

**Wellbeing Day**

|  |  |
| --- | --- |
| 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**  |

|  |  |  |  |
| --- | --- | --- | --- |
| **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** |  |  |