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Well Fest 2023 'Staying Well'

Within the Virtual Festival you can access instant information via the links and attend a number of Talk Groups and interactive sessions with various key guest speakers.

To secure a place please click on the EventBrite Link and complete the details, EventBrite completion is your booking confirmation. You will be contacted with the link nearer the date.

'Thank you and enjoy the Festival brought to you by the Wellbeing Team 'Working together to improve wellbeing'.

Date and Details

Mon 9th October

09:00-09:30

DCC David Thorne of Devon & Cornwall Police Opens WellFest23 and is joined by Ch Insp Jay Davies and Jon Griffiths of South Wales Police to give their personal reflection and national picture on Men's Health

Deputy Chief Constable David Thorne is joined by **Chief Inspector Jay Davies and Jon Griffiths from South Wales Police** to talk about Wellbeing, Mental Health and the importance of senior staff looking after their teams.

DCC David Thorne joined Devon and Cornwall Police as an Assistant Chief Constable in March 2023. He initially qualified as a teacher in 1993, teaching physics and outdoor education, both in the UK and abroad. He has worked as a mountain leader and kayak instructor. David joined Devon & Cornwall Police in 1999. After his probationary period, he joined Exeter CID and his early career path predominantly lay in Public Protection detective positions, and later within Major Crime where he became accredited to run homicide investigations. Latterly he took up uniformed command roles, including Plymouth BCU Commander, where he enjoyed tackling the challenges of policing a large urban area.

He is also an accredited Strategic Firearms Commander and has spent time as a Temporary Assistant Chief Constable with Devon and Cornwall Police with responsibility for Innovation, Contact and Demand. David was appointed Assistant Chief Constable in South Wales Police in June 2020 within the Specialist Crime portfolio but in March 2023 transferred back to Devon and Cornwall Police as Assistant Chief Constable for Crime, Justice and Vulnerability. More recently he was appointed as Temporary Deputy Chief Constable also in Devon and Cornwall Police.

David is the NPCC National Lead for Men's Health (which helps facilitate and coordinate individual forces' work on Men's Health, shares learning and best practice, and works collaboratively to improve the quality of service to the public through achieving strategic objectives relating to Men's Health) and Citizens in Policing (which includes the Specials Constabulary, Police Support Volunteers, and Police Cadets – who all directly support the police and are managed by them; and partnership working with other agencies and third sector organisations and their own volunteers who can assist in supporting policing). David, a father of five, is a keen mountain biker and is dedicated to working with officers and staff in Devon and Cornwall Police to continue to provide a quality service to local communities.



Chief Inspector Jay Davies has been in South Wales Police Service for 20 years.

Jon Griffiths who is a Graphic Designer for South Wales Police for 4 ½ years will be joining DCC Thorne for the opening session of Wellfest. Jay and Jon are lifelong friends and joined together to create Movember group with in SWP and created the Mens Health Network along with the Agenda Quality Network. Both have supported national and international days/events on topics such as prostate cancer and suicide. Jay and Jon started doing Podcasts within SWP to highlight the importance on keeping on top of your health. Their mantra being "if you improve your physical health your mental health will improve too".

Jay and Jon both interviewed DCC Thorne for their podcast when he worked in SWP. Within the podcast they talked about DCC Thorne's experience with mental health and how he coped when his father was diagnosed with prostate cancer.

<https://www.eventbrite.co.uk/e/dcc-thorne-gives-personal-reflection-and-national-picture-on-mens-health-tickets-710162574377>



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Date and Details

Mon 9th October

09:30-10:30

Perry McCarthy –Top Gear Stig

Perry McCarthy's incredible story is legendary. He is a championship winning racing driver, best-selling author and was 'The Stig' from the BBC Top Gear motoring show. With over 1500 corporate appearances to date, Perry is in high demand to deliver inspirational and motivational speeches linking his unique experience and attitude to the world of business and its requirements. From working on North Sea oil rigs to becoming a Grand Prix driver, he constantly overcame huge hurdles, including serious injury, to pursue his dream. In fact, according to F1 supremo Bernie Ecclestone, with no financial backing, 'the odds of Perry actually reaching F1 were about a million to one'.

McCarthy's bubbly character coupled with his determination, resilience, and absolute refusal to concede defeat has made him a highly popular personality within the sport. *The Telegraph* headlined him as 'a new cult hero' and F1 World Champion *Damon Hill* said; 'I have constant admiration on how he turns a no hope situation into some sort of triumph'. Perry McCarthy entertains and engages audiences by speaking with humour and passion, about the fiercely competitive demands of international motor racing and what it takes as an individual and as a team to survive and progress in it. *Richard Farleigh*, from TV's *Dragons' Den* (Shark Tank in US) commented: Perry is extremely bright and witty. He has two traits I admire: the ability to simplify complicated explanations; and the ability to make people laugh. *The Independent on Sunday* published: Perry McCarthy does for Formula One what Bill Bryson did for travel writing. But beneath the black humour and wisecracks – funny enough to make you laugh out loud in public – lies an inspiring and at times poignant tale of that rarest kind of racer: one who never gave up and was, literally, prepared to die trying.' Perry will tell the story of coming through motor racing and within it will share the resilience required to overcome constant problems and rejection faced mainly when trying to arrange sponsorship, trying to be better at what he does on and off track and overcoming injury. <https://www.eventbrite.co.uk/e/perry-mccarthy-top-gear-stig-tickets-687215519117>



11:00-11:30

Alex Barratt -Police Mutual -Tips on how to budget and improve your budgeting skills.

