

# Talk to police colleagues and share ideas with Cuppa connections

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Sign up to our network and you'll be randomly matched with someone else for a chat over a hot drink

News 1 min read

Cuppa connections does what it says on the tea and coffee tins. Connecting over a brew gives you the opportunity to network, share good practice and build your contacts by talking to someone else in policing.

All you need to do is email us at [cuppaconnections@college.pnn.police.uk](mailto:cuppaconnections@college.pnn.police.uk) and you'll be randomly matched to someone on our Cuppa connections network.

Each month you will receive an email with your new match. You can then mutually arrange a call to have an informal chat. Cuppa connections has a strong link to wellbeing, and it also helps you to develop stronger relationships with colleagues in other police forces.

Need to give it a miss? You can request a break from the scheme at any time. Your name, email and force information are only held for the purposes of connecting you to someone new each month.

Pop the kettle on and give it a go.

## Tags

Knowledge sharing Wellbeing