

Social Café

Our Social Cafés are a get together that happen over Zoom and are for anyone who feels isolated or wants to connect with others for a friendly chat.

What happens at the Social Café?

We chat about all sorts, it's a no pressure and welcoming group and you can participate as much or as little as you like. Here's an example of the topics we may talk about:

- What we have been up to
- Sharing ideas for beating boredom
- What we have been watching on TV
- Have a laugh with fun jokes
- Some exercise tips
- If we are learning any new skills
- Ideas for craft projects

"I live by myself so this is a great way to break my day up and have a chat, good way to lift my mood"
- Social Café Member

When are the Social Cafés?

Our Social Cafés covering Rochdale, Heywood, Middleton and Pennines run on Monday, Tuesday, Wednesday, Thursday and Friday between 1 and 1:30pm via Zoom.

If you haven't used Zoom before Alice, one of our Wellbeing Coordinators can help you get set up, just call her on 07765 140 904 and she will talk you through it.

How can I join?

If you are new to Rochdale Mind please complete our outreach referral form on our website www.rochdalemind.org.uk/how-we-can-help/coronavirus-support/ or call our Information Line on 01706 752 338 and they can email one over to you.

Please send your completed form to Alice on AliceAstley@rochdalemind.org.uk and she will be in touch to get you started.

If you are already a Rochdale Mind service user you can speak to your Wellbeing Coordinator and they can book you on to the Zoom session.

We look forward to chatting in our Social Café!



We are open to new referrals. To access our support please complete a self-referral form at rochdalemind.org.uk/refer

Our Information Line remains open on 01706 752 338 or info@rochdalemind.org.uk



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