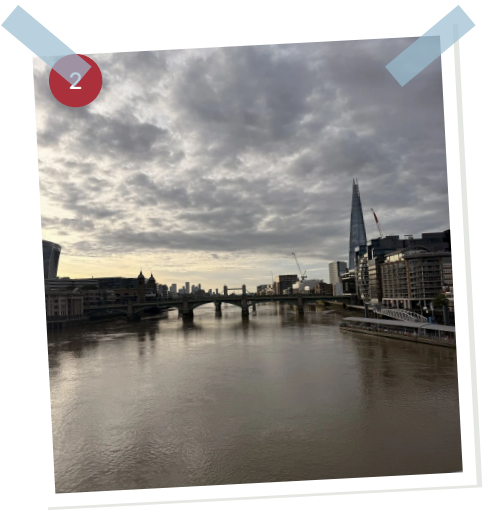

Evening on the Thames

01 · Friendship now takes intention

At school or university, repeated proximity helped friendships appear naturally. In a new city as an adult, you often need to create that repetition: return to the same place and agree a next meeting.

02 · Social media shows the best take

It can seem everyone else has a group and plans every night. People scrolling may want an invitation too. Comparing your life with a curated feed can make isolation feel worse.

03 · Expecting a best friend immediately

Waiting for lifelong friendship at the first meeting invites disappointment. Connections often grow in layers: a familiar face, a companion for an interest, then perhaps a close friend. Each layer already makes the city warmer.

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Seven gentle steps



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Evening on the Thames

01 · Create a weekly anchor

Choose a repeating place and time: a run club, language group, pottery, choir or yoga. Familiarity comes through returning.

02 · Follow an interest

A shared activity gives you something to do and talk about. Books, walks, board games, drawing or running: choose something you would enjoy in its own right.

03 · Keep the first step small

Try 'Coffee after class?' rather than 'Let's be friends'. A modest invitation is easier to offer and answer.

04 · Become a regular

Your cafe, library or park can give everyday life a familiar rhythm. A barista who recognises you can make the city feel a little less strange.

05 · Use existing connections

Colleagues, neighbours, local communities, parent or hobby groups, Meetup and Eventbrite are places to start. Try accepting a few invitations that feel comfortable and suitable for you.

06 · Turn a list into an invitation

'I'm going to Tate on Saturday; would you like to join?' is easier to respond to than 'We should meet sometime'. Offer a concrete plan.

07 · Be kind to yourself

Connections may take months, rather than one weekend. Notice small wins: starting a conversation, inviting someone, attending an event on your own. Those count.

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Places where being new is normal



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Evening on the Thames

Language exchanges and conversation groups; park run clubs; library and bookshop reading groups; pottery, drawing and candle-making workshops; festival and charity-shop volunteering; shared dinners for newcomers; weekend hiking and walking clubs; board games and pub quizzes; beginner dance classes; community gardens and park yoga.

A small weekly rhythm: one regular anchor and one new invitation. You can start with those two actions and let the rest develop.

You do not have to look for every outing alone. Check our current community announcements for walks, picnics, museums and food outings. Attending alone is welcome; formats and availability depend on the organiser.

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When you need more than company



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Evening on the Thames

This is a supportive social guide, not professional mental health care. For ongoing concerns, contact your GP. For urgent mental health help in England, call 111 and select the mental health option.

Samaritans can be reached free on 116 123, day or night, if you need someone to listen.

NHS: nhs.uk/every-mind-matters/urgent-support/

Samaritans: samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/

Support information checked for this English edition on 3 November 2026.

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