I've worked in the policing world for 15 years now, ten years as a Force Controller with Hampshire Constabulary and 4 years with Police mutual. Prior to that I worked in financial services for a well-known Banking Institution. I have family in and generations before, that worked in the Policing world and I have a great deal of respect and appreciation whatever your role is, working in such a disciplined and tough, but rewarding environment. I'm passionate about helping, supporting and assisting people around being as financially resilient as they can and draw on a lot of my own experiences when dealing with tough life and financial situations, especially having worked through austerity measures when imposed! Straight talking, I fully understand the demands and the frustrations, but I will always try to make time to talk, especially if you're offering to make me a cuppa. If I can add value, with a little bit of humour then I feel rewarded in what I do. I am mid to late 40's married, with 2 children and many pets.



www.policemutual.co.uk

This session will include:

Why it is important to make a budget and how to stick to it

How to work out your budget - be realistic about how much you need, a tight budget is harder to stick to.
 Know where your money is going - compare your budget to what you actually spend at the end of the month.
 Update with any changes.
 Think about your needs and wants (rank your non-essential expenses) .

Look at ways to cut costs - optimise income/reduce expenditure
 How to check you are on the right tax code & claiming all allowances
 Review insurance & utilities
 Reduce consumption through changing behaviours
 Review direct debits/subscriptions

Planning for future needs
 Short term – benefits of creating an emergency fund so you can be better prepared for unexpected bills so there is no need to borrow, use overdraft, credit card, etc.
 Medium term – things that might impact on your finances and the benefit of saving for them

<https://www.eventbrite.co.uk/e/police-mutual-hints-and-tips-on-how-to-budget-tickets-687237615207>



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Well Fest 2023 'Staying Well'

Date and Details

Mon 9th October

11:30-12:30

FinWell- The Cost of Living Workshop with Ryan Briggs and Justine Piercy



Ryan Briggs



Justine Piercy



The Cost of Living Challenges and taking back Financial PAWA

Interactive Group Workshop (online) | 60 mins | Includes Q&A | Follow-Up Links & Resources

Join this workshop to:

- Explore the current cost of living challenges (*active chat function to share thoughts and ideas*)
- Learn about potential solutions to beat the rising cost of living
- Learn about the links to mental wellbeing and how financial pressure is now the main cause of employee stress for employees
- Understand & improve your financial wellbeing whatever your age, income, job role, family situation or levels of confidence/experience through our simple four step FinWELL PAWA (Power) Plans
- Establish your **P**ersonal Money Score, **A**reas of Focus, **W**hat are the Next Steps and how to take **A**ction



Healthier relationships with money

www.finwell.uk

Ryan created FinWELL to help people understand, measure and then improve financial wellbeing, empowering them to healthier relationships with money and also better mental health having enjoyed various careers in professional sport, recruitment and financial services. He is level four diploma qualified in financial services with over ten years experience, an accredited workplace financial education specialist, mental health first aider and keynote speaker.

In the first lockdown of 2020 he created Let's Improve Workplace Wellbeing CIC (aka LiWW) for employers of all sizes across the UK and then set about simplifying financial wellbeing via the 'Money Matters Made Simple' mini-series of events with some of the UK's leading organisations. Now the Financial Wellbeing Lead, this is a not-for-profit organisation that partners with The Jordan Legacy in the fight against suicide working with employers from both the public and private sector.

Ryan designed the simple four step 'FinWELL PAWA Plans' for anyone to understand, measure and improve financial wellbeing regardless of age, salary, job role, family situations, levels of experience or confidence and also additional challenges around neurodiversity.

He is passionate about bringing the very best people within financial wellbeing together to make a positive impact on people's lives on a global scale. Outside of work he enjoys spending time with his wife and two young children and possibly even watching or playing various sports if time permits!

Qualifications & Experience: Level Four Diploma in Financial Advice | 10 years experience | Workplace Financial Education & Wellbeing Specialist | Mental Health First Aider

Justine is FinWELL's Financial Wellbeing Lead, with 25 years-experience in the Banking sector working for one of the UK's largest high street banks. She has a Diploma in Management studies and is also a CeMap qualified mortgage adviser. She has spent the last 15 years in leadership roles mentoring, managing and training large teams of people. Her passion throughout her career has been coaching, developing and helping others to be the best they can be.

Since being made redundant in 2019, Justine is now passionate about helping other people become financially resilient, sharing her knowledge to support others with managing money and their long-term well-being.

Justine also works as a volunteer ambassador for The Money charity delivering financial wellbeing workshops for schools and Justine lives in rural Northamptonshire with her husband, 10-year-old daughter and two crazy Springer Spaniels. In her spare-time she loves cross fit training in the gym and curling up with a good book!

Qualifications & Experience: Diploma in Management Studies | CeMap Qualified Mortgage Adviser | 25 years experience

<https://www.eventbrite.co.uk/e/finwell-the-cost-of-living-challenges-taking-back-financial-pawa-tickets-687905031467>



Well Fest 2023 'Staying Well'

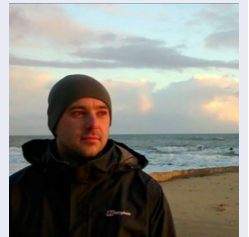
Date and Details

Mon 9th October

13:00-14:00

Ken Lightfoot- Nutrition for Life

Ken, a former sufferer of chronic fatigue syndrome, tested and practiced in his knowledge from his studies, whilst listening to feedback from his body, to create transformation in his life and free himself from the physical, emotional and mental challenges of CFS. So inspired by his discovery of our ability to transform our own health in wonderful ways. Ken studied many areas of health and wellbeing and fitness. Ken is a holistic health coach, and qualified personal trainer, a professional mindfulness and mindful movement practitioner, a hypnotherapist for life skills. Has studied many areas of wellbeing, including Taoist practices (Traditional Chinese Medicine), a system specifically for chronic conditions, and holds certifications in other wellbeing practices, including practices relating to movement, breathwork and energetics of the body.



