

Tea, Toast and Chat – our very own meet up group



15 minutes

Key message:

One way of breaking from routine during work is to put a meet up event into your calendars. People are more likely to prioritise something already in the diary as it won't feel like they are taking time out of the day that's already ring-fenced for other things.

Activity:

This activity is literally to invite people to a specific time for some 'tea, toast and a chat' (alternatives could be 'coffee, cookie and a convo'). This works well at breakfast times and could even feel like a perk for staff.

This meet up is an opportunity to check in with people, boost morale and ensure people feel supported.

You can have this as regular monthly / fortnightly or even weekly thing and ensure people don't deprioritise it for desk time.

You will need:

- Invitation cards that you can print from our online tool [here](#)
- Hot beverages
- A space where people can sit with their beverages
- Basic breakfast items such as bread to toast and spreads

-
- Encourage people to talk about how to improve things at work around wellbeing which could be a way to talk about works effect on everyone's mental health.
 - If this is a regular meet up, you can do a review of what ideas worked and what didn't.

Funded by



Run by

