



WE KEEP SAYING “LET’S CATCH UP.” SHALL WE ACTUALLY DO IT?

Maddie and I talk about the friends who see us through all the busy, messy seasons. The honest chats, the showing up, the things we do together. Who do you keep meaning to see, and why does the catch-up always end up at the bottom of the list?

Maddie Marsh and I chat about the friends who make life feel like ours.

YOUR PEOPLE ARE WORTH THE EFFORT.

01 SOME FRIENDS BECOME YOUR PEOPLE.

Maddie talks about the people she can call when life is wonderful or difficult. It's about who shows up, rather than how many names are in your phone.

02 THE GOOD BITS. THE HARD BITS. ALL OF IT.

Maddie talks about friendships that have room for both the highs and the lows. Sharing a life stage can bring you together; being honest helps you stay close.

04 YOU DON'T NEED HOURS. JUST A BIT OF YOUR ATTENTION.

Maddie talks about staying with the conversation or activity in front of her. Even a short catch-up can feel different when we're not doing three other things as well.

03 WE CAN DO MORE THAN ANOTHER RUSHED COFFEE.

In our chat, I talk about falling into routine catch-ups and wanting more shared experiences. It's lovely to have something to look forward to together.

05 MAKE A LITTLE ROOM FOR THEM.

Maddie's before-50 challenge is to protect some time for friends and make a memory together. We don't have to wait for life to suddenly become less busy.



SEND THE TEXT. PROTECT THE DATE.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 LOOK AT THE PATTERN

A friend's rough patch isn't the same as a friendship that's all give and nothing back. **Try it:** Think over several recent catch-ups before deciding to step back.

07 FRIENDS CAN HAVE OTHER FRIENDS

Dom points out that some friends going out without the group isn't a rejection. **Try it:** Remind yourself their plans aren't a judgement on you.

08 LONELY? START SMALL

Maddie says tell one person if you can. If there's no one, try a group linked to something you enjoy. **Try it:** Tell one trusted person, or go along to an interest group.

09 NO LITTLE EARS

Some catch-ups need to happen without kids listening, so you can get past logistics. **Try it:** Arrange a chat away from the kids when one of you needs it.

10 HELP THAT FITS

Dom once left a care package on Maddie's doorstep. Sometimes it's practical help; sometimes it's letting someone fall apart. **Try it:** Offer one practical job, and ask if they'd also like a listening ear.



STOP SAYING IT. BOOK THE CATCH-UP.

Make it something you'd both enjoy.

1 WHO HAVE YOU BEEN MEANING TO SEE?

Pick one person and send a simple invitation. A walk, a coffee, a quick hello. Give them something easy to say yes to, if it works for them.

2 MAKE IT SOMETHING YOU'D BOTH ENJOY.

A little outing, a familiar walk or something new together. Keep it right for your time, needs and budget. The point is having some time together.

3 BE THERE FOR THE CHAT.

Put the distractions aside where you can. Ask how they are and listen. You don't need hours for the time together to mean something.

ONE THING BEFORE 50. OR STARTING NOW.

Make the friendship plan. It can be simple. We don't have to wait for the mythical week when everyone suddenly has nothing on.

OVER TO YOU

The friend I'd love to make time for is...

The invitation I'll send is...
