

\_able  
futures

\_BrewMonday 2023  
16th January

#BrewMonday #Brewfie  
#MoreGoodDays #AbleFutures



You + Brew = Brewfie



# \_Spill the tea

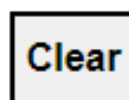
1. Split into pairs (if you're meeting virtually use breakout rooms)
2. Each person takes it in turns to share a memory about:
  - Their favourite cup of tea memory
  - The person they most like to share a cuppa with and why
3. After 5 minutes, come back together as a group and take it in turns to share your partner's memory with the group.

For example: 'This is \*name\* and their favourite memory was xxx because xxx.'



# Able Futures Brew Monday

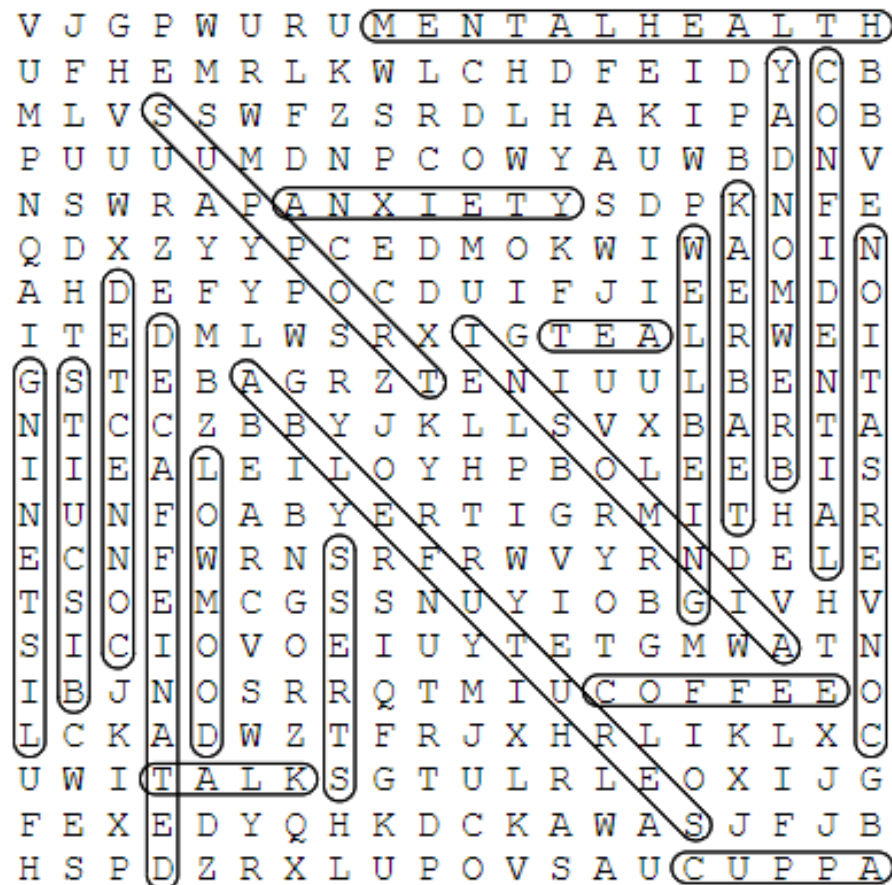
V J G P W U R U M E N T A L H E A L T H  
U F H E M R L K W L C H D F E I D Y C B  
M L V S S W F Z S R D L H A K I P A O B  
P U U U U M D N P C O W Y A U W B D N V  
N S W R A P A N X I E T Y S D P K N F E  
Q D X Z Y Y P C E D M O K W I W A O I N  
A H D E F Y P O C D U I F J I E E M D O  
I T E D M L W S R X I G T E A L R W E I  
G S T E B A G R Z T E N I U U L B E N T  
N T C C Z B B Y J K L L S V X B A R T A  
I I E A L E I L O Y H P B O L E E B I S  
N U N F O A B Y E R T I G R M I T H A R  
E C N F W R N S R F R W V Y R N D E L E  
T S O E M C G S S N U Y I O B G I V H V  
S I C I O V O E I U Y T E T G M W A T N  
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U W I T A L K S G T U L R L E O X I J G  
F E X E D Y Q H K D C K A W A S J F J B  
H S P D Z R X L U P O V S A U C U P P A



