

Chatty benches were originally introduced to combat loneliness

When Allison Owen-Jones was walking her dog around Cardiff's Roath Recreation Ground she noticed an elderly gentleman sitting on a bench alone.

Unsure whether the man wanted anyone to speak to him Allison came up with an idea which eventually spread across the world.

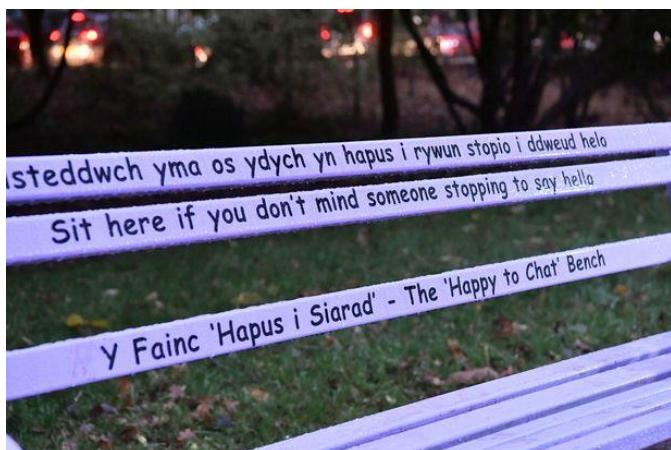
The retired Cardiff and Vale College lecturer went home and printed out a sign that could be attached to the bench saying: 'Sit here if you don't mind someone stopping to say hello.'

Now Allison's 'Happy to Chat' benches have become a permanent fixture in Cardiff with the council installing three brightly-coloured benches in Bute Park, Hailey Park, and Roath Pleasure Gardens.

"It looked like it had taken the man a lot of effort to get there and my dog went up to him and his face lit up," Allison, who has lived in Cardiff for 35 years, said about the day she came up with the idea.

<https://www.walesonline.co.uk/news/wales-news/happy-chat-benches-around-cardiff-22102985#>

Google 'Chatty benches' and you will see a number of images.



Bude have a number of chatty benches.

Bude and Stratton Town Council chatty bench bar code link:
<https://www.bude-stratton.gov.uk/your-health-wellbeing/>

Quotation from JAG Signs (who supply Bude and Stratton Town Council's Chatty Bench plaques)

The price to set-up the initial artwork for approval will be £20.00 plus vat

*this wouldn't be applicable on any future repeat orders should you require more.

The price to produce and supply

2 x bench plaques

270mm x 130mm (same size as Bude)

Routed 3mm Polycarbonate plate with pre drilled holes

Reverse print on clear, backed in white, reverse mounted to rear side of plaque to protect print

£47.50 plus vat each

Quotation from Seadog IT

Website Content / Features	£60.00	1.5	£90.00
Build Community Support (or Mental Health) page with buttons and content linking through to NHS resources and content as provided by the council.			

Email from Jessica Hirons, Social Prescriber

From: **HIRONS, Jessica (QUAY LANE SURGERY)** <jessica.hirons4@nhs.net>

Date: Thu, 19 May 2022 at 15:14

Subject: Re: Chatty bench

To: Karenza Heald <theclerk@millbrook-pc.gov.uk>

Hi Karenza,

I love the idea for this and would fully support the project and any resources/design work needed. I have attached some Mental Health support pathways to explore.

I would add signs to a few of the benches around the lake, Tanyard and also the bench by the park at W. Street Car park.

Please keep me up to date with progress.

Jessica Hirons

Social Prescribing Link Worker

Age UK Cornwall & Isles of Scilly

There is a local craftsman, who lives in Southdown who could make timber signs.

