

Muddy Care CIC Adult Learner Week Schedule

Date	Time	Title	Information	Meeting details
Monday 21st September	6-8pm	Masterclass 1 – The <i>Muddy Care</i> philosophy (An introduction to the innovative, holistic and an effective approach to living with chronic conditions).	Here we will explore the philosophy that is <i>Muddy Care</i> . <i>Muddy Care</i> is a lifelong support community and educational rehabilitation service for people of working age with chronic conditions. It has been created and is delivered by professional educationalists, one of whom has several significant chronic conditions. Through outdoor learning and other educational mediums, we provide tools and strategies to allow people to manage their chronic conditions more effectively, independently and to show people with chronic conditions that their futures are still incredibly bright. You will have opportunities to chat to both the CEO of Muddy Care and a participant on our long-term rehabilitation programme at the end of the presentation.	Meeting ID 852 8537 7689 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk
Tuesday 22 September	6-7pm	Taster 1 - Physical Health and wellbeing and chronic conditions	Physical health and wellbeing – Here we will explore the importance of key aspects of physical health and wellbeing in relation to living with chronic conditions.	Meeting ID 891 3751 8195 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk
Wednesday 23 September	6-7pm	Taster 2 - Mental Health and wellbeing and chronic conditions	Mental health and wellbeing – Here we will explore the importance of key aspects of mental health and wellbeing in relation to living with chronic conditions.	Meeting ID 845 5456 0918 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk
Thursday 24 September	6-7pm	Taster 3 - Emotional Health and wellbeing and chronic conditions	Emotional health and wellbeing – Here we will explore the importance of key aspects of emotional health and wellbeing in relation to living with chronic conditions.	Meeting ID 882 2831 4483 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk

Monday 28 September	6-7pm	Taster 4- Spiritual Health and wellbeing and chronic conditions	Spiritual health and wellbeing – Here we will explore the importance of key aspects of spiritual health and wellbeing in relation to living with chronic conditions.	Meeting ID 836 3676 3805 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk
Tuesday 29 September	6— 7.30pm	Masterclass 2 - Social Health and wellbeing	Social health and wellbeing – Here we will explore the importance of key aspects of social health and wellbeing in relation to living with chronic conditions.	Meeting ID 826 1695 7016 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk
Wednesday 30 September	6-7pm	Taster 5 - Environmental Health and wellbeing and chronic conditions	Environmental health and wellbeing – Here we will explore the importance of key aspects of environmental health and wellbeing in relation to living with chronic conditions.	Meeting ID 836 8067 7616 Password will be sent out to all registered parties. Please email us your contact details info@muddycare.co.uk