

It's when people who attend the C&N table rally around when something bad happens and want to help and show support, that makes me realise how the C&N table has created a community.

Jane comes along who was caring for her partner who had dementia. Such a partner passed away but what has been amazing is how the C&N group has supported her. She's received help with funeral arrangements (as another attendee worked at the local Funeral Parlour and offered to help. People have taken food around, shared tea, etc. its been wonderful to see.

It started off with just 1 person and over the weeks more have joined, we've formed friendships and genuinely created a community. Its been running for over 1 year.

We now meet in the village and all visit the cafe together and chat and then the same after the session - we are all doing more exercise and chatting!

Within just a couple of weeks, we've had a C&N table at a cafe. I said that I would put people off coming.

Last week one resident at the Care Home went from being distant to joining in and smiling. At first her speech seemed a bit blurry and after a while, her conversations started to make more sense. It was great to see the positive impact of chatting, in such a short space of time.

The Care Home asked if they could bring residents to my C&N sessions to encourage people to get out and about a bit more.

Its now a two way thing - those who come along to my C&N table visit the Care Home residents, and sometimes the Care Home residents come to my C&N sessions.

Another Care Home has been in touch to ask if they can link up with us and do something similar.

Some of the elderly Care Home residents don't get many visitors. We are now helping them chat to us, to help them socially interact and chat about new things.

An volunteer, my local council has volunteered to help people to meet at the C&N table.

In this situation it can be helpful to have 2 to 3 mins to help you manage the unexpected amount of attention. Making sure you need a bit more support.

A couple of people around age 38 who have SEN, needs, and I can assist if they need it. They need a bit more support.

We've joined forces and the charity uses my minibuses to help bring people to and from our C&N table.

This has led to an even bigger group and more social connections being made.

We're linked up with another C&N table locally - connecting lots more people

Where our C&N group goes into a local care home and we sit and chat to their elderly residents.

Some C&N attendees meet up separately in smaller groups, depending on their interests.

At our last C&N session there was talk of wanting to do a local singing night.

14 C&N attendees are going on a Christmas lunch together. Its wonderful how people have supported each other and how they can meet up, especially when you think in previous years, some have spent Christmas on their own.

I got a Facebook message from a lady who has joined our table. She said her mum's confidence has grown lots since joining, and that she has started other groups like the Women's Institute and USA. Her daughter emailed me to say thanks - so lovely to read.

Part is currently reviewing service, she said the C&N table has changed her life. She is proud for the company and being able to chat to people and being able to help.

Howard and I are planning a trip out for the group and he is really enthusiastic, he told me he feels for the first time in years like he is needed

After a few weeks Howard asked if there was anything he could do to help me and he now stands at the door welcoming people and telling them where we are sitting

Howard told me the first time he came, he found sitting at a table with strangers really hard, but he stayed because everyone was so friendly

Jack takes off his coat as soon as he arrives, grabs a coffee and heads straight into the room. I know that as a volunteer as a driver for a charity that helps take people out and about.

I love seeing someone who comes back a second, third, fourth time and, seeing them looking increasingly relaxed each week. I know that as a volunteer, its satisfying knowing you have created a safe space for people to rather away.

Where our C&N group goes into a local care home and we sit and chat to their elderly residents.

Lots of similarities amongst those who attend, they are mostly women and married but they do things like shopping or go to other coffee shops.

This has meant they have more social things to do in addition to our Charter & Number table

Jo often speaks about knowing a lot more people in the town and to the C&N table

In my village I'm recognised as the lady who does 'chatty call' - it's such a nice thing and means people are talking about our table, helping to spread the word and leading to more people joining.

We are all good mates and look out for each other.

What happens at a Charter & Number Table?

They create conversations and change lives! Here are some stories from those who visit.

The table is pretty busy (much more than expected). I've had to speak to the café owner and move the C&N table to a Monday (as the café is quiet so we can all fit it)

Maria came to the first session, she didn't really speak much at first, but as the session went on she started talking a bit more.

I was so pleased this week when Maria said she'd like to come to our next meeting last week.

