



New! Virtual Coffee Trials...

Let's make sure we continue talking to each other in Women and Children's Health...

It is more important now than ever that we keep in touch and communicating with others is an essential and important human need...some of us have been redeployed to new roles, some of us are working in different teams and some of us are working from home and are all experiencing different and challenging things...we can randomly link you to someone else in the Division to speak to!

It is the same as our RCT concept but with a twist given social distancing. We will pair you up at random with someone else in Women and Children's health and you arrange to have a telephone conversation or online conversation via Webex, at a mutually agreeable time.

You can talk about **anything** you like, from what you are working on, how you are feeling, your worries and what you are looking forward to, to new practices and what this means for the NHS in the future.... it does not have to be work related though.

There are lots of benefits to virtual RCTs at this time including:

- Helps you to feel less isolated by being part of something
- Get to know someone new in Women and Children's health
- Provides someone new to talk to who may be good support
- They are enjoyable, fun and can be cathartic
- Provides legitimacy to chat with people about things that are not directly work related
- Create and sustain good relationships in the Division

Please email lucie.clough@addenbrookes.nhs.uk to find out more and be matched with someone else from Division E!

* Reminder - if you would like a face to face coffee (with social distancing) you can still use the Hexagon which is the Sanctuary space



