

What is CSpirit?

Capturing the Spirit of our Team to Connect and Collaborate across our Communities and supporting our Charities through various events and activities that bring Chameleons closer together.

CSpirit, the Spirit is our Team.

Use your mouse to hover over the infographic below to view additional information

Events

Monthly events:

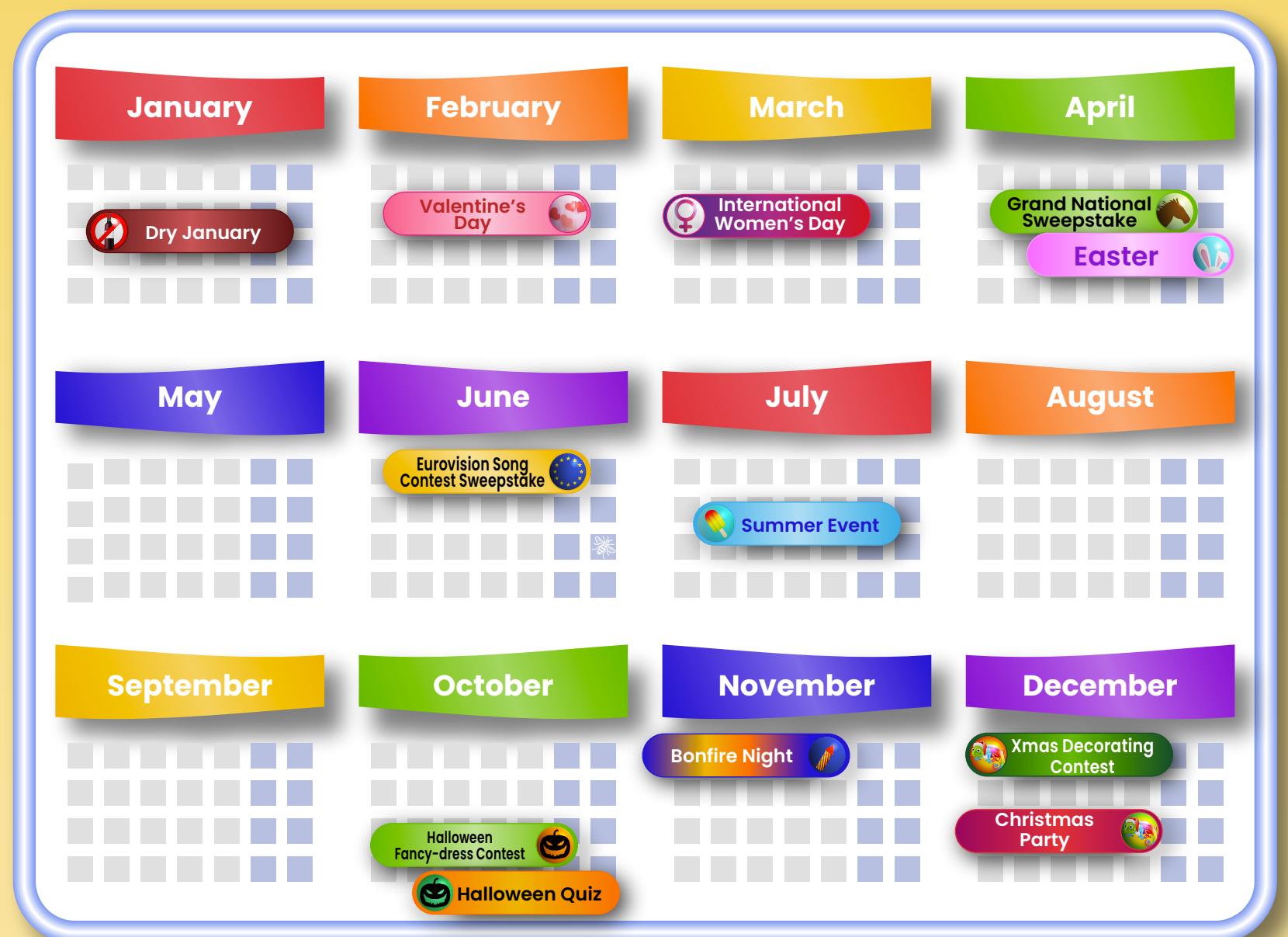
- Pizza Friday
- End of month drinks

Seasonal events:

- Dry January
- Valentine's Day
- Pancake Day
- International Women's Day
- St Patrick's Day
- Easter
- Summer event
- Halloween
- Bonfire Night
- Christmas party

Virtual events:

- Virtual escape room
- The Great Chocolate Challenge (*consumption not required*)
- Chat roulette



The active challenge

We created the active challenge to encourage people to stay active during the first lockdown, and this has grown into a cross-office international competition. The challenge includes randomly selected teams of Chameleons (of all fitness levels) trying to rack up as many miles as possible over a month using varied methods, which have included everything from swimming to rock climbing.