Correct nutrition is vital for the health and efficient running of the body. But what is correct nutrition?

What is the best diet? The truth is there is no one diet that's best, because we are all individuals with individual nutritional needs. So what do we do?

In this input, Ken goes over the basics of diet typing for the individual, how their diet type has developed, and how we can align with that diet type as a guide to better nutrition. Learn your diet type and fine tune your diet by listening to feedback from the body. **Your body will thank you for it.**

<https://www.eventbrite.co.uk/e/ken-lightfoot-nutrition-for-life-tickets-690914954227>

14:00-15:00

Sam & Miranda – Breath Workshop

The Breath Connection is all about bringing back your zest for life. Our techniques help to combat stress levels and to help you feel more grounded and at peace from the inside out. We advocate conscious breathing, cold water therapy, meditation and the power of living in the moment. Our sessions combine these practices to help you find greater resilience and reconnect with your body, mind and soul.

Sam Murray, a former Royal Marine Commando battled the black dog of depression and ended up finding his love of breathwork through the Wim Hof Method. Then, in 2020, Sam met Miranda Bailey, a Nutritional Therapist and Breathwork Practitioner and the two created The Breath Connection, which is a realisation of their shared love of breathwork and its transformational properties.



sam.murray@thebreathconnection.org

Our mission at The Breath Connection is to bring breathwork to police work. We know that modern life is inherently stressful, but we acknowledge that the pressure faced by those working in the Blue Light Services is especially intense and carries a much greater risk of burn out. By adopting the techniques, we offer, we hope to support those in the Emergency Services to manage their stressful workload more effectively and stay well in the face of significant stress.

The Breath Connection is currently working with Thames Valley Police and the Curtis Palmer

Program: <https://curtispalmerprogram.org>

The Breath Connection: <https://www.thebreathconnection.org>

<https://www.eventbrite.co.uk/e/sam-miranda-breath-workshop-tickets-687930126527>

15:00-16:00

Ed Rowland –Colitis Cop

Ed Rowland is currently a T/Inspector on Response in Cleveland Police.

He was diagnosed in 2006 with Ulcerative Colitis whilst working in Devon and Cornwall Police.

He had his bowel removed in 2016 and now lives with a permanent Stoma and ostomy bag.

He will be talking about living and working with IBD and a stoma, the link between Physical and Mental health, and managing disability in the workplace.

<https://www.eventbrite.co.uk/e/ed-rowland-colitis-cop-tickets-689339361587>





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Date and Details

Tues 10th October

09:00-10:00

Rob Hosking-former Police Officer and co-founder of Rise of Happiness

Rob Hosking is a previous front line Police Officer whose experiences led to a deterioration of his mental health. Always the one laughing, joking and putting others first, people would never have known he was considering suicide. Witnessing death daily during his career, Rob feared death which in turn prevented him from living.

Rob's talk, "Always Choose Happiness," is an intimate portrayal of his personal journey with mental health as a police officer and surrounds the idea of happiness. He shares his experiences of negativity and experiencing trauma daily and the toll it took on his own happiness.

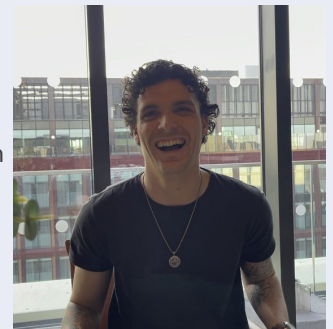
Rob opens-up about his struggles with suicide and how he finally had an awakening on his last shift after witnessing a suicide and the death of his colleague in front of him. Rob's talk aims to break down the stigma surrounding mental health and encourage others to prioritise their wellbeing. He believes that choosing happiness can be the most difficult thing to do, but it is worth it in the end. After making many changes to his life, Rob's decisions are now based on what makes him happy. He co-founded Rise of Happiness to help improve the happiness of others through the publication of free wellbeing magazines where people share inspirational and uplifting stories and includes expert wellbeing tips and research.

www.riseofhappiness.com

A trained mental health first aider, Rob is passionate about helping others in their times of crisis. He is on a mission to ensure people figure out what makes them happy and make the necessary changes in their lives. Rob delivers vulnerable talks about his mental health journey, exploring the idea of happiness and the importance to embrace it every day.

Through his journey, Rob has learned the importance of speaking about one's mental health, living a life aligned to your core values can be the key to achieving happiness. He provides tips on what his police career taught him about life and shares his 7 Steps to Happiness that have led him to a happier life, and he believes they can help others as well.

Overall, "Always Choose Happiness" is a powerful and inspiring talk that highlights the importance of mental health and happiness. Rob's personal journey serves as a reminder that it is never too late to make changes in our lives and prioritise our happiness. <https://www.eventbrite.co.uk/e/rob-hosking-former-police-officer-and-co-founder-of-rise-of-happiness-tickets-689354246107>



10:30-12:00

Pete's Dragons-5 Steps to Suicide Awareness

www.petesdragons.org.uk

5 Steps to Suicide Awareness

The 5 steps to Suicide Awareness is a short but powerful workshop which aims to provide a general overview of suicidality and the impact of suicide. It demonstrates the simple steps which can be taken to help someone who may be experiencing suicidal thoughts.

