

# Click and connect sessions

The last Wednesday of the month Via MS Teams- email:  
[healthandwellbeing@northumbria.nhs.uk](mailto:healthandwellbeing@northumbria.nhs.uk)  
to request the meeting link.

Covid-19 has dramatically changed the way many of us work and lots of people are missing the informal chats and connections that are usually part of the working day. Join our monthly virtual sessions for an opportunity to connect with colleagues, hear from guest speakers, discuss and ask questions.

All staff are welcome.