

Finding a partner

As an older person you may feel apprehensive about meeting a new partner. If you have suffered a **bereavement** or been through a painful **divorce**, it can take a long time to feel ready to start dating again. However, if you are single and want to meet a new partner, there are several ways of doing it.

Our section on **Finding friends** also suggests several ways of meeting new people where you could also find a potential partner.

Ways of Finding a Partner

Personal ads – Placing your own or replying to someone else's personal advertisement in your local newspaper is an easy way of making contact with like-minded people. Contact your local newspaper for details of how to go about placing an advertisement.

Speed dating – This is a fun way to meet new people and you can attend speed dating events with friends, which makes it safer. The events work by ensuring that equal numbers of men and women attend and that the participants are of a similar age. You will then 'date' each person for approximately 3 to 5 minutes. At the end of each date, both parties complete a form to say whether they are interested in each other, which can then lead to a 'proper' date.

Online dating agencies – There are many different dating websites available, but they all work in a similar way. You create a 'profile', including your personal details (name, age, location etc), and you state the type of person that you would like to meet. You will then be contacted by people who are interested in you.

You can also browse through other people's profiles and get in touch with anyone that looks interesting!

Visit the **Saga website** for tips on how to write a profile. There is a cost to join some online dating websites and this varies

Safe Dating

Although dating can, and should be, fun you need to be aware of the potential dangers and make sure that you are safe at all times. You may find it useful to read our section on **staying safe online**.

Lesbian, Gay, Bisexual and Trans (LGBT) Relationships

There are a number of organisations that have regular events which will give you the chance to meet new people. These organisations are not dating services but offer a welcoming environment to meet like minded people.

[Gay Men Tyneside \(GMT\)](#) offers social activities and is open to gay and bisexual men. They aim to provide a relaxed and welcoming atmosphere but are not a dating group.

[North East Older Lesbian Network \(NEOLN\)](#) are a group of older lesbians who provide friendship, support and social activities. The group organises regular meetings, days out and social events for women aged over 40 years old. Newcomers are welcome.

[Northern Pride](#) host the annual Pride event in Newcastle and a series of events throughout the year. They bring the LGBT community, their families and friends and allies together in an environment where they can all feel safe and happy. Find more information about health, places to eat and events across the North East on their website.

[LGBT+ Switchboard helpline](#) is a one stop listening service. It's a safe space for anyone to discuss anything, including sexuality, gender identity, sexual health and emotional well-being. They support you to talk things through and explore the right options for you. Volunteers, who also identify as LGBT+, provide support and information by phone, email and instant messaging service on their website. It's a confidential and non judgemental service. For example, you may want to call to talk about: feeling isolated in your community, coming out, or where you can meet other people in your area.

Our section on [Finding friends](#) and [Support Groups](#) also suggests several ways of meeting new people where you could also find a potential partner.

Useful information

- [Civil partnership](#)
- [Sex in later life](#)

Last updated: October 13, 2021

Useful Organisations

Men's Advice Line

Email: info@mensadviceline.org.uk

Website: www.mensadviceline.org.uk

Telephone: 0808 801 0327

Address: 1st Floor Downstream Building, SE1 9BG

North East Older Lesbian Network (NEOLN)

Email: contact@neoln.co.uk

Website: www.neoln.btck.co.uk

Telephone: 07539 489 214

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Northern Pride

Email: info@npride.org.uk

Website: www.northern-pride.com

Telephone: 07539 489 214

Address: c/o Room 21, Heaton Complex, NE6 5DY

Switchboard helpline

Email: chris@switchboard.lgbt

Website: <https://switchboard.lgbt/>

Telephone: 07539 489 214

Address: Switchboard, N1 9QS

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