

# Share your Tupperware

**Key message:**

We can sometimes miss the opportunity to socialise with our colleagues.

These are the people we spend a great deal of our time with and yet we sometimes don't get to know who they are.

Knowing your colleagues can help to support natural conversations and encourages opening up about mental health.

**Activity:**

This is less an activity and more of a way to get together.

See if you can schedule in at least once a fortnight where people can meet up at lunch time to catch up with one another. This could be whole teams or part of teams.

You can make this part of your team plan, for example:

Tupperware Thursday (where people bring in lunch for people to share - like Tapas)

Fast Food Friday /or Fish and Chips Friday

Eat out day

The basic principle being getting together and catching up with one another.

Participation is voluntary but recommended!