Charity work

We love charity. Chameleon provides over 15,000 hours of paid time for our teams in the UK and US to support a charity of their choice. From a day at a soup kitchen to running marathons, our events are also central to our ongoing local, national and global charity commitments, from AfriKids to Barnabus.

Sponsored events:

- Peak District Challenge
- Sky diving
- #Brew4Barnabus
- Quiz nights
- Donation drives

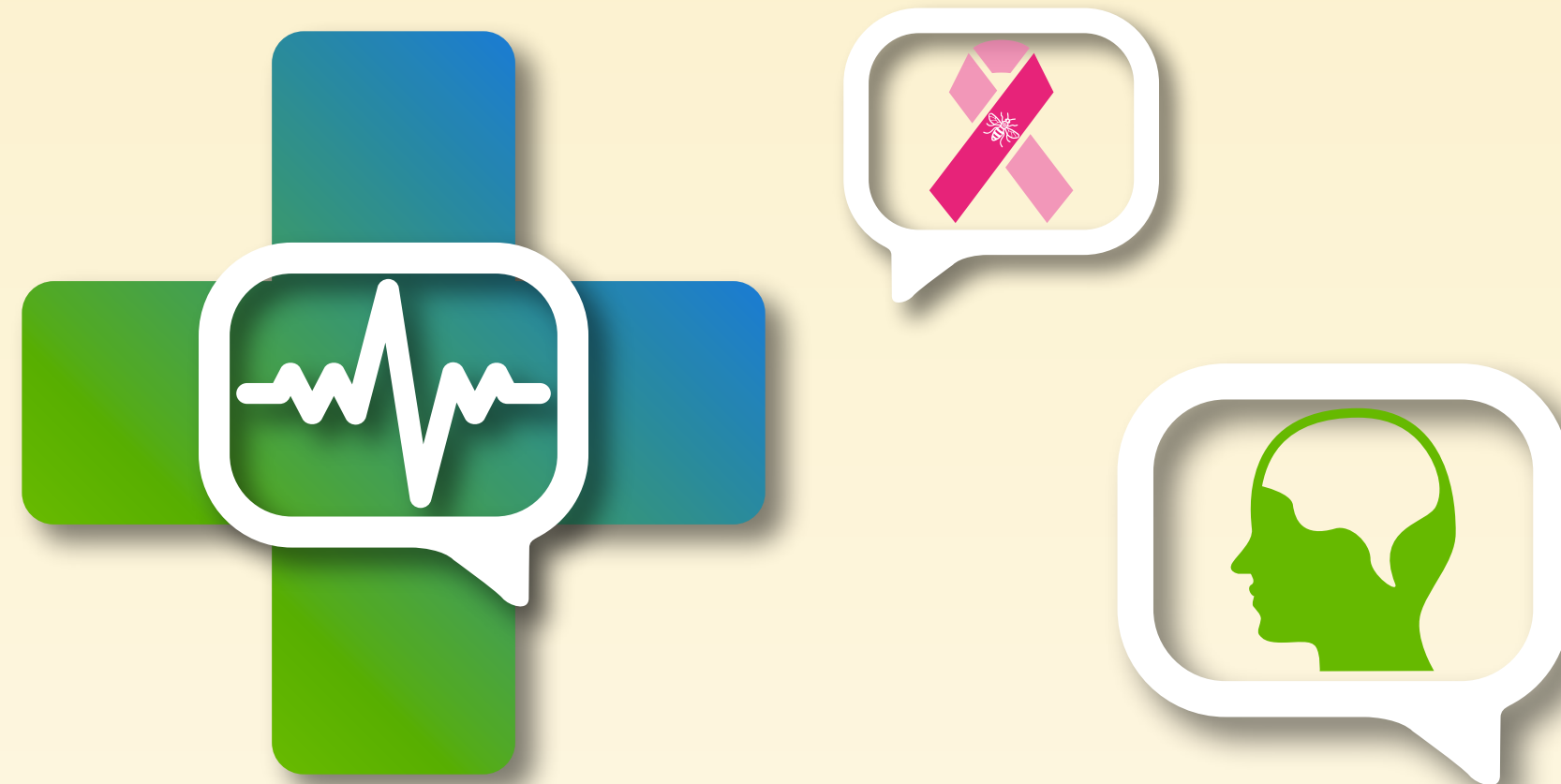


Health awareness talks

The health awareness talks provide a greater meaning to the work we do and enable us to further understand what our clients and patients go through and the work they are doing to combat these diseases.

Previous talks include:

- Let's take the taboo out of menopause
- Am I at risk of prostate cancer?
- Prevent breast cancer
- Testicular cancer basics



The Newsletter

Calmer Chameleon was created during lockdown to bring our team together during a difficult time. The newsletter provides a platform to talk about recent events and the fun stuff our team get up to, a letter from our President, and insights into the day-to-day working lives of our team mates.

Regular features include:

- Colleague profiles
- Milestones
- Team news
- Photo challenge
- Events round-up & calendar
- Good food guide & recipes
- and much, much, more...

