








## Wellbeing Day

 <b>Date</b>	<b>Friday 17<sup>th</sup> October 2025</b>
 <b>Venue</b>	<b>Oatley Hall, St Monica Trust, Cote Lane, Bristol, BS9 3UN</b>
 <b>Time</b>	<b>10am – 2.30pm</b>
 <b>Information Stands</b>	<b>9am – 10am &amp; Lunch Break</b>

<b><u>Time</u></b>	<b><u>Subject</u></b>	<b><u>Speaker</u></b>	
<b>10am</b>	<b>Introduction</b>	<b>Mike Hill Chair of Trustees</b>	
<b>10.10am</b>	<b>Welcome – Exercise Taster</b>		
<b>10.25am</b>	<b>Bristol After Stroke review</b>	<b>Rebecca Sheehy Chief Executive</b>	
<b>10.45am</b>	<b>Give it a Go!</b>	<b>Lived Experience Panel</b>	
<b>11.15am</b>	<b>Health Professional Q&amp;A</b>	<b>Different Organisations and professionals</b>	

11.40am	Preparing for work or volunteering after stroke	Helen Ellis OT Sirona Care and Health.	
12.00pm	Presentation of thanks	Rebecca Sheehy & Jenny Hollis	
12.10am	Lunch		
13.10pm	Update from Stroke HIT Lived Experience Group	Chair of LEG – Claire Angel	
13.25pm	Stroke in the Black community	Jo White UWE Senior Research Fellow and participants in the project talk about a new film.	
13.50pm	Mapping our community	Rebecca Sheehy leads an exercise in mapping support in the community.	
14.20pm	Aphasia Choir		
14.30	Summary & Close		