This week Maria told me (the volunteer) that a new wife had just passed in the village and even though she had no-one to go with, she called in to support for the new business. A lady from last week's C&N was in there and called her over. They shared a bottle of wine together - I was over the moon to hear that!

I had a situation where I don't think someone could afford to buy a drink

As I never put a glass of water on the table, so if someone came after a coffee, they can at least grab a water to drink as they have something to hold.

The group took the initiative to join their hard at first but after a few months it really picked up numbers.

Doing this and making a success of it has given me the confidence to join other groups. I am now part of a choir of 100 people who all of my C&N table, but I don't really believe in, without maybe realising it.

I sat on a C&N table for a while and needed something to feel part of. I love the area and needed to meet people. My confidence has grown so much since attending. The table is a great place to meet people and I feel like I've got much up and don't need her as much.

Evelyn recently moved here from Llanidloes. She lives on her own and needed something to feel part of. She loves the area and needed to meet people. My confidence has grown so much since attending. The table is a great place to meet people and I feel like I've got much up and don't need her as much.

I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

Connections and relationships building with local residents. I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

John is 76 years old. He comes to my C&N table every Wednesday and Thursday without fail. It gives him structure to his week and he likes having someone to go to.

John doesn't have family nearby and spends a lot of time alone, but he really helped.

John, in her last 75, comes to the C&N table because she has a friend who lives near the house for some place!

I've been surprised at the size of our table and how many people come to the table because of our busyness (not just older)

Having a C&N table has been a good professional development for me and is very satisfying.

Based on my experience hosting a table, I definitely think C&N tables can help reduce loneliness.

Having a table has led to me continuing to do other things. I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

I have a long-term condition and I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

After 4 weeks I've now got 17 people coming to my table. I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

In promoting my table, I've got to know people running the local Football, social prescribers at doctors surgeries, their running teams and more. Building these relationships has made me an integral part of the community and the C&N an important service for people in the area.

After reviewing so many people at the table I feel far more confident in my own abilities. I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

Emily says the C&N table gives her the opportunity to offload and she is so grateful to have the space to do that

Emily also attends, she's a mum with two children with SEN needs.

I host quite a range for Councillor and has quite a high profile in Llanidloes and lots of people know her. I've been surprised how many people come to the table because they know the table.

I've thought about stopping for local funds, like the Parish Councils, so if they would be interested in funding future sessions.

We are trying C&N table at a pub and they have agreed to give discount on drinks for people sitting at the table.

Other volunteers could represent local businesses. I've been hosting an abse for about 4 weeks now. I've been hosting an abse for about 4 weeks now.

It was good to put on a table for a while and needed something to feel part of. I love the area and needed to meet people. My confidence has grown so much since attending. The table is a great place to meet people and I feel like I've got much up and don't need her as much.

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Brian was very down when he first joined, after having experienced difficult problems at home.

Clare, a social prescriber that works with our local doctors, was desperate for loneliness tackling activities to refer her to, so I loved the idea of a C&N table. She refers people to my table.

I give out lots of leaflets advising people who's on in the local area.

Lots of people are interested in the C&N concept and if they are tourists, often say they will look out for a C&N table when in their home town. I like to think they become 'Chatty Cafe Ambassadors' after visiting.

Participants and hosts share information about local activities with each other.

Last week, Emma exchanged numbers with Ian about going to an exhibition. They are having different ages but found a common interest (art) which is fabulous.

The C&N table helps form friendships.

People exchange numbers at the table which is lovely to see!

I do another volunteering group (Golf Neighbourhood) and some of the people from that group have started coming to my C&N table.

Staff in the Town Council office use my C&N table. They refer people to my C&N table. They refer people to my C&N table.

The Mayor comes along to our C&N table and fully supports it and Town Council staff help put up posters to let as many people as possible know about it.

There are lots of other groups in the Town, but they seem really well established and have been running for years. Everyone seems to know everyone and a lot of me off from going.

Good thing about the C&N table is that it's a relatively new concept and there aren't existing 'clicks' and people can come and go, making it easier to attend and join in, as everyone is 'in the same boat'

Lots of attendees have accessed other services after finding out about them at a C&N table.