



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:



Write ups

Season 4



2025/2026

Write ups from the ADASS East of England Region coproduction



Putting People at the heart of care and support
Feb 2026



Care Closer to Home
Jan 2026



Diverse by design
Oct 2025



Putting people at the heart of care and support
September 2025



Older people living with dementia
July 2025



Central Bedfordshire Coproduction and innovation
Coproduction week 2025



Thorny Issues
June 2025



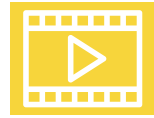
Emotional and Psychological Wellbeing for carers
March 2025



Appreciating the Workforce
Jan 2025



Commitments to coproduction 2025/26: Ripples to Waves



Lee talks about Over A Brew and Regional Work



OAB October 2025



Nat's story - the impact of being involved in the regional ADASS work



YOU ARE INVITED TO TAKE PART 'OVER A BREW' SESSIONS SEASON 5 WITH ADASS EAST AND CURATORS OF CHANGE.

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 5 which commences in May 2026, please use the link below to book.

When?
20th May 2026 (12:00PM)
24th June 2026 (2:00PM)
28th October 2026 (12:00PM)
25th November 2026 (2:00PM)
27th January 2027 (12:00PM)
24th February 2027 (2:00PM)

[**Please book here**](#)