Alison's Bio:

"Pete was my little brother - I (unknowingly!) founded Pete's Dragons on the day that I was informed of Pete's death by deciding to do a fundraiser for the organisations which had helped my family. But that was all I decided. It was to be a one off. I never anticipated what followed..."

Pete's Dragons is my inspiration and passion, I meet incredible people willing to go the extra mile, put themselves out, challenge themselves and dedicate huge amounts of time and effort to raise valuable pennies to help others. It reminds me daily of what is important and what can be achieved if you set your mind to it. I am so, so proud of what the Dragons have achieved, I look forward to what we will achieve in the future but most importantly for me personally is that Pete's Dragons is such a wonderful positive creation from such a devastating and traumatic event. I know that Pete smiles on us every day"

<https://www.eventbrite.co.uk/e/5-steps-to-suicide-awareness-tickets-689369220897>





Well Fest 2023 'Staying Well'

Date and Details

Tues 10th October

12:00-13:00

Hannah O'Callaghan from Love Grace

A mum of 3 children under 6 and (having recently left) a 14 year teaching career as Head of Geography. Hannah O'Callaghan founded Love Grace, following the murder of her cousin Grace Millane on her 22nd birthday in New Zealand, December 2018. After seeing a social media post about filling an unused handbag with toiletries and giving to a homeless woman, Hannah took the idea to her local women's refuge charity Changing Pathways in Essex, and with their support and guidance the idea for 'Love Grace' was born.



What started as a 50 bag target for the local refuge has now seen over 10,000 bags distributed around the U.K., New Zealand, Singapore, Canada and the USA. Care packages were also distributed to hospital wards during the Covid pandemic. The bags are a symbol of hope and we aim to empower victims of domestic abuse in honour of Grace Millane. Love Grace consists of Grace's family and friends. Together they have raised over £30,000 for The White Ribbon Charity to end male violence against women, have successfully campaigned with Harriet Harmon and 'We can't consent to this' to stop the 'Rough Sex' defence. This means that no other family will have to go through and listen to their loved one being re-victimised and not able to tell their side.

Love Grace has been awarded the Points of Light award by the Prime Minister and Hannah is focused on turning Love Grace into a charity, and raising awareness of domestic and sexual abuse. Grace loved a handbag and this appeal allows us to offer practical support for women in need.

www.lovegrace.co.uk

During the talk I will discuss things that have been difficult for us and how I continue to cope, the main tool is having a practical outlet which really does lead to mindfulness techniques, as sometimes you are so engrossed in the practical task at hand, that it does allow you to switch your thoughts off.

<https://www.eventbrite.co.uk/e/hannah-ocallaghan-from-love-grace-tickets-689377435467>

13:00-14:00

Bhavna Raithatha Being LGBTQ+ 'what your colleagues wish they knew about their sexuality'

Bhavna was born in Tanzania and emigrated to the UK with her family as a young child, growing up in the East End of London. Her father died six months later aged 32, significantly changing the trajectory of her family's life. Bhavna has faced and overcome many prejudices during her lifetime with a personal understanding of the many problems faced in current times including navigating some life-changing experiences. A veteran therapist, Bhavna has created Hybrid Coaching that provides clients with excellence in Coaching provision underpinned by 28 years in Psychotherapy (over 18.5k global clients of all ages and backgrounds).

Bhavna is an experienced Critical Incident Debriefing, clients include survivors of the Rwandan Genocide, Evacuees from Montserrat, and Emergency Response Units after the London Bombings. She has also supported organisations when staff are killed due to terrorist attack, suicides, fatalities and those involved in industrial accidents. As a result of her work and expertise,



Bhavna has been a guest on Radio, international podcasts and attended professional speaking events to talk about Toxic Organisational Culture, the Impact of Racism and the Experiences of Discrimination Towards the BAME LGBTQ+ Community. She has written articles for magazines as an Expert Columnist, been a webinar panellist speaking about Mental Health, Suicide and Relationships as well as being a sought-after speaker where she shares her personal Coming Out journey, particularly as an accomplished Indian Woman in a frequently exclusive field.

Bhavna is very passionate about bringing empathy and compassion back into the workplace through her Coaching, Training and Speaking engagements. She has worked with Leadership, HR advisors and Employee Assistance Programmes to help organisations be better employers by creating a happy, safe and nurturing environment where both employees and the company can thrive.

<https://www.eventbrite.co.uk/e/bhavna-raithatha-being-lgbtq-tickets-690108813037>



Well Fest 2023 'Staying Well'

Date and Details

Tues 10th October

14:00-15:00

Chris Preece - Obsession with low body fat consumed my life

I am Chris Preece, a 35 year old father of one boy (who's 6) 50% of the time. I have been a Call handler for A&S Police 2012 – 2015, and a Radio Dispatch Operator at D&C Police September 2015 – March 2018. I became a Police Officer in March 2018 working in Response, SODAIT, IRC, RRT. I am interested in boats, the sea, water and building vehicles and boats with my son. I competitively water-ski raced at national level around the late 90's early 2000's. I have also skied in European championships and at the height of my issues was skiing to be selected for World championships 2012.

I will be talking about my spiralling obsession with body fat percentage and how this affected all aspects of my life. How I became consumed and committed to a single goal without fully considering or understanding the risks involved along with the immediate, short term and ultimately lifelong effects of doing this. The self-scrutiny and obscured view I had of myself that wasn't shared by others, the sacrifices I made, which at the time, I couldn't appreciate or understand.

