

Write ups from the ADASS  
East of England Region coproduction



Season 3  
2024/25

# VIRTUAL COFFEE SESSIONS

“Over a Brew” is a virtual online space made available to bring people together to discuss, share and improve experiences in adult social care over coffee.

The region, alongside Curators of Change (people who use care services), hosts "Over a Brew" sessions for open discussions among people who access care and support, carers, commissioners, and providers. These sessions take place on the last Wednesday of each month (except August and December) and their findings contribute to regional improvement programme as a whole via the Putting People at the Heart group and are used in local improvement work.

We have covered a diverse range of topics and the write ups from each topic can be seen here and used for local improvement work:

[Ethical use of AI/digital](#) – June 2024

[Diversity and equality](#) – July 24

[Supporting unpaid carers](#) – September 2024

[Smooth transitions from children's to adults](#) – October 2024

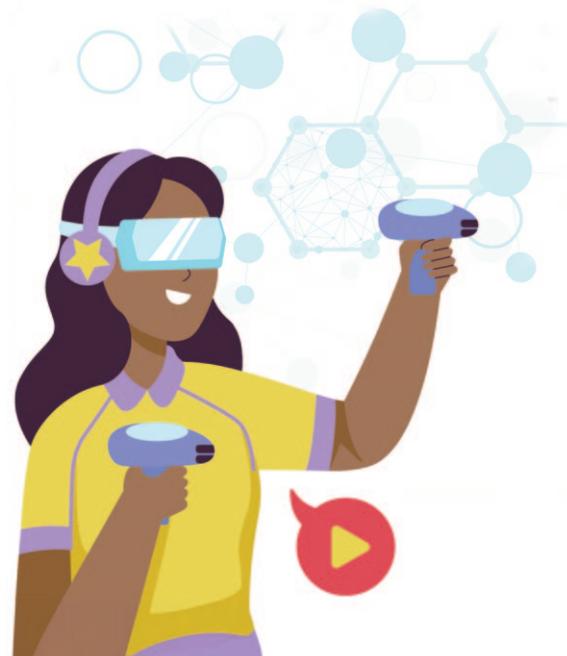
[Online self-assessment](#) – November 2024

[Appreciating the workforce](#) – Jan 2025

[Connecting with communities](#) – Feb 2025

[Carers emotional and psychological wellbeing](#) – March 2025

[Involving communities in self-reflections](#) – March 2025



Over A Brew Session

Carers Emotional and Psychological Wellbeing  
3<sup>rd</sup> March 2025



**CURATORS OF CHANGE**

directors of **adass**  
adult social services  
eastern region  
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The “Over a Brew” crew and the Putting People at the Heart of Care and Support Working Group come together in September of each year to refresh their commitments to coproduction and also ripple map progress in local areas which can be seen [here](#).

If you are a person who accesses care and support, a carer or professional working in the Adult Social Care across the East of England and would like to book onto season 4 which commences in June 2025, please [book here](#).



We will review the commitments in September 2025.

For more information about “Over a Brew”, please see [here](#).

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