



Compassionate Community Case Study

Seniors Connect Cafes

Compassionate Neighbourhood Health Partners Society
Chilliwack, BC

Seniors Connect Cafe

Compassionate
Neighbourhood Health Partners Society



www.cnhpsociety.com

In a Nutshell

Drop-in gathering of seniors who might normally be socially isolated - “people say it’s hard to get to know people”

Socializing, information about community and health resources

CNHPS partnered with Community Response Network (breaking the cycle of abuse)

Began pilot 2 Thursdays/month at two restaurants (fewer accessibility barriers). Expanded to 4 Thursdays/month

Used 1 facilitator + 1 resource person

Free coffee & tea; people pay for food

14-20 people typically attend

THE CHILLIWACK PROGRESS



Facilitator Helen Lawrence of the Seniors Connect Café at IHOP in Chilliwack. (Jennifer Feinberg/ The Progress)

Gatherings in Chilliwack are geared to breaking down isolation of seniors

Called the Seniors Connect Cafes, the events are casual and focused on conversation

JENNIFER FEINBERG / Apr. 29, 2019 12:12 p.m. / COMMUNITY



At the Cafe

Facilitator greets seniors and helps with introductions to one another

Start conversations by asking about people's backgrounds

Navigation to services, as needed

Push tables together so no more than 10 at a table

[Read more here: https://www.theprogress.com/community/gatherings-in-chilliwack-are-geared-to-breaking-down-isolation-of-seniors/](https://www.theprogress.com/community/gatherings-in-chilliwack-are-geared-to-breaking-down-isolation-of-seniors/)

SENIORS CONNECT CAFÉ

EVERY Thursday 10 am to 12 pm

FREE Coffee & Tea

All older adults are welcome to join for coffee and a conversation!

If you know of family, friends, or neighbours who may be interested, please spread the word.

If you are an older adult who does not drive but would like to attend, let Connie know and she will try to help you find a solution. (See contact info below.)

Visit our website for more information about the CNHP Society: www.cnhpsociety.com

We look forward to seeing you!

First & Third Thursday of the month
IHOP Restaurant 45466 Yale Road
(connected to the Travel Lodge just off Vedder Road)

Second & Fourth Thursday of the month
Homer Restaurant 46090 Yale Road
(corner of Yale and Princess Ave. Downtown Chilliwack)



Connect with other Chilliwack seniors and bring your questions regarding health or community resource needs.

For more info contact Connie:
E: neighbourhealth@gmail.com
P: 604-798-2023
W: cnhpsociety.com

Marketing

People to invite	Seniors
Gathering duration	2 hours
Facilitator	1 facilitator + 1 resource person recommended Could tap into retired social or health professionals
Costs	Minimal- In kind (a room) and sponsorship contributions (for refreshments), poster or flyer
Location	Accessible location e.g. Restaurants, library meeting room, community centre
Refreshments	Coffee/tea – cost for 20 people averages \$75 If in a restaurant, let people know that they need pay for their own food.
Marketing	Poster/Flyer (see example) Distribute at library, leisure centre, YMCA, community centre, seniors centre, curling club, participating sponsor organizations Free promotion through local paper and coffee news

Resources Needed

Lessons learned/ Wisdom

- ❖ “We are in a mobile society. People don’t have families nearby.”
- ❖ Can start easily with just the social element
- ❖ 30% of participants have attended at least 4 sessions – lots of new people
- ❖ Have suggestion box for topics for second hour as people like to talk with each other in first (e.g. birdwatching, aging)
- ❖ Adding a donation box
- ❖ Big surprise - “People want to talk – don’t really need a facilitator”
- ❖ Next steps: invite guest speakers, enhance reach by having taxis pick people up, have volunteer accompanying older adults on buses to and from Cafe events
- ❖ Story – depressed, quiet individual who has opened up and become friendly and made many friends