What happened for me to realise that I had to make a change and what I have done since this time to ensure I haven't relapsed.

<https://www.eventbrite.co.uk/e/chris-preece-obsession-with-low-body-fat-consumed-my-life-tickets-690152894887>

15:00-16:00

Daz Stephens – Wellbeing, Nutrition, Shift Work and getting the right balance

Daz is a Health and Wellbeing practitioner and nutrition coach who specialises in working with both businesses and 1-2-1 clients on all aspects of positive change for health and promoting a balanced lifestyle. His Wellness approach comes through in his passion to coach, educate and highlight the benefits of becoming awesome through meaningful change. It is this combinational change in both physical and mental health that such rewarding changes can improve quality of life.

Through greater understanding of your own nutritional, physical and emotional wellbeing can you then allow yourselves to become the best version of who you wish to be.

For many of you working shifts is a way of life, days, lates and nights whatever format this may take there is always a toll on our overall health and wellbeing. How we deal with shift work is as unique as the person working them but it is the practices we put in place to deal with this demand that ultimately ensures our resilience stays intact. Such matters as sleep, nutrition and eating habits to exercise and mindfulness will all play an important role in getting the balance right.



[Kinetic Energy • Workplace Wellbeing • 1-2-1 COACHING \(kineticenergynutritioncoach.com\)](https://www.kineticenergy.co.uk)

<https://www.eventbrite.co.uk/e/daz-stephens-wellbeing-nutrition-shift-work-getting-the-right-balance-tickets-690170096337>



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Well Fest 2023 'Staying Well'

Date and Details

Wed 11th October

09:00-10:00

Jon Toulson & Julia Zorab - Managing my wellbeing through personal development

Workshop 1: Knowing My Values: This 55-minute participative session focuses on understanding and working with our individual values (i.e., "what really is important to me?") and explores how our values influence our choice of behaviours - both consciously and unconsciously, in helpful and less helpful ways! Our values drive how we react to people and situations.

Our approach to life is based on a set of beliefs that we have acquired over the course of our lives so far. They sit comfortably with our personal beliefs, and together these drive pretty much all the decisions we make - how to spend our time, our behaviours as a partner, an employee, a team member, a parent, how to spend (or not) our money etc. Increasing our conscious awareness of these internal drivers enables us to gain increased clarity as to why we do what we do, and why certain situations and people may cause us stress.

This session will help to form a basis for your future development plans and actions and enable you to be clear on how you can nurture your wellbeing in line with your values. A follow up workshop specifically tailored for influencers and decision makers will be held on Wednesday 15th November. Further details will be sent to you following this session.

Julia Zorab's varied career includes senior management roles in the Health sector, IT industry and running her own company providing expertise in personal and professional development. Her knowledge and experience in ground-breaking roles and with a focus on how to survive and manage life's personal and professional challenges, Julia consistently delivers successful and enjoyable programmes which are participative, fun, challenging and informative.



Julia delivers personal development programmes for all genders in a variety of roles from administration through to senior management, and trains and licenses trainers world-wide on behalf of the Springboard Consultancy.

One of the most experienced Springboard Trainers (having trained over 2,500 people through the suite of programmes), Julia has successfully delivered management and leadership programmes in public-sector organisations (UK police forces, health authorities and private sector clients) as well as in collaboration with the British Council working with women across Middle Eastern countries and South Sudan.

Jon Toulson has been creating and delivering inspirational training and development programmes for the vast majority of his career, working in a variety of sectors (with clients from UK Police Forces, Local Authorities and the private sector) alongside his own people and organisational development company. His varied experience is valued by organisations (in both the UK and internationally) to develop their people and deliver behavioural change that sticks.



A large part of Jon's work is delivering the unique work and personal development programme 'Navigator' for men, developed by the highly acclaimed Springboard consultancy. He has supported the wellbeing of hundreds of men through 'Navigator' as well as taking lead responsibility to license new trainers. The feedback he receives consistently rate his programme delivery as exceptional, engaging and effective, leading to multiple opportunities for repeat business and onward recommendation.

<https://www.eventbrite.co.uk/e/jon-toulson-julia-zorab-managing-wellbeing-through-personal-development-tickets-690932677237>



Well Fest 2023 'Staying Well'

Date and Details

Wed 11th October

10:00-10:30

Alex Barratt - Police Mutual – Managing Debt and Credit Score

<https://www.policemutual.co.uk/>

This session will include:

Managing Debt

Understanding your bills & borrowings
 What to do if you are unable to pay bills
 Understanding options & financial support available
 Which debts are a priority
 Where to get help if things are out of control
 Talking to your creditors
 Using credit wisely

Managing my credit score

What is a credit score and how it is used
 How to improve your credit score and what has a negative impact
 Where to get a free report

 Help with the cost of living
 Mortgage arrears - taking action is critical, help and support available
 Worried about escalating mortgage rates, options available



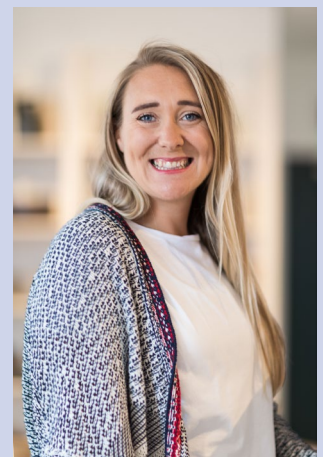
<https://www.eventbrite.co.uk/e/police-mutual-managing-debt-and-credit-score-tickets-690954853567>

10:00-11:00

Heather Agan de Visser- Managing Overwhelm

Join life & leadership coach Heather Agan de Visser for a practical, uplifting session all about how to manage overwhelm. In this 60 minute session, Heather will take you through a deeper understanding of where overwhelm comes from, and why it can feel so...well...overwhelming! If you are struggling with overwhelm right now, you are not alone.

