



Mental Health
Foundation

Have a natter.
Raise money.
Change lives.

TEA
& TALK



Talking is good for you

Talking is good for your mental health. It's as simple as that.

People who are more socially connected to family, friends, colleagues or their community are happier, physically healthier and live longer, with fewer mental health problems than people who are less well connected.

Staying connected is often more important than we realise. Many of us spend a huge proportion of our lives at work and see our colleagues more often than our family, so it's important to be able to talk to colleagues and form strong relationships.

Your Tea & Talk could improve the wellbeing of your workplace and create a mentally healthier community. Your fundraising will help us to conduct research and spread mental health messages further, helping to create a world with good mental health for all. Not bad for a cup of tea and a natter.

In this pack you'll find everything you need to get baking, get talking and get fundraising.

Thanks so much for helping to create a world with good mental health for all.

Happy talking!

The Tea & Talk team





Planning your event

1. Set a time and place

Think of a time and place when lots of people will be able to attend.



2. Spread the word

Make sure everyone knows about your event. **Download our posters**, use email and internal intranet to invite as many people as possible.

3. Get baking

Use your signature bake or try a new recipe (pages 7 and 8 of this pack). You don't have to do it all by yourself, get colleagues to help you. Remember shop brought cakes are fine too!



Tea & Talk tip

Your Tea & Talk can be whatever you want it to be, the only limit is your imagination. How about G 'n' T & Talk or Walk & Talk?

4. Get talking

About anything! It doesn't have to be about mental health, talking about anything and building relationships is good for your mental health. Use our top 5 tips on page 3 to get the conversation flowing.



5. Get fundraising

We've got loads of resources and ideas to help you to fundraise and create a world with good mental health for all, visit page 5 for our top tips.



Tea & Talk tip

Many workplaces offer match funding on anything you raise.

Speak to your HR department to see if this is something your workplace does and double everything you raise.

7. Share with us

We want to hear about your event, send us your stories or photos.



Email: events@mentalhealth.org.uk

@teaandtweet #teaandtalk

[facebook.com/teaandtalk](https://www.facebook.com/teaandtalk)

@mentalhealthfoundation

6. Pay in your donation

Use the details on page 9.



Tea & Talk tip

Download extra resources on our website [teaandtalk.org.uk](https://www.teaandtalk.org.uk)



5 top tips to get talking



Talking about anything is good for your mental health, just building social links and relationships can make workplaces happier and more mentally healthy.

- 1** Put aside some time – Tea & Talk is perfect for this. Make sure people know this is a great space to have the sort of chats they usually have at the water cooler.
- 2** Think about the room layout – it might be easier to get people talking if the chairs are arranged in small clusters. Put on some music (not too loud) so people feel less self-conscious.
- 3** Plan some talking points (or use our resources) if things are slow to get started.
- 4** Icebreakers and resources are great but if the conversation's flowing, let it flow.
- 5** Talk about mental health if you want. If you want to make mental health the focus of conversation then great, it's always important to help people become more aware of their mental health and how they can look after it. Use our [talking resource](#) or some of our [publications](#) to get started.



3



Conversation cards

Learning about your colleagues, and finding out what you have in common is a great way to get conversations going and build relationships at work. Conversation cards are great if the conversations at your event aren't flowing at first. You can use these cue cards in pairs, small groups or for all guests to chat together. Encourage people to speak informally and casually, not necessarily taking turns.

Where does your name come from? Who were you named after?	What would you do if you won £10 million tomorrow?	What's your dream holiday destination?	If you could have dinner with one person dead or alive who would you chose?	If you could live anywhere in the world where would you live?	What did you want to be when you grew up?
How do you make a proper cup of tea?	Is a jaffa cake a cake or a biscuit?	For a cream tea, cream on jam or jam on cream? And how do you pronounce scone?	What's your favourite joke?	If you were a biscuit, what biscuit would you be?	On a chocolate digestive, is the chocolate on the top or the bottom?
Do you do anything to maintain good mental health?	What is your earliest memory?	When were you happiest?	Dogs or cats?	What's your signature dish?	What's the number one thing on your bucket list?

Our top tips to boost your fundraising



1 Cake

There are so many things you can do with a lovely bit of cake to boost your fundraising. Sell them, raffle them, guess the weight, have a bake off, offer them as a prize. You can't go wrong with a bit of cake!

2 Just ask

Make sure you make it clear how people can donate to your Tea & Talk, request one of our donation boxes or make your own.

3 Invite everyone

The more people you invite, the more you'll raise. Use social media, email and our [resources](#) to invite as many people as possible.

4 Add some extras

We have bunting, games, recipes and conversation starters available [on our website](#). All will help to give your event a bit of a boost!

5 Use your imagination

Your Tea & Talk can be whatever you want it to be. How about a BBQ, or a sponsored walk or a treasure hunt? The only limit is what you can think of.

6 Match funding

See if your organisation offers a match funding scheme for the money you raise – it's a really easy way of doubling what you raise.

