

# Mental Well-being at IBM Time to Talk Event



Author: Sharon Conway

#timetochange

#timetotalk

# Time to Talk in IBM

- **On Thursday 1<sup>st</sup> February 2018 IBM supported the nationwide Time to Talk day**
  - IBMers in many locations across IBM UK were invited to take part, by meeting up with friends and colleagues for an informal chat over a cup of tea or coffee
  - It was not just about Mental Health, the emphasis in IBM was on re-connecting, taking time to talk to other IBMers with the intention to improve our mental well-being
  - The events were face to face, colleagues were encouraged to bin the conference call, and put down their electronic devices for an hour
- **8 Locations participated**
  - Free tea and coffee (where possible – if not cakes/biscuits were provided)
  - Some volunteers got baking
  - Tables outside canteens...posters, leaflets, discussion - and logging conversations
  - 2 hours – 10:00–11:00 and 15:00–16:00
  - Some locations offered Lunch & Learns on a topics relevant to mental health and well being
  - MIND volunteers attended the Warwick Location
  - De-stress wall created in Warwick
- In IBM UK circa 300 people supported the event



# North Harbour

- Host: Jeanette Crawford
- The event was well advertised in the North Harbour connections site as well as posters on site and an email to location employees. The result was over 80 conversations logged and people taking time for a break and a chat. The biscuits and chocolates were very much appreciated by employees, as was the openness to talk about mental health and wellbeing and promote time away from desks and connecting with people.
- Many thanks to Alison Slater, Lisa Carter, Lynda Smurthwaite, Sarah Crowder-Johnson, Steve Ware, Teresa Alamo and Ann Hambry for their support today, and also Cameron Hopkins, George Peirce and Lynda Close in the run up to the event.



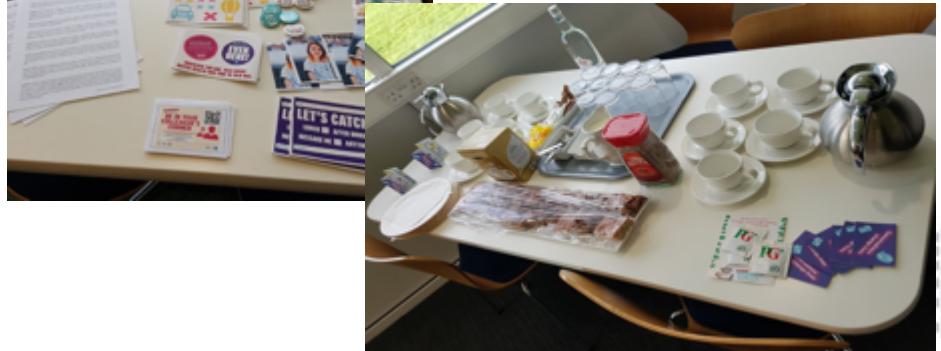
# Southbank

- **Hosts: Rosie Kraushaar, Alexander Best**
- With support from Charlotte Watts & Louise Lawrence
- Set up a coffee + cake stand in the canteen between 10-11am and 3-4pm, giving out free refreshments to people who would take some time to talk to one another
- Handed out TTTD leaflets and wallet cards to those who took coffee + cake
- Printed posters from TTTD website and distributed around building

