**Wellbeing Day** – **“Give it a go! Living an active and fulfilling life after stroke”**

**Date: Friday 17th October 2025**

**Venue: Oatley Hall, St Monica Trust, Cote Lane, Bristol, BS9 3UN**

**9-10 am Refreshments and stands**

**10:00 Introduction - Mike Hill Chair of Trustees BAS**

**10:10 Welcome warm up**

**10:25**  **Bristol After Stroke Review**

Life After Stroke Services - Rebecca Sheehy CEO BAS

**10.45 Trying something new – Lived experience panel – facilitated by Stella Fisher BAS Group Leader**

We have a panel of people with lived experienced talking about taking a brave step to try something new or re-engage with something they used to do.

**11: 15 Q&A Professional panel – speakers from different organisations talk about the benefit of their services to wellbeing after stroke.**

11.40 **Preparing for work** – insights from a new pilot course led by Sirona supporting people prepare for work or volunteering after stroke.

**12. 00 Presentation of thanks**

**12.15 Lunch : Stands**

**Afternoon**

**13.10 Update from Stroke HIT Lived Experience Group – Claire Angel Lived Experience chair.**

**13.25 Raising awareness of stroke in Black African and Afro Caribbean communities.** Jo White **Senior Research Fellow at UWE and participants in the research** talk about a new film that has been co produced and the project that produced it.

**13.50 The Journey of Stroke through Art –** Helen Jacobs Head of Learning & Engagement at the Royal West of England Academy talks about workshops they have led at BAS stroke groups which have led to an inspiring new art exhibit at the Gallery.

**14.20** **Aphasia Choir**

**14.30 Summary of the day and close**