The difference you can make



£5

Could help us create materials to spread mental health messages far and wide.



£25

Could pay for a single parent to attend a Creating Connections course providing the support they need to thrive.



£50

Could help us set up more Standing Together groups to help vulnerable older people adjust to life changes and ensure their mental health is a priority.

Maria found our **Creating Connections programme** life-changing:



"I came to be on benefits and a single parent at age 28. I was dealing with bereavement, depression and low self-esteem while trying to rebuild our whole lives from scratch. I struggled for two years to get back on my feet and adjust to being a single parent, doing everything myself without a lot of support.

"By joining the Creating Connections self-management course run by the Mental Health Foundation, I learnt something new every session: from goal setting, mental wellbeing and tools for managing emotions and stress, to training opportunities and services for single parents. I learnt there were others who struggled too. The course material, other members attending the course and the course facilitators have been a great support that has helped me so much and still help me now."

Erin's Apple and Cinnamon cake

For the Cake

- 1½ Pink Lady apples, diced
- 2 medium eggs
- 120g coconut oil
- 200g brown sugar
- 125ml semi skimmed milk
- 250g self-raising flour
- 1tsp vanilla extract
- 1tsp baking powder
- 1/2 tsp salt
- 2tsp cinnamon

For the glaze

- 3 tsp cinnamon
- 100g icing sugar
- 50g brown sugar
- 100g butter
- Crushed walnuts

Method

1. First, preheat your (fan) oven to 200c and grease a baking tin with butter. I prefer to use a loaf tin, but this part is completely up to you!
2. Combine the coconut oil, brown sugar, eggs, vanilla extract and milk together and mix thoroughly.
3. In a separate mixing bowl, sift the self-raising flour, baking powder, salt and cinnamon.
4. You'll then slowly need to mix the wet ingredients with the dry, and once mixed you can begin to fold in the diced apples.
5. Bake for approximately 40 minutes in the oven. I would recommend covering the top of the tin with tin foil for the final 10/15 minutes to make sure the top doesn't burn.
6. While your cake is cooling, sift the icing sugar and mix with the cinnamon and brown sugar.
7. After heating the butter in a pan, pour in the dry mixture and whisk. For a slightly creamier consistency, add a little bit of Philadelphia cream cheese.
8. Decorate with crushed walnuts and enjoy!



Our Business Development Executive shares her favourite recipe for your Tea & Talk. 'I love autumnal flavours, and the gooeyness from the apple makes this cake a guaranteed hit.'

Vegan Chocolate Banana Bread

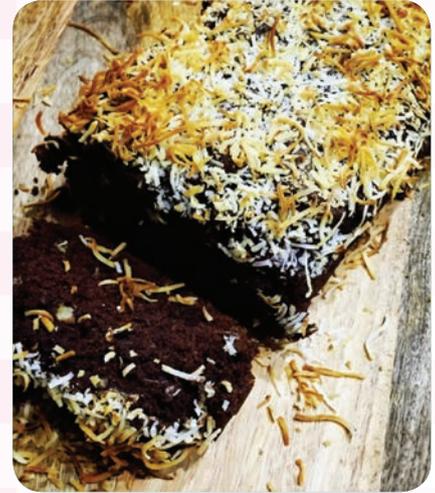
This recipe is a delicious alternative to a classic banana bread, using cocoa and coconut to give it extra depth. Serves 8.

Ingredients

- 190g self-raising flour
- 100g cocoa
- 1 tsp baking powder
- 1 tsp ground vanilla beans
- 2 bananas, mashed
- 110g agave or maple syrup/liquid sweetener of choice
- 50g melted coconut oil
- 1 tsp apple cider vinegar
- Shredded coconut, to garnish

Method

1. Preheat oven to 175 °C and line a loaf tin.
2. In a large bowl, combine flour, cocoa, baking powder and vanilla beans.
3. In a separate bowl, combine banana, agave, coconut oil and vinegar.
4. Combine wet and dry ingredients.
5. Pour batter into prepared loaf tin and top with coconut.
6. Bake for 30 minutes or until mixture bounces back when pressed.
7. Remove from oven and leave to cool.



Thanks to
The Vegan Society
for sharing this
recipe with us.

Paying in your fundraising

Paying in your fundraising to us is easy.

Please count any cash yourself and then pay it into a personal or work bank account.

You can then pay in your donation in 1 of 3 easy ways:



Online: mentalhealth.org.uk/donate



Phone: Call us on 020 7803 1123



Post: Send a cheque payable to *Mental Health Foundation* to:

Tea & Talk, Mental Health Foundation

Colechurch House

1 London Bridge Walk

London, SE1 2SX

Please never send cash in the post.



Resources

We have a range of downloadable resources to help make your Tea & Talk a success. Visit teaandtalk.org.uk or click below to get some of our favourites.



Fundraising sweepstake



Get talking about mental health



Order cupcake toppers



Tea & Talk poster



Tea & Talk mini cake bunting



Donation form

We have a limited number of posters and leaflets which we can post out, email events@mentalhealth.org.uk to order yours today.

