



**ADASS EAST  
and  
CURATORS OF CHANGE**



Over a Brew with a focus on Carers

**ONLINE**



**3rd March  
11.00am-1:00pm**

**[Click here to book  
your place](#)**



# OVER A BREW SESSION

Join Curators of Change Collective, and ADASS Eastern Region for an extra special Over a Brew session with a focus on Carers.

*During this session on 3rd of March we want to look specifically at Carers' psychological wellbeing, and discuss how we can reduce the stress, overwhelm and fatigue that often come with the role. We also want to hear about the experiences of Carers who are managing direct payments or personal budgets for the person they care for, and find out what kind of support they find most beneficial.*

### **The session is open to anyone:**

- Providing unpaid support as a Carer
- Receiving or looking for adult social care and support
- Working in Adult Social Care, Health and related services

### **Over a Brew Sessions**

*We want time to get alongside each other over a brew, to share and test out ideas that will improve people's experiences of requesting and accessing adult social care. Therefore, the region alongside Curators of Change (people who draw on care and support) have set up virtual "Over a Brew" coffee sessions to provide an open, honest space for people who draw on care and support, commissioners and providers to come together to talk about what's working well and not so well.*



**3RD  
MARCH**