

Be Connected: Chatty Cafes

The difference a cuppa can make



Newham Council has teamed up with local cafés and community spaces to help tackle loneliness and isolation — one conversation at a time.

Chatty Cafés are part of the **Be Connected** programme, which supports meaningful connections and encourages people to talk, listen, and feel part of their community.

What is a Chatty Cafe?

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	The Well Community Centre, 49 Vicarage Lane, E6 6DQ 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
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: 07576 303495 Social Media Page	Every Thursday 10:00 – 15:00

Custom House Library Coffee Morning	Prince Regent Lane, Custom House, E16 3JJ Tel: 020 3373 0855 Website	Every Tuesday 11:00 – 12:30
Green Street Library Coffee Morning	337-341 Green Street, Upton Park, E13 9AR Tel: 020 3373 0857 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

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 to 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?

Loneliness is one of the biggest public health challenges we face. In 2024, **1 in 5 adults in Newham** said they felt lonely "always" or "often" — that's over **70,000 residents!**

Moments of connection — even brief ones — can make a huge difference. Chatty Cafés offer a safe, welcoming space to talk, listen, and feel seen.

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

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?

Get Involved: Become a Table Talker

Volunteer to support your local Chatty Café and help others feel welcome.

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

Become a Chatty Café Venue

If you'd like to host a Chatty Café, contact:

John Celso

Be Connected Development Officer

✉ John.Celso@newham.gov.uk

☎ DDI: 020 3373 1076 | 📱 Mobile: 07866 152925

Zakir Adams Green Street Community Neighbourhood 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."

Nobody needs to feel lonely.

#NewhamConnected #ChattyCafe