This session explores why life & work can feel this way, and examines the mindset, conditioning and limiting beliefs that create a sense of overwhelm - so you can start to spot the signals before they take hold. And, using Heather's tried and tested '**Now, Next, Forever**' method, learn how you can approach your life and work priorities differently to make them feel more manageable. After this session, you will know what to do, to manage overwhelm more easily, how to build your resistance around it and be able to confidently move forward with practical tools that you can use whenever you need them.



Heather is a coach, speaker and 'creator of space'. She helps people to connect to their unique inner power, and live life feeling more energised, connected and confident. She creates space for people to explore their inner wisdom, and teaches simple, effective tools that have a life-long impact. She has a talent for getting to the heart of a subject, taking on big topics and making them easy to understand, by sharing practical tools that can be easily used every day.

Heather combines leadership & listening, ancient philosophy, behavioural science, spiritual ideas and deep wisdom to inspire, support & lead her clients as they step into their power and start to live from connection and with confidence. Working with Heather, you learn how to connect with their inner power, learn to trust it, and confidently follow it to create the life you really want.

Website: <http://www.hadv.co.uk> **Instagram:** [@iamheatheragandevisser](https://www.instagram.com/iamheatheragandevisser) **LinkedIn:** [Heather Agan de Visser](https://www.linkedin.com/in/heather-agan-de-visser)

<https://www.eventbrite.co.uk/e/heather-agan-de-visser-managing-overwhelm-tickets-691703302197>



Well Fest 2023

Date and Details

Wed 11th October

11:00-12:00

Paul Roe retired Police Officer from Cambridgeshire Police and founder of Blue Paw

Pc Paul Roe has 30 years police service, and is retiring in November this year, His police service is 11 years starting with BTP and then moving to Cambridgeshire in 2005.

Paul was diagnosed with Trauma related PTSD six years ago, and this is where Holly came in to herself and they both started their journey on recovery and now actively promote PTSD in the emergency services and that it is "OK not to be OK, Holly is a eight year old Labrador who is owned by Paul and now fully accredited to the College of Policing Ok9 Wellbeing dog project.

Six years ago I was diagnosed with Trauma related PTSD which has been traced by over 20 years from the very bad assault on me and then the attendance at four major Rail crashes, my story now features as part of the presentation I give. As Paul retires, he has set up Blue Paw Trauma and Wellbeing Support to Carry on this essential service to the wider emergency services and the public community.

<https://www.eventbrite.co.uk/e/paul-roe-retired-police-officer-and-founder-of-blue-paw-tickets-691718969057>



www.bluepaw.co.uk

12:00-13:00

Gamal Turawa -The Black Cop

Purplefrog-connections.com

Having overcome an early life filled with adversity, and trauma, Gamal Turawa has a rich background that includes fostering, child abuse and homelessness. His personal story is one of resilience and hope that has seen him break down many barriers. Serving for London's Metropolitan Police for over 26 years. Gamal became the first openly Gay Black police officer.

As the protagonist of the 2022 BAFTA winning Best British Short film, 'The Black Cop' and winner of the 2022 National Diversity Awards Positive Role Model (Gender) of the year, Gamal shares his story of overcoming early social conditioning which led to internalised racism and homophobia.

Retiring as an officer in 2018, Gamal is the founder and lead facilitator for PurpleFrog Connections, a Diversity, Dignity, and Inclusion Consultancy.



A visible voice of unity this extraordinary leader now uses his experiences to facilitate workshops internationally around belonging, diversity and inclusion within both the public and private sectors. info@purplefrog-connections.com

<https://www.eventbrite.co.uk/e/gamal-turawa-the-black-cop-tickets-691734756277>



Well Fest 2023

Date and Details

Wed 11th October

13:30-14:30

Rehan Live Cooking Demo

As the managing director of the Asian Restaurant Owners Network (ARON), Rehan Uddin has amassed a following of Asian restaurants from across the UK. It has been his ambition to bring the sector in to the 21st century by optimising the approach of the restaurants using digital technology.

Rehan has been able to create convergence digitally from both the kitchen to the front of house. Rehan is the social influencer for Rational AG from the Indian cuisine perspective. He has delivered the bespoke ARON settings for Indian restaurants across the world to use. From Prep, tandoori and rice and dal settings the Icombi Pro ARON settings reduce the needs for specialised skills.

Rehan built his pedigree primarily through Bombay Express Torquay as Head chef and Owner. He launched INDI-YANG a Pan Asian Assimilated Cuisine restaurant with an emphasis on gut health and integrated digital optimisation. He has influenced many Asian hospitality owners to make the changes .

Rehan will be creating the Prawn Malay- Yang Curry a spicy, sweet, nutty dish cooked with sesame oil, soy sauce,, mixed spices, peanuts, maple syrup and coconut milk. Alongside this Rehan will be speaking on the history of spices, the migration if movement of ingredients and how Asian food has become the most popular cuisine in the UK.

<https://www.eventbrite.co.uk/e/rehan-live-cooking-demo-prawn-malay-tickets-691743261717>



Info@chefruddini.com

15:00-16:00

Georgina Pullen & Jon Toulson - Managing my Wellbeing through Personal Development

Workshop 2: Working with Change

Change affects us all in a variety of ways and is continuously accelerating with advancements in every area of our lives - and yet is the new norm. Whether you are responsible for making change happen in the workplace or are constantly attempting to keep up with the changes required of you, this 55-minute workshop will help you understand the impact of change on both yourself and those around you.