1. ablefutures   2. brewmonday   3. tea   4. coffee   5. support   6. conversation   7. listening   8. mentalhealth  
9. decaffeinated   10. teabreak   11. talk   12. connected   13. cuppa   14. biscuits   15. confidential   16. wellbeing  
17. anxiety   18. lowmood   19. stress   20. insomnia

# Able Futures Brew Monday

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## Brew Monday Tea Quiz

1. What per cent of the British population drink tea and herbal infusions every day?

A) 84% B) 50% C) 39%

2. How many cups of tea do Britain's drink per year?

A) 1.6 million cups  
B) 36 billion cups  
C) 84 billion cups

3. 98% of people take their tea with milk, but what per cent takes sugar?

A) 15% B) 30% C) 60%

4. Globally, how many tons of tea is produced every year?

A) 1.6 billion tons  
B) 750,000 tons  
C) 2.9 million tons



## Brew Monday Tea Quiz

5. Approximately, how many known varieties of tea are there?

- A) 987 B) 3,000 C) 1,500

6. What tea is referred to as the 'Champagne of teas' and is largely only grown in a 70 square mile area at the foot of the Himalayas?

- A) Darjeeling tea  
B) Oolong tea  
C) Assam tea

7. How many tea leaves does it take to create one pound of finished black tea ?

- A) 5,000 B) 10,000 C) 2,000

8. What is the number of recommended cups of tea to drink every day?

- A) 6 B) 4 C) 2

9. Tea is a natural source of fluoride that can help protect against tooth decay.

- A) True B) False





# How Able Futures helps mental health at work

# Vocational Rehabilitation Consultants

**Able Futures** gives every individual who needs support access to a **Vocational Rehabilitation Consultant (VRC)** who is a qualified mental healthcare professional and works as a coach to give practical support, advice and guidance to people across England, Scotland and Wales.

VRCs are often members of the British Association for Counselling and Psychotherapy or have trained and practiced as psychologists, counsellors, occupational therapists to support people experiencing issues that affect their mental health.



Nina  
Willis



Amardeep  
Diocee



Janet  
Firth



Avtar  
Gill



## Apply online

<https://able-futures.co.uk/individuals>

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Complete our quick online form and we'll call you back to check you are eligible and Able Futures support is suitable for you.



