



## 'Walk and Talk' : a community buddy system for weekly chats

Are you feeling a bit disconnected?

Perhaps zoom isn't your thing, and even if it is, there can be many voices in the room and something a bit more private would be nice?

Maybe you're struggling to get your tasks done or feel stuck, and could use someone to report back to about your progress?

These are some of the things that have been gathered throughout our zooms so the NASA-UK zoom attendees and team came up with an idea.

### What is it?

A 'buddy system' to encourage people to connect and support each other in a more focused way - over the phone, 1 on 1, perhaps once a week. This is voluntary and requires you to sign up to be paired with someone.

### Who can do it?

This is an invitation for NASA-UK members only. If you put your name on the list, you will be paired up with another member at random and invited to call each other for a conversation to check in, have a rant or a laugh or a bit of 'getting to know you'.

### How?

Send an email to [zoom@nasauk.org](mailto:zoom@nasauk.org) with the subject WALK AND TALK. Give us your full name, phone number, and location. We will be in touch over the coming weeks to assign you with a 'buddy'!