

RDash Patient Public Engagement Team would like to invite you to:

COVID and me

The word 'COVID' is written in large, blue, outlined letters. The letter 'O' is replaced by a stylized white virus particle with several protruding spikes. The words 'and me' are written in a smaller, blue, outlined font to the right of 'COVID'.

Support Network for Patients, Public and Carers!

Make yourself a cuppa, grab a biscuit and Join us for an informal chat where we will listen and talk about "Covid and me".

Join us on:

25 November - 11am to 12.30pm

Join Zoom Meeting

<https://zoom.us/j/7538522425?pwd=ZFo5NGp1cUdOdjNEbnc2aWNsWEQxUT09>

Meeting ID: 753 852 2425

Passcode: 8ETzdY

We will be offering Mindfulness and Wellbeing techniques!

- Discussing different experiences of the Pandemic and how it continues to impact you and your loved ones
- Share and/or listen to wellbeing and coping techniques used by patients, carers and staff
- Discover avenues of support available
- How can we support each other?
- What can we do together?
- How are you feeling?

"Support, Empower, Involve"

If you have any questions or would like any more information, please do not hesitate to get in touch with us at: Safeena.ali1@nhs.net or Justine.warner1@nhs.net or rdash.improvement@nhs.net

We look forward to seeing you!