Meet ∵P Mondays™

Don't Be On Your Own

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?

www.MeetUpMondays.org.uk

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

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



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@@MeetUpMondays_network

Network developed by:





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

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 ℃P Mondays Wednesdays I happened to meet someone who turned out to live just round the corner from me! The weekends are the worst when you haven't got anyone. Coming here on a Monday sets me up for the rest of the week.

I took my Grandma along because I thought it would be good for her. I love listening to everyone's stories. I felt lost when my other half passed away. We'd done everything together. I've made lots of new

friends

Your business will grow and your heart will grow. (Shelby, MeetUpMondays™ host).

> I sat in the car for 20 minutes before I got up the courage to....

...go in on my own. I needn't have worried, everyone was so nice.

gives me

a reason to get

up, get dressed

aet out in the

morning.

Everybody

shows

their

kindness.