This participative exploration will increase your understanding of how the process of change - at work or personally - tends to affect our state of mind, our wellbeing and motivation. It will provide insights that enable you to develop your resilience and capability to minimise the negative impacts of change.

If you, or someone else in your organisation, are interested in how to get the ball rolling and get a personal development programme started or would like to understand how these personal development programmes can promote greater health and wellbeing across your force, please join us (or invite your manager to join us) on Wednesday November 15th at 9.30am for a follow up workshop specifically tailored for influencers and decision makers. Further details will be sent to all participants on this Working With Change Workshop.



Georgina Pullen is an experienced Personal Development Training Consultant with over 25 years experience designing and delivering top quality programmes across a variety of government and private sector organisations. She also has been a lead on licensing new Springboard Consultancy trainers in both the UK and Overseas.

Georgina works both in the UK and internationally and has delivered and successfully helped many organisations including Police services introduce the Springboard Women's Development programme to support the health and wellbeing of their employees. She builds rapport and strong relationships with colleagues, clients and participants and consistently receives positive feedback from clients on the effectiveness of the programmes she delivers.

Jon Toulson has been creating and delivering inspirational training and development programmes for the vast majority of his career, working in a variety of sectors (with clients from UK Police Forces, Local Authorities and the private sector) alongside his own people and organisational development company.

<https://www.eventbrite.co.uk/e/jon-georgina-managing-wellbeing-through-personal-development-tickets-691752900547>





WORKING
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**DORSET
POLICE**

Well Fest 2023

Date and Details

Thurs 12th October

09:30-10:30

Lou Dutch-Muscular Skeletal Health

Lou is a highly qualified and experienced soft tissue therapist, strength and conditioning coach and personal trainer. Lou has completed over 100 marathons and ultra-marathons including two 100 mile ultras. She has also completed several Ironman distance triathlons including a Double Ironman (4.8 mile swim, 232 mile bike ride and a 52 mile run completed in one go). Lou represented the British Police Cycling Team at the European Championships in both 2008 and 2012 gaining a podium spot and was the emergency services time trial champion for both 10 and 25 miles for three consecutive years. She is also a 3 x Guinness world record holder.

Making training enjoyable and fun is her passion whilst providing the environment to achieve goals. This ethos is the same for the work environment. Lou's Musculo-skeletal health presentation will explain that the human body is an amazing piece of machinery and can achieve incredible things if looked after in the correct way. Lou looks at how people have become more sedentary and have to sit for hours a day for our occupation. She will show simple things we can do whilst at work to make ourselves stronger and more robust, reduce stress and increase your happiness! If you are able to attend the presentation with a golf ball she'll even include a magic trick! <https://www.eventbrite.co.uk/e/lou-dutch-muscular-skeletal-health-tickets-692423516377>

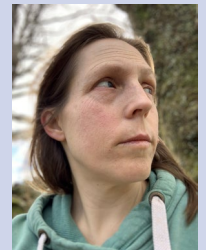


11:00-12:00

Dr Ester Ingham - Looking After Your Psychological Wellness

Psychological wellness is about being at ease with the world around us and feeling we can/will cope with whatever comes our way. It is about our capacity to function and stay balanced. We are 'psychologically flexible' if we can be consciously truly connected to the present moment, and are able to respond to, and make decisions based on deeply held values, regardless of difficult thoughts and conflicting emotions which present themselves. Being psychologically flexible helps us become 'unstuck', deal with stress, improves our wellbeing, and also enables us to build more meaningful lives around what we truly value. Join in this workshop to find out more about how we can all improve our psychological flexibility.

<https://www.eventbrite.co.uk/e/dr-ester-ingham-looking-after-your-psychological-wellness-tickets-692430286627>



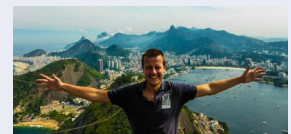
12:30-13:30

Jaime Thurston & Greig Trout - Overcoming adversity and the power of kindness

www.52-lives.org

Greig and Jaime run the 52 Lives charity and have experienced first-hand the life-changing power of kindness. Greig will discuss the key things that got him through some traumatic life events, culminating in a two-year adventure around the world. His path crossed with Jaime's, who was setting up a kindness charity called 52 Lives - and together they have changed thousands of people's lives and worked with hundreds of thousands of children to help them understanding the power of community and the impact kindness has on their wellbeing.

Jaime is also the CEO and founder of 52 Lives, a charity that helps to change someone's life every week with a community of almost 100,000 supporters. Best-selling author of 'Kindness - the little thing that matters most' and 'The Kindness Journal.' Jaime was named in the King's Birthday Honours List in June, receiving a British Empire Medal for services to charity. She won Clarins Woman of the Year 2016 and has also received a Points of Light Award from the UK Prime Minister and a Richmond Community Award for her work. She was also named in *The Independent's* Happy 50 List in 2018, an alternative Rich List that celebrates people who make life better for others.



Greig is an inspirational speaker and Director of Kindness at the 52 Lives charity. He also runs Life 101, which provides life skills courses for children. He is a former Crime Scene Investigator with the Metropolitan Police. After surviving cancer for the second time, Greig left the Met to set up the inspirational website and initiative – 101 Things To Do When You Survive. For two years he travelled the world ticking off what the press dubbed his 'anti-bucket list', volunteering, fundraising and raising awareness of the psychological effects of cancer. His work has earned him a Point of Light Award from the UK Prime Minister and he was named in *The Independent on Sunday's* 'Happy' List, as one of the top 100 people in the UK that make life better for others. Greig has experienced first-hand the importance of mindset when dealing with life's challenges and is passionate about empowering children and adults to understand that their actions can significantly affect not only the world they live in but also their own mental and physical health.

