



Wellbeing Fayre 7th to 11th December Programme of Events

DATE	THEME	MORNING	AFTERNOON
Monday 7th	Self Care	<p>Live Sessions: 10.00 - 10.30 Working Effectively at Home (Ceri Feltbower) Click here to join the meeting</p> <p>11.00 - 11.30 Citizen Advice - what we offer and how we can help (Linda Pattison) Click here to join the meeting</p> <p>12.30 - 13.00 Surviving as a Manager (Stephanie Knowles) Click here to join the meeting</p>	<p>Live Sessions: 14.00 - 14.30 Rest and Refuel (Rachel Hart) Click here to join the meeting</p> <p>15.00 - 15.30 Signposting to national wellbeing offers (Louise Randle) Click here to join the meeting</p> <p>16.15 - 16.45 Re-Centering and Mindfulness (Nottinghamshire MIND) Click here to join the meeting</p>
Tuesday 8th Xmas Jumper & Sock Day	Family and Community	<p>Live Sessions: 10.00 - 10.30 Introducing the Wellbeing Calendar (Louise Randle) Click here to join the meeting</p> <p>11.00 - 11.30 Introducing the service - (Your Health Your Way) Click here to join the meeting</p> <p>11.30 - 12.00 Healthier Eating (Your Health Your Way) Click here to join the meeting</p>	<p>Live Sessions: 14.00 - 14.30 Introducing the service (Your Health Your Way) Click here to join the meeting</p> <p>14.30 - 15.00 Healthier Eating (Your Health Your Way) Click here to join the meeting</p> <p>16.00 - 16.30 Festive hot drink and natter Click here to join the meeting</p>
Wednesday 9th	Maintaining Values and Behaviours	<p>Live Sessions: 10.00 - 10.30 Recognising and Managing Burnout (Dr R Abeyratne) Click here to join the meeting</p>	<p>Live Sessions: 14.00 - 14.30 Civility and Respect (Helen Shields) Click here to join the meeting</p>
Thursday 10th	Helping Others	<p>10.00 - 10.30 Festive hot drink and natter Click here to join the meeting</p> <p>Live Sessions: 12.00 - 13.00 Learning from Covid (Dr Thilan Bartholomeuz, David Ainsworth, Ceri Feltbower) Click here to join the meeting</p>	<p>14.00 - 14.30 Festive message Click here to join the meeting</p> <p>Live Sessions: 15.00 - 15.30 Supporting People to be Active (Lesley Watkins, Stephen Cooper) Click here to join the meeting</p>
Friday 11th		<p>Live Sessions: 10.00 - 10.30 How to have a good wellbeing conversation (James Rathbone/Sheena Parmar) Click here to join the meeting</p>	<p>Live Sessions: 14.00 - 14.30 Recap of the Week Click here to join the meeting</p>