

# Care homes wellbeing project 2021

## Upcoming webinars:

**Tuesday 19<sup>th</sup> January 11-12pm:** A compassion-based approach to setting up a shift check-in and check-out for teams.

**Tuesday 26<sup>th</sup> January 3-4pm:** Developing activities for those cared for in isolation.


**Friday 29<sup>th</sup> January 11-12pm:** Care Homes- what do you need and how can we help you?

## Workshops/reflective practice:

**Every Monday 2-3pm 1<sup>st</sup> February-29<sup>th</sup> March:** Care home senior staff reflective space.

**Monday 1<sup>st</sup> February 10.30- 12pm:** Activities coordinators forum.

**Wednesday 3rd February 11-12pm:** Managing stress as care home staff.



A full  
timetable of  
webinars and  
workshops  
coming soon.

Want to register for one or all of these classes or find out more? Get in touch!  
[carehomeswellbeing@sussexpartnership.nhs.uk](mailto:carehomeswellbeing@sussexpartnership.nhs.uk)