



coffee and friends events

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



@coffeeandfriendsevents



@c_a_f_events



@coffeeandfriendsevents

www.c-a-f-e.org.uk



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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.



Suffolk
Association of
Local Councils
stronger together



SUFFOLK
Community
Foundation

healthwatch
Suffolk

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