

DIAGRAM OF SOCIAL NETWORK

(Based on Wendy Coyle's work)

5. Confidants—close and trusted friends

4. Someone to help in difficult times—could be a neighbor or anyone who

3. Friends to visit—get to know spouse's colleagues, mothers at school, social contacts

2. People to share activities—join a class, voluntary work, club or sporting activity

1. Acquaintances—Speak to neighbors, shopkeepers, mothers at school etc.

