

Chatty Benches

A friendly space to chat and connect



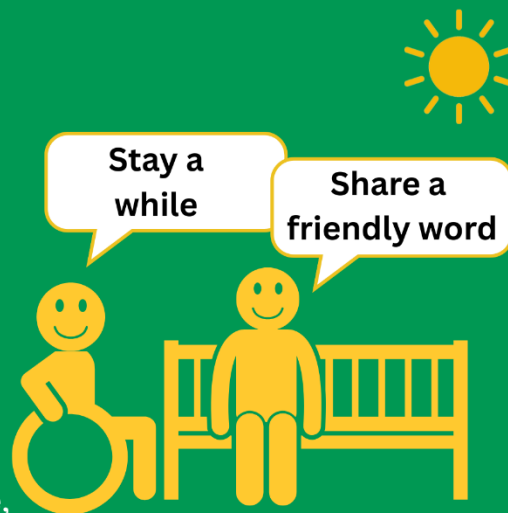
Romsey Town Council has introduced Chatty Benches in the town centre to help reduce loneliness and bring people together. If you're feeling lonely or just want a friendly conversation, these benches are for you.

What are Chatty Benches?

Benches with a small sign indicate that anyone sitting there is happy to chat with the next person who joins them. Look for the plaque, it's your invitation to connect.

Chatty Bench

Sit a while, and rest your feet,
A friendly face is yours to meet.
A word, a smile, a laugh to share,
You'll find good company waiting here.



Because a simple **hello** can brighten someones day



Why use them?

Chatty Benches help to

- Lift spirits - Even a short conversation can brighten someone's day.
- Get outdoors - Fresh air and time outside benefit your well-being.
- Meet people - Connect with others in your community.
- Build community - Interactions create a friendlier, supportive town.

Not sure what to say?

Some great conversation starters are:

- How's your day going?
- Did you hear about the local event this weekend?
- What's your favourite spot around town?
- Do you have a favourite café or restaurant?

Even a short chat can make a difference and maybe spark a new friendship.

Safety

Chatty Benches follow the same standards as other public benches and are in busy, public areas.

If you feel unsafe, please phone:

- 999 – emergencies
- 101 – non-emergencies

Or report online via www.hampshire.police.uk/ro/report

Need some extra help?

Call 999 immediately if you feel like you might act on self-harm or suicidal thoughts

Call 111 if you need urgent mental health advice or help navigating services.

Free & 24/7 Helplines

- Samaritans: 116 123 — free, confidential, 24/7
- Shout Crisis Text Line: Text 85258 — free, confidential 24/7
- The Silver Line: 0800 4 70 80 90 (support & friendship for older people)
- Young Minds support (parents/young people): 0808 802 5544 / text YM to 85258