

A green banner with white text and a white illustration. The illustration shows three stylized figures interacting with a large screen displaying a bar chart. One figure is pointing at the screen, another is sitting on top of it, and a third is standing next to it. The text on the banner reads: "Annual Conference is Online", "3,4,5 November 2020", "Each day enjoy Keynotes, Discussions and Workshops on a New Theme", "Participation Free - Spaces Limited - Book Today", and "Bookings now open for Members only".

Annual Conference is Online
3,4,5 November 2020

Each day enjoy Keynotes, Discussions and Workshops on a New Theme
Participation Free - Spaces Limited - Book Today

Bookings now open for Members only

Our Conference in 2020

Given restrictions, Annual Conference 2020 was hosted online from 3-5 November. This special opportunity enabled befriending organisations throughout the UK to gather together in the digital space. Annual Conference is always one of the highlights in *Befriending Networks'* calendar and we hope this year's conference was a memorable and meaningful experience for the membership. Thanks to all who delivered keynotes and/or workshops as well as all who attended.

Whether you attended conference and want to remind yourself of what took place or you weren't able to attend and are curious to find out what happened, the following resources are for you! [Download our 2020 Conference Programme here.](#)

Day 1: #Befriendings Life Changing

"I enjoyed the speakers. The information was very relevant and interesting...I have left this conference with lots of ideas and thoughts of how to take things forward. Thank you."

View slides from [Dr. Kalpa Kharicha's keynote "The Psychology of Loneliness"](#)

Day 2: #Befriendings Connection

"I really appreciate the conference going ahead online, it has given me a chance to reflect on the past few months of running the Befriending Service since March 2020...Great to hear how other organisations are doing things and have adapted and know I'm not alone in it all! The Befriending Networks support has been paramount to my Coordinator role during this uncertain time -Thank You!"

View slides from [Matthew Linning's keynote "Volunteering, Befriending, and COVID-19"](#)

View slides from [Miren Ochoa Sagues and Claudia Baldacchino's keynote "Maintaining Connections with Digital Solutions"](#)

Day 3: #Befriendings Sustainable

"My first online conference. I thought it was very well organised and kept to time really well."

"Great session and really appreciated all the work that was taken forward to make it as visual and interactive as possible"

View slides from [Graeme Reekie's keynote "Befriending: is it sustainable?"](#)

View slides from [Emily Kenward's keynote "Befriending is Sustainable"](#)

Thank you to everyone who joined our first online conference and for your continued hard work during this difficult time. – *Befriending Networks*