

CAFÉ CONVERSATIONS



A program of ARRC to bring together people with autoimmune illness in local areas to talk, laugh and support each other. A social gathering to find some free space around an autoimmune illness. Meet new friends who live with autoimmune illness personally or support a friend or family member with autoimmune illness.

Local groups are born out of an interested person contacting ARRC and asking to be connected with an established group or starting a chain with ARRC to connect with new autoimmune friends.

Café Conversation groups can be formed as special interest groups. For example: young mothers group; men with autoimmunity group; young person's group; parents group; wine appreciation group; boot scooting or even crochet and knitting group.

Share an interest as well as supporting each other in an illness journey.

ARRC acts as the connecting avenue so as to maintain personal privacy details. Helping to organise and set up the first meeting and offering ongoing support in sending out notifications of planned conversation gatherings.

As a Café member you decide when or if you feel comfortable in revealing your personal contact details with your individual conversation group.

Café conversation groups are designed to be informal social gatherings in different local areas. A shared conversation about life stories, events and interests. Some time to enjoy time out with someone who can understand what it means to have an autoimmune illness.

The groups are not meant to replace your individual health advice and management offered by health professionals but are meant to provide some additional support on a local and social level.

ARRC will offer ongoing guidance and help if health issue clarifications of discussion points arise at conversation gatherings.

The café conversation group is your group and the group decides the format, the locations of meeting, times and dates. A group can meet a few times or keep on meeting for a long time. There are no joining fees and no restrictions on how many gatherings you attend.

Suggested gathering locations are at local cafes for simple quick coffee, restaurants for a bite to eat, parks for picnics, or if you prefer a home event or maybe even a movie night.

It's your group and your conversation.

Contact ARRC on 49214095 or ARRC@hnehealth.nsw.gov.au