



We're not mind readers so would encourage **ANYONE** to use a Chat Mat **ANYWHERE** at **ANYTIME** including:

**Where to use Chat Mat**

- Tea/Coffee shop
- Supermarket café
- Staff canteen/desk
- Hospital bedside
- Café/restaurant/pub
- Garden centre

**Green side when**    **Red side when**

- New to the area/company
- Got a new baby
- Bored or lonely
- Filling in time
- Travelling alone
- Recently retired
- Reading a good book
- Having a difficult conversation
- Enjoying peace and quiet
- Need some thinking time
- Engaged in a work meeting
- Catching up with friends/family



Creating contacts, building healthy communities, by letting others know when their company would be welcome - starting with a cup of coffee.

**Find out more about Coffee Companions and Chat Mats on our website:**

[www.ruralcoffeecaravan.org.uk/coffeecompanions](http://www.ruralcoffeecaravan.org.uk/coffeecompanions)

There may also be local Companions Hours - look out for posters and stickers, check our website and local information. Just turn up and join in

Contact us for more information or to share your experience

[coffeecompanions@ruralcoffeecaravan.org.uk](mailto:coffeecompanions@ruralcoffeecaravan.org.uk)