

# HAPPY TO SHARE MY TABLE

*When strangers start acting like neighbours... communities are reinvigorated. Ralph Nader*



*If you're happy to share your table  
simply stand me up!*

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Happy To Share  
is supported by:



Recovery  
Devon



COMMUNITY  
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EXETER

## Happy To Share My Table

We encourage strangers to share tables and talk.

First introduced in Devon these cards have proved extremely popular with both cafes and their customers.

Reducing isolation supports physical, mental and emotional well-being.

Please take this card if you wish to use it elsewhere. If you'd like to support us or order cards, simply get in touch:

-  [happytoshare.co.uk](http://happytoshare.co.uk)
-  [connect@happytoshare.co.uk](mailto:connect@happytoshare.co.uk)
-  [/wearehappytoshare](https://www.facebook.com/wearehappytoshare)
-  [@happytoshareuk](https://twitter.com/happytoshareuk)
-  [@wearehappytoshare](https://www.instagram.com/wearehappytoshare)

Before we became friends,  
we were strangers.  
Anthony T Hincks

## About Recovery Devon

We are a CIC supported by Devon Partnership Trust, but independent.

Our purpose is to create opportunities for mental health recovery in Devon.

Working in partnerships we support individuals and groups to create fundamental change in mental health care. New members and partners are always welcome and can find us here: [recoverydevon.co.uk](http://recoverydevon.co.uk)

## About Caron Sprake

Award winning blogger Caron Sprake created these cards and gave the idea its momentum. Caron Cares also offers help and advice on elderly care and her own Dementia Assistance Cards here: [www.caroncares.co.uk](http://www.caroncares.co.uk)