

Meet Up Mondays™

**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?**

Don't Be On Your Own

www.MeetUpMondays.org.uk

*You are
invited to
come along
and enjoy a
free cuppa and
some friendly chat...*



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

Once a week pubs, cafés and tea rooms, which are part of the MeetUpMondays™ network, offer a couple of hours of free tea, coffee and nibbles to 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](https://www.facebook.com/MeetUpMondays)  [@MeetUpMondaysSu](https://twitter.com/MeetUpMondaysSu)

 [@MeetUpMondays_network](https://www.instagram.com/MeetUpMondays_network)

Network developed by:



Registered Number: 1125748

 **SUFFOLK
GOOD
NEIGHBOUR
NETWORK**
COMMUNITY ACTION SUFFOLK

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

To find your nearest MeetUpMondays™ go to 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 **01379 855338**.

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.

