

Be Connected: Chatty Cafes

The difference a cuppa can make



Newham Council has joined local business in a bid to combat loneliness and isolation. For those who are feeling lonely, or needing to talk, Chatty Cafés are a great way of encouraging people to connect with others.

The new pilot led by the [Community Neighbourhood Link Workers](#) is part of the Be Connected programme that aims to keep communities connected and encourages opportunities for meaningful conversations.

What are Chatty Cafes?

The idea of a Chatty Café is to encourage customers to sit at a designated table if they are happy to talk to other customers, especially those who may be on their own.

Who can join in?

Anyone... if you're on your own, in a couple, with a friend, if you're a carer why not sit there with who you care for, mums and babies, dads and babies, grandparents and babies, young people, older people and anyone in between! It's a great way to meet new people in your community and everyone is invited

Where are the Cafes?

Name	Address and contact details	Day and time
Bonny Downs Community Association	556 Romford Rd, Manor Park, E12 5AF Tel: 020 3602 2997 Website	Every Tuesday 10:00 – 12:00
Central Park Café	Central Park, Bartle Ave, East Ham, E6 3AJ Website	Every Monday, Tuesday and Wednesday 9:00 – 12:00

ChaiWala	44 Plashet Grove, London E6 1AE Tel: <u>020 8470 6494</u> Website	Every Wednesday 13:00 – 14:00
Chargeable Lane Café	The Resource Centre, 200 Chargeable Lane Road	Every Wednesday 10:00 – 12:00
Cornerstone Cafe	408 Barking Road, Plaistow, E13 8HJ Tel: <u>07576 303495</u> Social Media Page	Every Thursday 10:00 – 15:00
Cups and Jars	108 Woodgrange Rd Forest Gate, E7 0EW Tel: <u>020 8519 9325</u> Website	Tuesday - Fridays 13:00 – 15:00
Custom House Library Coffee Morning	Prince Regent Lane, Custom House, E16 3JJ Tel: <u>020 3373 0855</u> Website	Every Tuesday 11:00 – 12:30
Green Street Library Coffee Morning	337-341 Green Street, Upton Park, E13 9AR Tel: <u>020 3373 0857</u> Website	Last Thursday of the month 11:00 – 12:00
North Woolwich Library Coffee Morning and Wellbeing Café	5 Pier Rd, London E16 2LJ Tel: 020 3373 0843 Website	Every Thursday 11:00 – 12:00; and 3rd Tuesday of month 11:00 – 12:00
Plaistow Library Coffee Morning	North Street, Plaistow, E13 9HN Tel: 020 3373 0859 Website	3 rd Tuesday of the month 11:00 – 12:30
Rose's Cafe	159 Barking Road, Canning Town, E16 4HQ	Every Wednesday 10:00 – 12:00

	Tel: 020 8617 8229 Social Media Page	
Steam & Beans	387 barking Road, East Ham, E62JT Tel: 020 8821 9061 Social Media Page	Every Wednesday 15:00 – 17:00
The Milk Tree	34 Barking Road E16 1EQ Social Media Page	Every Thursday 10:00 – 12:00

What do I do when I get there?

Look out for the Chatty Café sign on one of the tables, order a drink (feel free to tell the staff you're here for the Chatty Café). You can stay for five minutes while you have your drink or longer - It's completely up you. It's not about making life-long friends (although you never know), just having good old fashioned human interaction!

Why are the Cafes needed?

For a long time, research has shown the negative impact of loneliness and isolation on a person's health and wellbeing. Recently we have seen more evidence that shows loneliness and isolation can be as bad for our health as obesity and excessive smoking.

Figures show one in five adults in the borough feel lonely 'often' or 'always'¹ – that is more than 70,000 people.

Although loneliness is not always visible, it forms a significant part of many people's lives. Some people can go for days, weeks or even months without speaking to another person. These moments of connection and opportunities for conversations can have an enormous impact on someone's day and contribute to the wellbeing of our community important

Rahil Mohammad, Chaiiwala Store Manager said:

"Our ethos is centred on community, warmth, and connection. Partnering with the Chatty Café scheme in Newham is a reflection of that. We are thrilled about this opportunity. We hope this partnership will help brew stronger bonds among residents in Newham who experience loneliness and isolation.

"We would welcome anyone who is feeling alone to head to our café and get chatting."

¹ [How life has changed in Newham: Census 2021 \(ons.gov.uk\)](https://www.ons.gov.uk)

What do I talk about?

It may be that this is the first person that you or the person on at the table has spoken to in a while. For someone who is lonely or experiencing low mood this act of kindness can really support them in a positive way and bring our community together. Loneliness and isolation can sometimes be alleviated by simply talking.

We know that starting conversations can sometimes be hard, so we have put together a conversation menu that can provide inspiration for new topics to chat about.

Conversation menus are a great tool to help people get people talking and find some common ground and in what better way than a starter, a main course and a desert! They use light-hearted questions to build rapport and pass the time of day with people.

Try asking the below questions to spark conversation:

Starters

- What do you like about the local community?
- What do you have for breakfast?
- What's your favourite hobby?

Mains

- What is an interesting fact about you?
- Who would you invite to a dinner party (dead or alive)?
- What's your favourite tradition?

Dessert (Instead of a question you could offer a compliment)

- What was the last thing that made you laugh?
- What's your favourite childhood memory?
- If you could go anywhere in the world, where would you be?
- What was something courageous you've seen someone do?

Get Involved

Become a Table Talker

Join as a volunteer using this link [apply here](#).

Become a Chatty Cafe

If you would like to become a Chatty Café please contact Habiba Ali, Community Neighbourhood Link Worker via email Habiba.Ali@newham.gov.uk or by phoning T: +44 (0) 203 373 2809, M: +44 (0) 7812 675 216 for more information.

Nobody needs to feel lonely.

#NewhamConnected #ChattyCafe