**Coffee Mates; A simple idea to bring people together and chat – in support of our wellbeing and being there for each other in these peculiar times.**

**What is it?**

An opportunity to spend around 30 mins having a chat - with someone you wouldn’t necessarily talk to within your usual work environment - about anything (it doesn’t need to be work related). There is no agenda, no goal, just have a catch up and see where it takes you.

It doesn’t need to be coffee or at a specific time – could be breakfast, afternoon tea – totally up to you and your ‘Coffee Mate’ to agree what suits.

You can do it retro (via telephone ☺) or even try using some of new-fangled technology like Zoom or Teams. Whatever works for you both!

**Why do it?**

Here are a few of the benefits…you may find more of your own

* Get to know new people
* A break from work and a chance to recharge
* Gain fresh perspectives and understand different parts of the organisation
* Develop new support networks
* Encourages collaboration and brings people together

**How does it work?**

We will capture a list of people who want to take part and then once a month at the beginning of the month we will randomise a matching of names, you and your ‘Coffee Mate’ will then be sent an email to you asking you to get in touch.

We suggest you organise a catch up within a week of receiving the email and then up to you to decide when, how long, how often and how you will catch up.

We will then complete the same process at the beginning of the following month and you will be matched with someone new and the process starts again.

**Where do I sign up?**

Send an email with the subject header ‘Coffee Mates’ to [healthwellbeing.lypft@nhs.net](mailto:healthwellbeing.lypft@nhs.net) to say ‘count me in’ with the area you work in and we will do the rest. You will receive your randomised match email before the end of the first week of the following month. If at any point you wish to opt out (whether altogether or you want to take a coffee break) send an email to let us know. You can always opt back in at a later date.