

# Meet Up Mondays™

*Don't Be On Your Own*

MeetUpMondays™ gives hospitality businesses the chance to strengthen their local community and show that the commercial world also cares about ending loneliness.



Network  
developed  
by



Registered Charity No. 1187423

Do you feel like the weekend has dragged?

Could you do with some company?

Are you new to the area & would like to meet your neighbours or make new friends?

[www.MeetUpMondays.org.uk](http://www.MeetUpMondays.org.uk)



**ONCE** a week,  
**TWO** hours of chat over  
**FREE** tea and coffee  
for people who might be fed up with their own company, giving them a chance to meet others and connect more with their community.

Visitors go along knowing they are guaranteed a warm welcome into a friendly environment where they will not stand out as being alone.



@MeetUpMondays



@MeetUpMondays\_network

## Where are they held and where can I find out more?

To find your nearest MeetUpMondays™ go to [www.meetupmondays.org.uk](http://www.meetupmondays.org.uk) and enter your postcode into our locations map or check through our list of venues. You can also find more information on the website about the MeetUpMondays™ community and how you can get involved, or you can call our office on **01284 663 472**

## There isn't a MeetUpMondays™ near me, what can I do about it?

Take this flyer to your local pub, café or tea room and tell them about it!

It's easy for them to join the network; we'll add them to the map; the website and we'll promote them on social media.

We'll send them a Welcome Pack which includes a window sticker, poster templates, coasters, 'Happy to Chat' badges & useful info, to welcome them to the official MeetUpMondays™ community, all free of charge!

## Do they only take place on Mondays?

No, the network caters for any day of the week! Some venues prefer to hold their weekly sessions on other days.

**Meet  
Up  
Mondays™  
Wednesdays**

