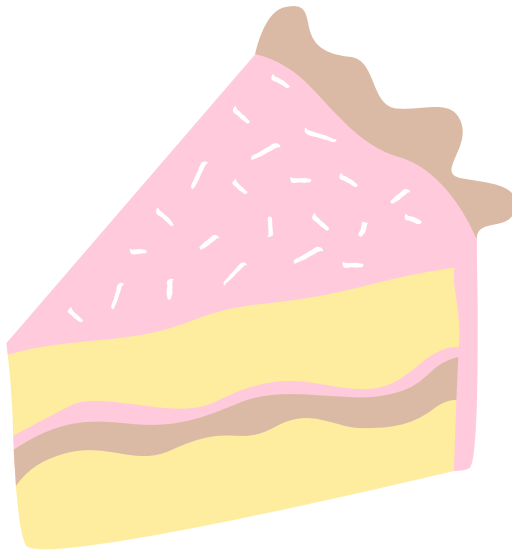




Lunch in your lunchtime #longestlunch

Friday 21 June is the longest day of the year and the NUJ is celebrating the summer solstice by urging all members to organise breaks outside offices and newsrooms.

Say goodbye to crumbs in your keyboards and invite colleagues to an open-air picnic.



- Use social media using the hashtag **#longestlunch** to draw attention to the importance of taking breaks from work.
- Tweet pictures of your colleagues enjoying a break away from the desk.
- Perhaps your chapel can organise some cakes, pies and lashings of ginger beer.

It is the legal right of workers to take an uninterrupted break of 20 minutes during any shift of six hours or more. Stress has become a common feature of newsrooms as journalists take on more and more duties following cuts to staff. That is why you must take a break and look after your health.



Last year almost 200 journalists from the Guardian signed up to the chapel's offer of a free #longestday lunch to remind them of the importance of an uninterrupted break in their working day. It created a great buzz, said MoC Kathryn Whitfield.