Information, where the seats are situated, could also be provided in the public noticeboards

Mental Health Support

One to One Support in Cornwall

Man Down

Talking groups for men at locations across Cornwall. Torpoint is fortnightly on WEDNESDAYS 7pm - 9pm - Torpoint Town Council: 1-3 Buller Road, Torpoint

[Events | Man Down Cornwall | Cornwall \(mandown-cornwall.co.uk\)](https://www.mandown-cornwall.co.uk)

Your Voice

Talking groups for Women at locations across Cornwall – Alternate Wednesdays at 10am, Carbeile in (function room), Trevol Road, Torpoint, 07702 993 601 [Your Voice Cornwall | Charity that supports the supporters of Mental Health](https://www.yourvoicecornwall.org.uk)

Get Your Life Back

Charity supporting emotional, mental and physical wellbeing through a blend of mindfulness, meditation and psychotherapy. FREE 1:1 sessions available [Get Your Life Back - Mental Wellbeing Support | Care and Support in Cornwall](https://www.getyourlifeback.org.uk)

Pegasus

A mens counselling service that is currently supporting **everyone** due to the Covid-19 Pandemic and the issues additional stress it causes. 6 x free talking therapy sessions then £10 per session. [Pegasus – Men's Wellbeing Centre CIC \(pegasusmenswellbeing.co.uk\)](https://www.pegasusmenswellbeing.co.uk)

Outlook South West

Mental health therapy for people suffering with stress, low mood and worry. They provide the Improving Access to Psychological Therapy (IAPT) service for Cornwall and the Isles of Scilly. It is for people aged 16 and above. <https://www.cornwallft.nhs.uk/outlook-south-west/>

Valued Lives

Mental health organisation based in Cornwall offering 24 hour crisis services, wellbeing focused workshops and activities, and residential recovery and transition services.

<https://www.valuedlives.co.uk/>

Pentreath

They support recovery from mental ill health and develop opportunities for people to meet their potential (get back into work)for happy and productive lives - <https://pentreath.co.uk/>

Help2Wellbeing – referral only

Personalised mental health and wellbeing support from Pentreath for 6 weeks – ask your GP or Social Prescriber for a referral. <https://pentreath.co.uk/>

Step into Wellness – Age UK Cornwall

Step into Wellness is an online coaching programme designed around you. It's a fun and unique approach to improve your mental, physical and emotional wellness. Through a mix of one to one and group engagements, our trained team will go with you on a journey to improve wellbeing. Call 01872 266383 - [Step into Wellness - coaching programme designed around you - Cornwall Link \(cornwall-link.co.uk\)](https://www.cornwall-link.co.uk)

Free Online Courses and support

Living Life to the Full (CBT)

Free online courses covering low mood, stress and resilience. Work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking and more. Our courses are free for individuals using them in their own lives. [Living Life to the Full | helping you help yourself \(lltf.com\)](https://www.lltf.com)

Five Steps to Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. [5 steps to mental wellbeing - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Every Mind Matters

NHS Website with ideas and support for everyone to look after their mental health. They also provide a 'Mind Plan' quiz for individuals to go through and receive a personalised Mind Plan. [Every Mind Matters - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Stress Busters

If you're stressed, whether by your job or something more personal, the first step to feeling better is to identify the cause. [10 stress busters - NHS \(www.nhs.uk\)](https://www.nhs.uk)

NHS Self Help Guides

Selection of downloadable PDF's that can be used for self help <https://web.nhs.uk/selfhelp/#anxiety>

Free Apps

InSight Timer

Meditations and self help

[Insight Timer - #1 Free Meditation App for Sleep, Relax & More](https://www.insighttimer.com)

Catch It

Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing. [Catch It app - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Chill Panda

Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.

[Chill Panda app - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Cove

Create music to capture your mood and express how you feel with the Cove app. Instead of words, create music to reflect emotions like joy, sadness, calm and anger. You can store your music in a personal journal, or send them to someone and let the music do the talking.

[Cove app - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Feeling Good: positive mindset

Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset. [Feeling Good: positive mindset app - NHS \(www.nhs.uk\)](https://www.nhs.uk)

My Possible Self: The Mental Health App

Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health. [My Possible Self: The Mental Health App - NHS \(www.nhs.uk\)](#)

Other Free Online Resources

15 Core CBT Techniques you can use right now - My favourite approaches from cognitive behavioural therapy [15 Core CBT Techniques You Can Use Right Now \(unk.com\)](#)

No Panic -Self help resources and free downloads <https://nopanic.org.uk/resources/>

[Other affordable options for people on low incomes – the free psychotherapy network](#)

[Free Anxiety Resources - Anxiety UK](#)