

Activate Café

What does a 'Stigma Free' Café mean to you?	What should be included in the Activate Café?	How do we become a vibrant Café that is accessible to people living with Mental Health?
Comfortable environment, free from cliques, no labels	Maybe a place to deactivate, confidentiality	Late evening/weekends, out of hours, scope for more hours on a volunteer basis
Consider the design – lighting, accessibility of the venue	Opportunities for volunteering & paid work	Let people know about the café – through service users
Have a quiet corner	Pay as you feel – money box on the side	Conversations about what you gained/benefited from attending the café
Moving people into a positive space	Music – dancing, movement	Advertise café details via text/email & other technology & social media
Opportunity to learn about Stigma	Make food participation - ownership	Linking in with support staff
Learn & live through shared understanding	Social games – chess, black gammon, pool table	Information stall in the café & in the community, within other Mental Health services
Without stigma – shame free, no judgements, diversity	Selection of activities to bring people together, learn/teach others	Have a system where people can meet to go
People feel comfortable to be who they are	Resource Box – with Art crafts	Good location that is safe to access
Open, welcoming space	Budget, affordable	Spread the word – word of mouth, positive experiences
Discussion about stigma – advances the agenda hub for campaigning not an island of being a stigma free cafe	Shelves of books (informative)	Diverse foods on offer
Staffed by people with an understanding/interest of Mental Health	Events in the cafe	Base cool group in the space – reduces anxiety
Giving training for people to develop skills	Be able to have access to people who will listen to you and be there for you to talk	Clients to decorate the space/ space created by the community
Cheap not free	Jointly run – developing opportunities for people to be a part of running the café	Photo competition
Majority of people are service users	Subsidized	Make things in workshops
A place where people know	Not Pritchard's road	Ecotherapy
Anyone can go – not forced to speak or participate	Contact information – on who runs it	
	Space for smoking	
	Food – brings people together, bring & share various cultural meals, rotate cooking with users	