## Call 0800 321 3137

Lines are open 8am to 10.30pm, Monday to Friday

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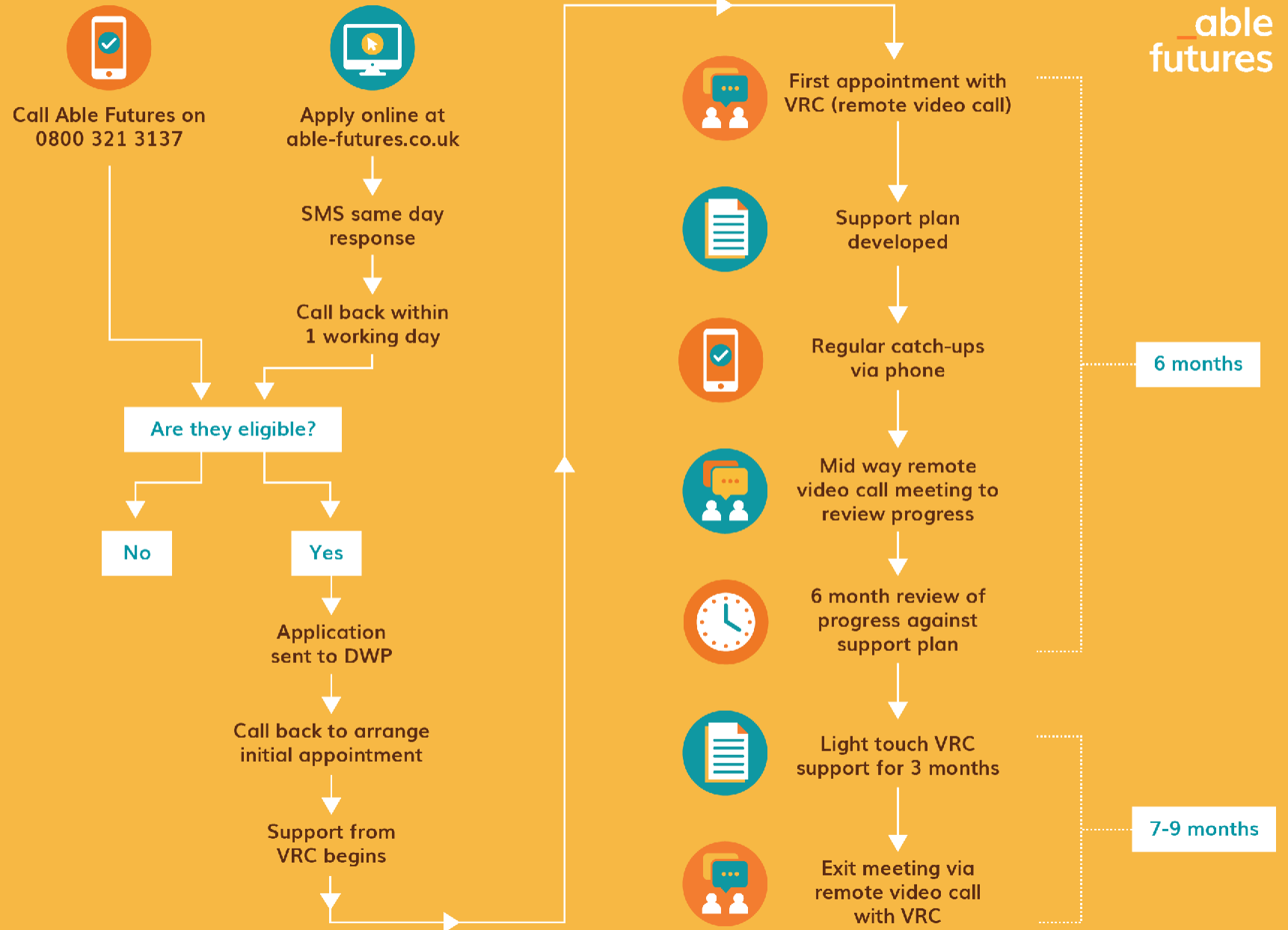
## Email [hello@able-futures.co.uk](mailto:hello@able-futures.co.uk)

Email us at [hello@able-futures.co.uk](mailto:hello@able-futures.co.uk) to find out more about the service and complete your application.

# The Able Futures Process

**Able Futures** can give you nine months advice and guidance from a mental health specialist to help employees, apprentices and self-employed people manage their mental health at work.

If an employee or apprentice wants mental health support from Able Futures, here's the process they will follow to apply and then get support for the next nine months.



- \_Join our #BREWFIE challenge
- \_Take a 'Mug Shot Picture' Selfie with your Brew
- \_Upload to social media and LinkedIn with the #'s

#BrewMonday #Brewfie  
#MoreGoodDays #AbleFutures

By uploading and tagging us in your picture on Monday 16<sup>th</sup> Jan, you will be entered into a free prize draw . Individual #brewfie selected at random will win a tea for one kit and any group/team shots or collages will be entered to win a tea hamper. Winners announced on LinkedIn Tues 17<sup>th</sup> Jan.



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