



Gainsborough
Night Light
Café

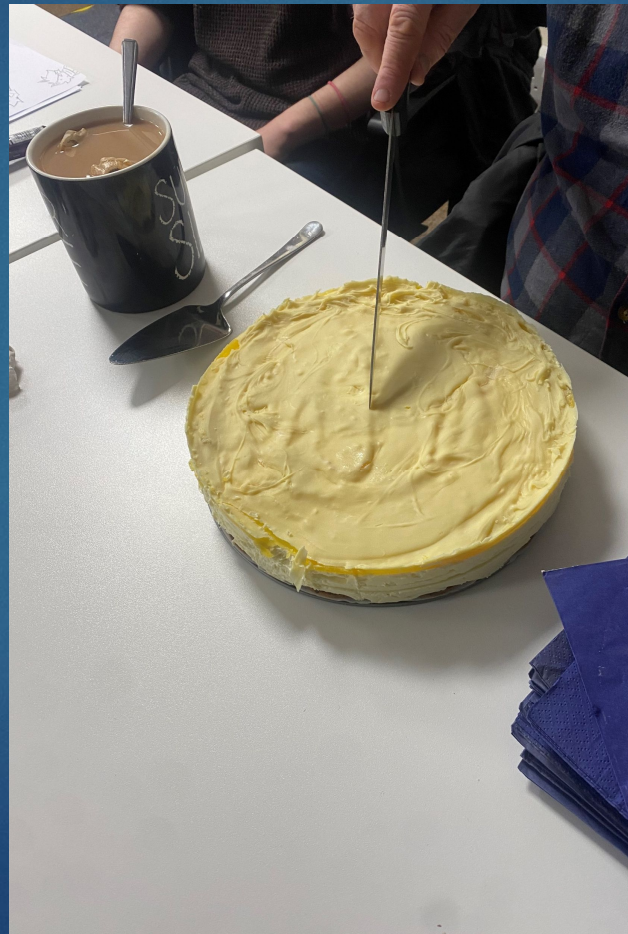
What is a Night Light Café?

A Night Light Cafe is a safe space for people to come, they can offer non clinical mental health support. All Night Light Cafes are run by trained volunteers who are there to listen mostly in the evening when community mental health teams are not readily available.



In February
Gainsborough Night
Light Café supported
23 people.

What do we do at Gainsborough Night Light Café.



What people have said about us.....

Night light café is a warm and friendly environment filled with great people.

Safe, welcoming, friendly, just brilliant.

I was in a dark place when I heard about the night light café when I decided to give it a try. I was warmly welcomed and made to feel at ease by everyone and felt comfortable enough to take part in the activities on offer.

The banter.

I can't remember the last time I laughed so much if at all, my cheeks are still hurting.

What the volunteers have said about us.....

Knowing you have
a put a smile on
someones face for
even just 3 hours
makes me happy.

Donating time and
energy to others can
take you out of yourself
and can make you feel
better too.

Volunteering has
improved my own
mental health
without even
realising.

Knowing that you have
been there for someone
to help and support and
listen to them is very
rewarding.



**Monday Night –
Connexions – Chill,
chat, connect.
100 Church Street.
(Opposite Parish
Church)**

**Thursday Night –
Riverside Training.
Market Street.
(Above the post
office)**