

All sessions online MS Teams

What Matters To You? Day

For More info on WMTY Day



Tuesday 3rd June

Having Conversations That Matter

This session is open to members of the public and Health and Social Care Staff across all sectors. Giving you confidence to approach important conversations with friends, family and for those supporting others in a workplace setting. A gentle way to have challenging but important conversations.

Delivered by the HomeFirst Programme

Tuesday 3rd June, 10.15am-11.45am

Plan More Stress Less

click to book

This session covers all you need to know about getting yourself, and those you support prepared for any unexpected event including hospital admissions. We'll cover: helpful paperwork; what to bring; what conversations we might have in hospital; planning for a successful discharge; post-discharge support. Open to everyone as above.

Delivered by the HomeFirst Programme

Tuesday 3rd June, 2.00pm-3.00pm

Having Conversations That Matter (evening)

click to book

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Delivered by the HomeFirst Programme

Tuesday 3rd June, 6.30pm-8.00pm

For more info visit our website [Events Page](#)

click to book