

How to Have a Care Cafe



Care Cafe is a place - public or domestic place for people to gather - their wits, thoughts and comrades in action.

It's a place. It can be a hall, a hallway, a meeting room or someone's living room - even the corner of a real café.

There should be chairs and ideally a table or two for sitting around and leaning on. If possible, leave room for people to move and mingle as well as sit and talk.

There is no specific agenda or discussion topic and the space should be kept free of public announcements and open for self selecting small group or one-to-one conversations.

Provide for food and drink. This can be an informal, potluck table. It's fun to see what arrives and everyone can all serve and clean up after themselves.

Music is optional. Remember that conversation is optimal.

Make available small manual tasks of care - anything that needs to be done for someone or some group - folding laundry, texting appeals, stamping mailings, cutting out cookies/art projects/political info, anything! Having everyone engaged in simple physical tasks keeps the conversation easy and flowing. Provide a way to share resources for action, activism and care - post-its, sign-up sheets, a wall poster, bulletin board or blackboard, video diary corner.

Resist the urge to finish with a group discussion. Let everyone go gently on their way.

Document and log your activity on the Care Café Facebook community page so we can stay connected and share care strategies.

And remember that this is primarily a state of mind that we can carry with us, asking ourselves daily: how can we maintain an attitude of care in such an uncaring world?

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www.facebook.com/cafeofcare

www.split-bitches.com/public-address-systems