

# CHATTY HULL MENU

## LET'S BEGIN

What do you like about where you live?  
Tell an interesting fact about yourself  
What's your favourite way to spend a day?

## THE MAIN EVENT

If you could invite anyone to a dinner party who would it be?  
What's your favourite family tradition?  
Chip spice, yes or no?

## TO FINISH OFF

What was your favourite game as kid?  
If you could be a biscuit what would it be?  
What hobbies do you have?

## CARRY ON THE CONVERSATION

### Connect Well Hull

Advice, support, and choice, including connecting you to services that help you get active and make you feel more linked in with your community

T: 01482 217 670

E: [enquiries@connectwellhull.org.uk](mailto:enquiries@connectwellhull.org.uk)

### Talking Tables

Bringing people together that are happy to chat, anyone can sit at a Talking Table. A Talking Table is somewhere for people to sit if they want to start or join conversations with each other

[www.hull.gov.uk/health-and-wellbeing/mental-health/talking-tables](http://www.hull.gov.uk/health-and-wellbeing/mental-health/talking-tables)

### Peoples Panel Hull

Want to influence the city?  
Why not join the peoples panel  
[www.hull.gov.uk/peoplespanel](http://www.hull.gov.uk/peoplespanel)

### Timebank Hull and East Riding

Timebanking is a way of spending one hour of time helping someone out by, for example, mowing someone's lawn, or doing their shopping. For every hour spent, you earn an hour in return

[www.timebankhullandeastriding.co.uk](http://www.timebankhullandeastriding.co.uk)