

Case Study



How Chatter & Natter tables help bring people together.

Doreen, 83, lives in Bognor Regis and sadly, lost her husband in September 2023. For about four and half years before the passing of her husband, Doreen had taken on a carer's role to look after him at home. This meant that Doreen had been confined to the house as she could only go out when outside carers could come in and look after her husband.

The years of caring for her husband and the limited opportunities to get out of the house left her feeling anxious and nervous, but she knew she needed to start socialising again. In early December 2023, Doreen read about a local Chatter & Natter table on the Bognor Regis community Facebook page...

I thought about going to the Chatter & Natter table for about 2 weeks and plucked up the courage to go along in late December 2023. After the passing of my husband, I felt lonely and confused, and very nervous about meeting new people, so I really had to force myself to go along.

The Chatter & Natter table runs every Wednesday 1:45pm – 2:45pm at West Park Café in Bognor Regis. It's hosted by Karen, a lovely Chatty Café volunteer. When I first visited, Karen and the other volunteers made me feel instantly welcome. I've been going most weeks since December 2023, and continue to attend now.

“Going to the Chatter & Natter table gives me a sense of purpose and structure to my week. It's a reason to get out of the house. I'm not naturally a 'people person,' so I really had to go out of my comfort zone to go along.”

It's the only activity I go to and my son often says on the phone 'make sure you keep going along to that chatty group.' And I tell him I will so long as it keeps running, as I do enjoy it.

I think it's better to go to the group on your own because you end up sitting next to lots of different people and can chat about whatever is on your mind, such as what you are watching on television or events in the news. I've not asked a friend to come along, because I know I'd end up speaking to the friend the entire time, so going on my own forces me to meet new people.

I honestly don't know where I'd be if I didn't go. It's become quite a big part of my week and life. I'd thoroughly recommend it to anyone who is looking for something easy to join. It doesn't matter if you

drop in monthly, or just visit once. There is no pressure to attend every week, but for me, it's what I want to do.

“The Chatter & Natter table has definitely helped me feel less lonely. There are about 12 of us who are considered regulars, and others who drop in and out, from week to week.”

Here are some photos of the Chatter & Natter table, and a gorgeous Chatty Café dog that sometimes comes along!

