



Snack and Chat

Building communities (Exeter)

Snack and chat is a weekly meeting held in the coffee area at the back of their church for people who, for whatever reason, are feeling a bit lonely or isolated, and would welcome someone to talk to.

The two members who organise this weekly session have met a wide variety of people, coming from very different circumstances: some have been bereaved, others are refugees and so new to the community. Others are lonely, having few family or friends in the area. As people join the group and get to know each other, they make friends and then are able to welcome others.



Please note: groups like this must be held in a public space, and definitely need two people to lead them.

*One of those who now regularly comes to the group comments:
"I look forward to Tuesdays more than any other
day in the week"*

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org