A picture containing diagram

Description automatically generated

**Wellbeing Day**

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| --- | --- |
| A pink circle with a white line on it  Description automatically generated  **Date** | **Friday 25th October 2024** |
| A pink circle with a white pin in the center  Description automatically generated  **Venue** | **Oatley Hall, St Monica Trust, Cote Lane, Bristol, BS9 3UN** |
| Icon  Description automatically generated  **Time** | **10am – 2.30pm** |
| A pink circle with a white letter in it  Description automatically generated  **Information Stands** | **9am – 10am**  **Lunch Break** |

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| --- | --- | --- | --- |
| **Time** | **Subject** | **Speaker** |  |
| **10am** | **Introduction** | **Mike Hill**  **Chair of Trustees** | A person in a suit smiling  Description automatically generated |
| **10.10am** | **Welcome – Exercise Taster** |  |  |
| **10.25am** | **Bristol After Stroke review** | **Rebecca Sheehy**  **Chief Executive** |  |
| **10.50am** | **Finding Your Feet after stroke** | **Lived Experience Pannel** |  |
| **11.30am** | **Health Professional Q&A - living well after stroke** | **Therapists from Sirona**  **Everyone Active** |  |
|  | **Younger – looking forward to getting older** | **Alex Rotas – photographer**  **Dot – Runner with Lived Experience** |  |
| **11.50am** | **Presentation of thanks** | **Rebecca Sheehy & Jenny Hollis** | **A close up of a sign  Description automatically generated** |
| **12.10am** | **Lunch** |  | **A picture containing container, salad, plastic, snack food  Description automatically generated** |
| **13.00pm** | **Update from Stroke HIT Lived Experience Group** | **Chair of LEG – Claire Angel** |  |
| **13.15pm** | **Creativity and recovery - how this helps** | **Sarah Woodward SLT and Hazel Hammond – Poet/ Artist** |  |
| **13.40pm** | **Music and recovery –** How can music support rehabilitation | **Laura Cook Music Therapist**  **Emma Richards**  **Sirona ICSS Stroke Lead** |  |
| **14.15/30pm** | **Summary & Close** |  |  |