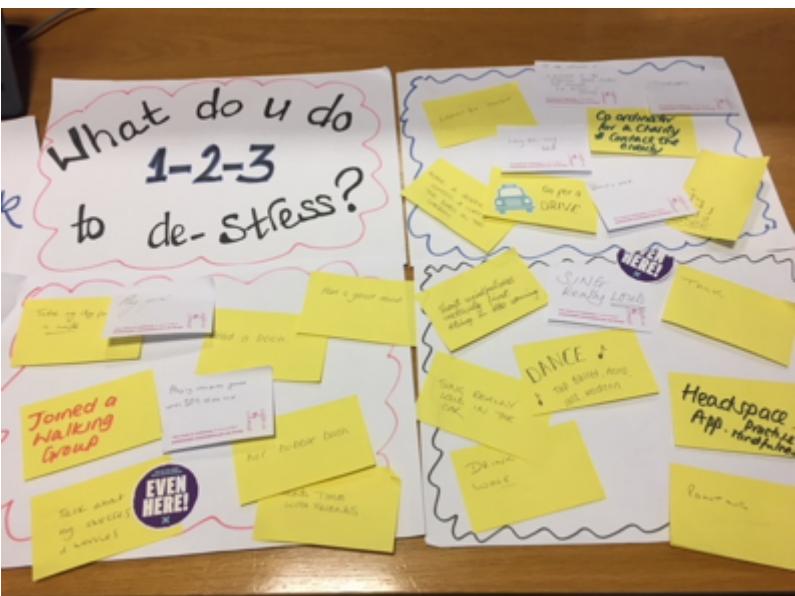


# Bedfont

- Hosts: Simon Tierney & Karen Mitchell
- With support from Janice Adams
- 40 attended
- Tea, Coffee & Cake from Compass
- At IBM Bedfont, we had cakes, tea and coffee at 10 to 11am and at 3 to 4pm. Compass kindly provided us with free hot water, cups and saucers and a large banana and raisin cake. With over 40 people engaging in discussion over the two sessions, it was our most popular year so far. It was more noticeable this year that people were desiring to engage and discussing mental wellbeing openly.
- In addition, over a Lunch and Learn, we used Time To Talk's "Be in your colleague's corner" campaign with videos and a Design Thinking session on how to potentially identify when our colleagues are not seemingly themselves. We collectively identified ways to potentially help a colleague and where to find additional help such as Employee Assistance Program and other IBM offerings which we provided a simple link to at ->  
<http://ibm.biz/2018TTTBedfont> and provided the link on a simple take away leaflet.



# Warwick



- Host: Chrissie Edmundson & Louise Daleman
- The Warwick sessions were really well received and we were very lucky to have Mind (Spring field) volunteers here all day with literature, advice and chat.
- Louise really embraced this day set up , co ordination over a few months with Mind and Linda helped people to just stop for a minute or two and have a cuppa and a chat.
- We had over 30 conversations and people added to the De Stress wall how they personally unwind, there were some great suggestions for people to take away.
- It was great to see people taking even just 5-10 mins out of their day and connecting with other IBMers ( may be for the first time) . #Timetotalk
- Following on from this session it would be great to keep connected with Graham Church ( graychurch@gmail.com) 07986 240444 from Mind detail and how he can continue working with IBM UK to remain engaged on this subject.
- He also mentioned there is an incoming requirement for Mental Health First Aid in the workplace, if this does happen ( could we look at how we have location volunteers like we do have on call first aiders).

# Leeds



- **Hosts:**  
**Sharon Conway/Sarah Davis**
- 20 Participated in an office with 20 desks
- Held a Lunch & Learn - Mindfulness
- The whole location put down their electronic devices and came together to talk
- There was a real appetite to talk to each other, lots of discussion about isolation
- One employee had not seen another IBMer for 2 years !



# Bristol

- Vicki Rogers

We had a very successful day in Bristol.  
Around 35 people attended.

I arranged for Tea/Coffee and some Cakes,  
lots of positive feedback from people that attended.



# Hursley



- Host: Emma Grove
- We hosted an information and display stand in the Restaurant around small coffee tables
- Free hot drinks provided by the Restaurant Manager.
- It was very successful, with about 25 conversations taking place, many of them came specifically to seek information.
- In addition there were some private office spaces made available for the day by Stephen Dew.
- Everyone felt it was an important event, and there were a real range of issues discussed, and new ideas raised for the future.



# Woking



- Susanna Rees
- Posters around the location, including the main toilet door's. (They'd supplied specific ones for that!)
- Bunting
- Biscuits to go on top of our swap shop bookcase.
- gts-uki Slack updated



# Back-up

# Leaflet

time to change  
let's end mental health discrimination

# BE IN YOUR COLLEAGUE'S CORNER

1 in 4 of us will experience mental health problems this year.

If a team mate is acting differently, step in.  
For tips visit:  
<http://ibm.biz/2018TTTBedfont>



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Founded by

 Department of Health

 COMIC RELIEF

 LOTTERY FUNDED

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Run by

 mind  
an anti-discriminatory charity

 Mental Health Foundation