

Coffee & Tea Connect

I see you. I hear you. You matter.

Host it wherever you are. Come for a drink. Stay for connection.

01 THE PURPOSE

Bring neighbours together over a drink.
See the person. Listen with care. Build belonging.
Talk, laugh, listen or enjoy quiet company.
No story, referral or booking needed.

02 PLAN LOCALLY

Start with 4-12 adults and two prepared hosts.
Choose a morning or afternoon, accessible venue and 90 minutes. Keep attendance free.
Agree roles, costs, local support contacts and a reliable next date before inviting people.

03 BRING & SET UP

Tea, coffee, water, cups and simple snacks.
Label ingredients and allergens; offer choice.
Use small tables, clear paths and quieter seats.
Bring welcome signs, prompt cards and checked local support information. Plan hot-drink safety.

04 WELCOME WITH CHOICE

'Welcome. There is a chair for you.'
Offer company, an introduction or a quiet seat.
Explain: listen respectfully; passing is welcome; ask before advice; keep personal stories private.
Shared-room privacy cannot be guaranteed.

05 YOUR 90-MINUTE RHYTHM

00-15 Arrive, refreshments, personal welcome
15-20 Explain Sawubona and the agreements
20-45 Relaxed conversation; optional prompts
45-55 Optional listening activity
55-80 Open connection and refreshments
80-90 Feedback, next date, thoughtful goodbye

06 TRY ONE LISTENING ACTIVITY

Ask: 'What helps you feel part of a community?'
In willing pairs, A speaks for two minutes.
B listens, then: 'What I heard was... Is that right?'
Swap roles. Reflect on what helped you feel heard.
Passing and everyday topics are always welcome.

07 CARE & BOUNDARIES

Community connection, not therapy or crisis care.
Do not force sharing, promise secrecy or diagnose.
Ask before photos, advice or contact exchange.
If concerned, involve the named lead and use the local response plan. For immediate danger, contact local emergency services.
Children need a separate safeguarding plan.

08 CLOSE & KEEP CONNECTING

Thank each person; offer the next invitation.
Optional feedback: 'Did you feel welcome?'
'What would help next time?'
Debrief hosts; review access, costs and workload.
Adapt language, drinks and timing locally.
Keep welcome, choice, listening and care.

ADAPT THE SETTING. KEEP THE SAWUBONA SPIRIT.

Full instructions, 3-hour drop-in plan, invitation and local planner:

www.l2mcoaching.com/sawubona/resources/coffee-and-tea-connect