



# OVER A BREW

North East and North Cumbria

SEASON 2!



## Over a Brew: Growing Co-Production in Adult Social Care

North East & North Cumbria – Regional Virtual Sessions

Over a Brew is a relaxed, welcoming online space where people come together as equals to share ideas, listen, and help shape better adult social care. It's all about co production - working side by side so everyone's voice is heard and valued.

Since bringing Over A Brew to the North East and North Cumbria, we have engaged people from right across the region, in brave spaces, having conversations, listening to one another, building connections and relationships, exploring together how we change the experience people have of care and support.



Every last Friday of the month  
(except August and December)

## Online



### Who's it for?

Everyone is welcome, including:

- People who draw on care and support Carers
- People working in adult social care, health, or related services
- Providers, commissioners, and anyone interested in improving social care
- Anyone else curious...



### What to expect

- Friendly, structured virtual coffee sessions, shaped by real experiences
- A brave space to talk openly about what's working and what isn't
- Opportunities to share experiences, test ideas, and learn from each other
- Join as often as you like
- Interactive Zoom workshops led with support from Curators of Change

## REGISTER HERE

"An absolute privilege to be here today to listen to inspiring stories and learn"

"Thank you so much for everybody's time and sharing of their experiences which I have really appreciated"

"Lovely to meet everyone. Thank you for sharing your experiences. I will be going off to find out more about the Key Brew Indicators for sure"

Find out more about ADASS North East [HERE](#):





# WHEN & WHERE?



Every last Friday of the month (except August and December)

Online via **Zoom** – join from home with a brew in hand



## WHAT ARE THE TOPICS?

- 30th January – Reflecting on what we learned about co-production in 2025 and exploring hopes for 2026
- 27 February – The Action in Anti-Poverty / Supported to live well & Money - Whose money is it anyway?
- 27 March – Employment and Access to volunteering or training
- 24 April – Let's talk about dying and death
- 29 May – Dementia Action
- 26 June – Age with a focus on older people
- 24 July – Autism/ADHD - neurodiversity
- August – No session
- 25th September – Sensory Needs and Support
- 30 October – Carers
- 27 November – Voice, Rights and resolution
- December – No session

### REGISTER HERE

