

# Welcome to the Covid Café!

## What happens at the café?

These are online cafés that offer time and space to chat amongst a peer group about some of the pressures you may be experiencing at work, as a result of COVID-19, or... anything else. There will be at least two hosts but the space is yours!

Given the circumstances, these cafés can will be run remotely via Microsoft Teams. The setting is meant to be informal and friendly and agenda free. You are welcome to drop in at any time during the café hour and chat or just listen in. Like all cafés food and drink is encouraged.

## Who are we?

The cafés are run by Cornwall Partnership NHS Foundation Trust and facilitated by two consultant psychiatrists: Dr. Richard Laugharne and Dr. Lynne Jones

## Hang on, are these café therapy?

No. These cafés are meant to an informal space for you to catch up with your peers and discuss some of the challenges you are facing at work. Although there are hosts, they are not there to run the group or deliver structured group therapy. This is a space for the participants to use as they wish.

## What happens if I need more help?

This is a difficult time for medical staff dealing with both physical and mental disorders and you may feel like you need more support. We can give you information about general resources others have found helpful. There are also lots of professional services open to doctors at this stressful time and if you feel that you are struggling and need more support we can direct you to these services. These services include the various helplines, and your local occupational health department.

These organisations are the right place to go for more intensive help and we are not aiming to replace them. As such, hosts will not be able to offer 1:1 support in the cafés.

## Are there any rules?

The cafés are meant to be a helpful and supportive space so all we ask is that you listen when others are talking and respect each other's views and confidentiality. Although food and drink is very much encouraged, we restrict this to non-alcoholic drinks.

## What if I don't want to say anything?

You are most welcome just to drop in, hang out and listen. We will ask you to introduce yourself at the start but no one is obliged to say more.

### When are they?

We are hoping to run the cafés weekly for at least 2-3 months while the crisis is ongoing. To ensure that people can attend, we will run the cafes on Wednesdays, in the evening from 7-8pm.

### Do I need to RSVP?

To get the ball rolling, it would be great to hear in advance to say whether you plan to attend however, this enables us to send you the link to join and does not commit you. Everyone should feel free to drop in.

Once the cafés are up and running, there will be a recurring appointing sent out for the same time every week.

Please note the initially we will limit the number to 15 participants but we can be flexible on this. If the cafés are a success we would like to increase their availability.

### Sounds great! How do I join?

We will be running the café's via Micorsoft Teams. Contact the Richard or Lynne (contact details below) in order to book your place then all you need to do is click the link in the invite email.

### Any other questions?

Feel free to email the two Covid café organisers

Richard Laugharne:

[richard.laugharne@nhs.net](mailto:richard.laugharne@nhs.net)

Lynne Jones:

[Lynne.jones23@nhs.net/lynnemyfanwy@gmail.com](mailto:Lynne.jones23@nhs.net/lynnemyfanwy@gmail.com)