

## OUR VIRTUAL CHARITY PARTNER COFFEE MORNING!

In November we held our 2nd Regional Community Charity Partners virtual coffee morning. After the event we sent out a feedback survey monkey to get your views on this event, so we can make sure its fit for purpose and worth continuing with. Thank you all of you that took the time to complete this for us. So, what did we do with that feedback...

[Click HERE](#) to view the full recording of the coffee morning

**You said...**  
Going forward hold the meeting quarterly

**We listened...**  
After January's meeting we will be holding the meetings every 3 months

**You said...**  
specific topics you would like to see discussed/share events, publicity, sharing resources

**We listened...**  
We have created a new page on our website called "Community Hub" where we will be able to share your events, pictures, resources & much more

## COFFEE MORNING MUG

Hopefully you would have all received your very own Virtual Coffee Morning mug specially designed. The picture was designed by Jack Dylan Smith a pupil at Pebble Brook School. I think you will all agree the design is amazing.



## YOUR WELLBEING

On Friday 22nd January we held a Wellbeing session via Teams conducted by Paol Stuart-Thomson from MIND. We had over 30 different groups attend and over 50 individuals which was fantastic. If you weren't able to attend please see the link below to the video. We had some really positive feedback after the session, so thanks for that. After receiving the feedback we have been able to source some links which hopefully you will find helpful, which we will send out on a separate e-mail.

[CLICK HERE](#) for the video

## SEASONAL UPDATE

At the end of March, we will be pulling together a seasonal update for our colleagues and members. So, could you let us know what you have been up to since Christmas or what you have planned in the coming months. Any pictures, videos or stories/testimonials that we can use on our media platforms would be much appreciated. Thank you.

## STAY CONNECTED WITH US

Be proud to shout about your group's news and stories and your partnership with Midcounties.



Use the links above to connect with us

- Tag us in Twitter using **@midcountiescoop**
- Use **@themidcountiescooperative** in Facebook
- To tag us in LinkedIn use **coopmidcounties** use the hashtags **#ValuesinAction** **#CoopDifference** in all your posts when you tag us
- YouTube follow and subscribe to our account

your  
**COOP**

If you're not already a member of our Society, we would really like you to be part of the Midcounties family. [Click here](#) to read about the benefits of becoming a member.

**Your Co-op. Owned By Our Members.  
Owned By You.**

## Need help with any questions?

Contact Karen McNeil:  
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