Join us for Tea & Talk

Have a natter.

Raise money.

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Where:

When:

Contact:

We're holding a tea party to mark World Mental Health Day and raise funds to help create good mental health for all.

www.teaandtalk.org.uk

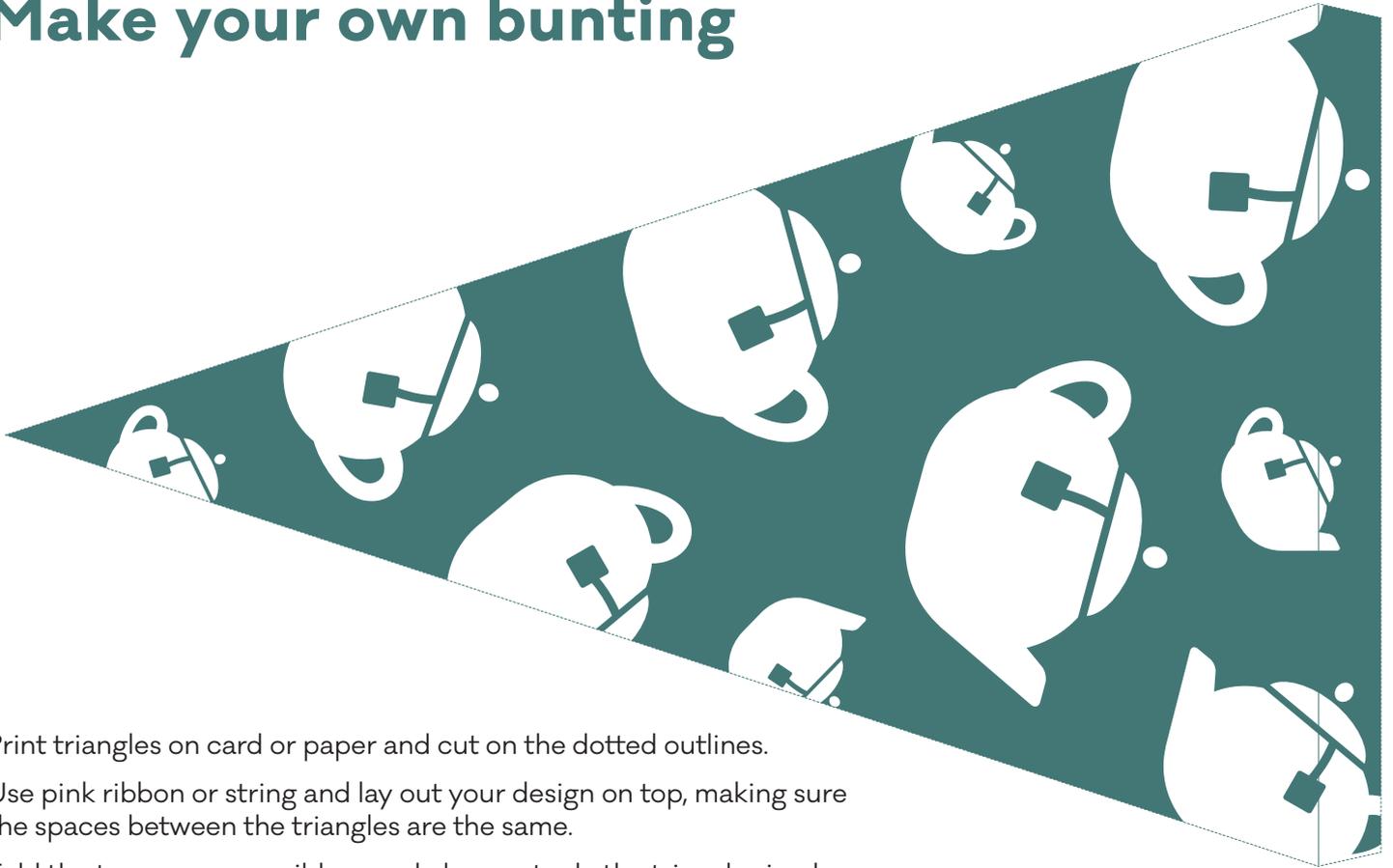


Mental Health
Foundation

Good mental health for all.

Registered Charity No. England 80130, Scotland SC039714.
Company Registration No. 2350846.

Make your own bunting



Print triangles on card or paper and cut on the dotted outlines.

Use pink ribbon or string and lay out your design on top, making sure the spaces between the triangles are the same.

Fold the tops over your ribbon and glue or staple the triangles in place.



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Get in touch if you need anything else from us.

Email: events@mentalhealth.org.uk

Telephone: 020 7803 1123

Web: teaandtalk.org.uk

Tea & Talk, Mental Health Foundation

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And remember to send us your Tea & Talk stories and tag us in your pics:



@teaandtweet #teaandtalk



Facebook.com/teaandtalk

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Company Registration No. 2350846.



Registered with
**FUNDRAISING
REGULATOR**