

# Case Study



How Chatter & Natter tables help bring people together.

Katy, 56, moved from London to West Sussex in late 2023. After suffering the loss of a parent and friend, Katy wanted to move to the coast and start a new life, away from the hustle and bustle of the big City...

## **How was your life before the service?**

I'd always wanted to move to the Coast and finally took the plunge and did it. I have 1 friend in Bracklesham Bay, and after visiting many times, decided to move to that area. Moving to a new place is quite daunting and I was keen to get to know people in my new community. I also teach chair aerobics and wanted to set up my business in the area.

## **How did you hear about the Chatter & Natter table?**

A few weeks after the move, I popped into a local community centre where I found out about the 'Chatter & Natter' group which runs in a local café. I felt really nervous about going along but finally built up the confidence to give it a go.

## **How is your life different as a result of going to the Chatter & Natter table?**

From the first visit, everyone was incredibly welcoming and friendly. I don't know what I was worried about. Last year we got together for a Christmas dinner, and we are planning the same thing this year.

The Chatter & Natter group is hosted by Anita, a fabulous volunteer who is brilliant at bringing people together. Anita takes every opportunity when she is out and about to spread the word about the group and invite anyone to come along. The group is a mix of men and women of various ages.

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*“The group is a lifeline for me and for many others who join, giving us a reason to get together, make friends and off-load. Everyone is so kind and supportive.”*

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Some of the people who attend also come along to my chair aerobics class and it's been great that I've been able to offer my skills to help improve fitness.

Quite often people living by the coast don't have immediate family members living nearby, and you can see how pleased they are after finding the group.

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*“Some of the attendees got together in the summer and went on holiday together for a long weekend, they had an absolute ball and wouldn’t have met each other if it wasn’t for the Chatter & Natter group.”*

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If anyone feels they would like to meet new people, I encourage you to find your nearest Chatter & Natter table, and give it a go.

*Here is a picture of the group celebrating its anniversary. I hope others find enjoyment in other Chatter & Natter groups around the country, as I have done.*

