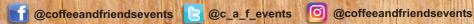
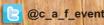


A network of Suffolk clubs, coffee mornings, faith groups and local community groups.









The Rural Coffee Caravan 'coffee-and-friends-events' network is an exciting new initiative helping to connect Suffolk community groups with organisations which can offer free support, advice, training & information, to help them flourish and become sustainable.

The network offers groups access to useful resources such as:

- current information on things like neighbourhood safety, winter warmth initiatives and health & well-being
- · free training courses for volunteers
- grant finding and funding for extra equipment, or development of community spaces.

You can join the network in one of two ways

Your community can use c-a-f-e as an 'umbrella' to present a variety of different activities. This works well because it removes any 'labels' and is more inclusive. So, for example, 'Great Byefield c-a-f-e' could be holding a weekly 'Coffee Morning' for people living with dementia; planning an annual 'Big Lunch' and also holding monthly 'Skills Swap Sessions'.

Alternatively existing groups will be able to retain their club or event name whilst being listed as a member of the c-a-f-e network.

We'll map everyone on our website so that people can find their nearest c-a-f-e events, and we'll provide a welcome pack containing useful information from each of the c-a-f-e partner organisations. We'll also provide logos and templates to help you with promotion of your events, and a window sticker to display to show you're part of the network.











If you'd like to know more about joining the c-a-f-e network please call the Rural Coffee Caravan on: 01379 855 338 or email: cafe@ruralcoffeecaravan.org.uk