

Hurunui and Kaikōura locals encouraged to catch up over a cuppa

People in Hurunui and Kaikōura are being encouraged to look after their wellbeing by taking a break and sharing a cuppa with friends.

The All Right? campaign's Tea for Two initiative promotes the value of sharing a moment with friends, whānau and neighbours over a cup of tea.

All Right's Hurunui-based health promoter Leanne Bayler says sitting down for a cuppa can be a great place to start a conversation and help lighten the load.

"It's amazing what sitting down for a good cup of tea with a friend can do. It can be an instant mood booster, allowing us to take a break, unwind, and just have a chat."

"It's not a cure all, but there's something magic about brewing up a cuppa and taking 10-minutes to recharge, refocus and talk things through."

Kaikōura-based health promoter Rachel Vaughan says Tea for Two had its genesis in North Canterbury. "Our communities' hold many of the answers when it comes to looking after our mental health and wellbeing."

Discussions with locals over the last six months has made it clear that one of the best ways All Right? can support people is to encourage them to get together and talk things through."

"Sharing a cuppa is one of those quintessential kiwi traditions. That small act of putting the kettle on and sitting down with a hot cup of tea and a mate really can make us feel better."

The next time you or someone you know looks like they need a rest and a chat, those three words "Fancy a cuppa?" can help do a world of good.

Rachel and Leanne will be distributing envelopes throughout the region containing two teabags as part of the Tea for Two campaign.

[Hurunui and Kaikōura residents can also order free Tea for Two packs online.](#)

The organically grown English Breakfast tea is sourced from Kerrindale in Rangiora.



Envelopes containing two locally organically grown English Breakfast teabags are being distributed as part of the Tea for Two campaign.



All Right's Hurunui-based health promoter Leanne Bayler pours a cup of tea for Kaikōura-based health promoter Rachel Vaughan.