

Saltash Town Council has installed five 'happy to chat' plaques at benches in the town.

The benches are designated areas where people who wish to chat can sit, this can help ease loneliness and low mood. Chatting to someone can be a simple act of kindness that can support people in a positive way and bring our community together. All five benches have a plaque with a QR code directing people to a website which signposts to additional support services, for all ages including young people and contacts for support both locally and nationally. www.saltash.gov.uk/wellbeing.php

The benches are located at

- Lower Fore Street, opposite the Banking Hub
- Picnic bench located on Jubilee Green, Saltash Waterside
- Public bench in the seating area at Churchtown Cemetery
- Public bench on St Stephens Road
- Public bench at the Cornish Cross

The Mayor of Saltash Councillor Julia Peggs said, " If anyone is feeling lonely and wants a chat the five benches across the town will provide a way for people to sit together which will hopefully form new friendships. The QR code provides a link to resources across the county which people can access if they require mental health support."

