

"Being part of the MeetUpMondays network has made us realise how such a simple act of offering a free hot drink and the chance to chat makes such a difference, not only to our guests but to us as well. It is simply amazing."

(Debbie, host of MeetUpMondays at Fisher Theatre Café, Bungay)



"We have one woman who told me she had barely left the house for twenty years and now she comes each week and goes on all our additional outings. I found that so emotional but also uplifting, how your life can suddenly change."

(Emma, host of MeetUpMondays at The Greyhound, Ipswich)

# Meet ☺ p Mondays™

[www.ruralcoffecaravan.org.uk/meetupmondays](http://www.ruralcoffecaravan.org.uk/meetupmondays)

"I didn't think I'd make it through another winter, now I will."

(Visitor to MeetUpMondays at The White Horse, Theltham)



Developed by  
The Rural Coffee Caravan  
Reg. charity 1187423

For more information email:  
[meetupmondays@ruralcoffecaravan.org.uk](mailto:meetupmondays@ruralcoffecaravan.org.uk)

**ONCE** a week,  
**TWO** hours of friendly chat over  
**FREE** tea and coffee in a pub or café

...and they don't all  
take place on a  
**Monday!**