



We're not mind readers so would encourage **ANYONE** to use a Chat Mat **ANYWHERE** at **ANYTIME** including:

Where to use Chat Mat

- Tea/Coffee shop
- Supermarket café
- Staff canteen/desk
- Hospital bedside
- Café/restaurant/pub
- Garden centre

Green side when **Red side when**

- New to the area/company
- Got a new baby
- Bored or lonely
- Filling in time
- Travelling alone
- Recently retired
- Reading a good book
- Having a difficult conversation
- Enjoying peace and quiet
- Need some thinking time
- Engaged in a work meeting
- Catching up with friends/family

www.coffeecompanions.co.uk



Creating contacts, building healthy communities, by letting others know when their company would be welcome - starting with a cup of coffee.

Chat Mats for you, your friends and relatives are available off our website - reusable, disposable or simply download.

There may also be local Companions Hours - look out for posters and stickers, check our website and local information. Just turn up and join in

Contact us for more information or to share your experience by email, phone or social media

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