<https://www.eventbrite.co.uk/e/jaime-thurston-greig-trout-overcoming-adversity-the-power-of-kindness-tickets-692443375777>



Well Fest 2023

Date and Details

Thurs 12th October

13:30-14:00

Police Lead Chaplain Jonathon Ross-Mc Nairn provides a Personal Trainer Led Talk - 'Want to become leaner, fitter and stronger?'

A quick overview of some easy 'start today' steps you can take to start losing weight and getting fitter given by police staff Jonathon Ross-McNairn (a qualified Personal Trainer) followed by some time for questions.

<https://www.eventbrite.co.uk/e/fitness-and-keeping-lean-tickets-698944661297>



14:00-15:00

Vashti Pearce – Journey with Alcohol & Health

Vashti Pearce (formerly Sarah German), life long civilian employee (41 years) for Devon and Cornwall Police. A former hell raiser, a middle lane drinker, chain smoker and couch potato; now a non-drinking, non-smoking, 10,000 steps a day, gym 5 times a week Sober Warrior!

In 2017, when the photo was taken, despite giving up smoking and moderating my alcohol, my body was giving me not so subtle hints that I was not a well woman; my blood pressure was dangerously high, I had pre diabetes and very high cholesterol due to being 3 stone over weight. Moreover, at a police Wellbeing Workshop I confidently jumped on the body composition scales that revealed my metabolic age was 67. I was 51 years old. So here I am, 6 years later, 3 stone lighter, my mental and physical health is 100% improved and recently celebrated 2,000 days alcohol free plus 8 years smoke free and... a metabolic age of 42! All traces of high blood pressure, diabetes and high cholesterol gone... I am forever thankful for the Wellbeing team, and would like to give back by sharing my story: **from Hell Raiser to Sober Warrior!**

Whilst you cannot predict the length of your life, you can, influence the depth -the quality



<https://www.eventbrite.co.uk/e/vashti-pearse-journey-with-alcohol-health-tickets-692454820007>

15:00-16:00

Georgina Pullen & Jon Toulson - Managing my wellbeing through personal development

Workshop 3: Developing a Healthy Mindset

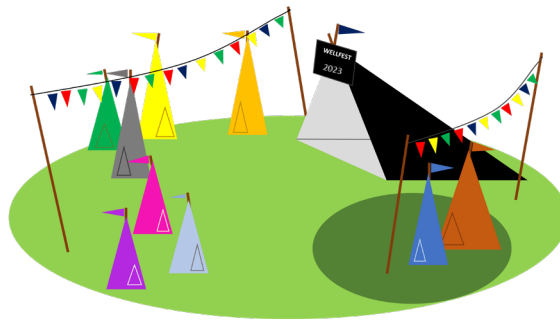
Do you find yourself spending precious time and energy worrying or stressing over all sorts of different issues.... many of which turn out to be rumour or myth, or irrelevant? This pattern of behaviour can create unnecessary stress and have the knock-on effect of stressing those around us too! A large element of managing our personal health comes down to developing a healthy mindset.

This 55-minute workshop will support and challenge you to prioritise the difference between what is within our control and influence, or not, and what we cannot control on any level. With a new, healthy mindset you will therefore be able to make decisions differently as to where to focus your time and energy, and what to choose to let go of.



A follow up workshop specifically tailored for influencers and decision makers will be held on Wednesday 15th November. Further details will be sent to you following this session.

<https://www.eventbrite.co.uk/e/jon-georgina-managing-wellbeing-through-personal-development-tickets-692527808317>



Well Fest 2023

Date and Details

Friday 13th October

09:30-10:30

Amanda Peet – Trauma: It's good to talk but what to do if you can't put it into words

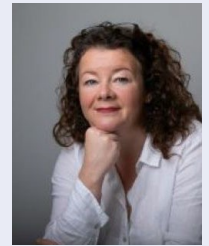
During Wellfest 2023 Amanda will share a technique that can help release trauma without any need for the client to share what that trauma is. Amanda will explain how our brains hang onto stuff and why it is good to have a regular declutter of your subconscious mind.

www.AmandaPeet.org.uk

Amanda Peet was a founding Director of Hoarding Disorders UK – CIC, a community interest company which now works all over the UK. Amanda has helped many clients (with and without hoarding behaviours) to find their goals/direction, achieve those goals and improve their lives. Amanda draws on her expertise in the field of 'Mindset' to help clients overcome obstacles, fears and blocks to moving forwards.

Amanda is passionate about helping people to build resilience, clear out past mind clutter linked to 'life events' so that when life events do happen, that person is better equipped to deal with them in the here and now. With her expertise in personal development, she helps her clients overcome their limiting beliefs to realise their full potential and to make the most of opportunities. She offers a range of coaching services, including one-to-one coaching, mentoring, online courses and is committed to providing a supportive and empowering environment for her clients. Amanda is the author of 'Mind Your Mind : using the power of words' and 'Where Does Time Go?' Amanda also contributed to Jo Cooke's book 'Understanding Hoarding' and is in the process of writing another chapter for Jo's next book 'Overcoming Chronic Disorganisation'.

<https://www.eventbrite.co.uk/e/amanda-peat-its-good-to-talk-but-what-to-do-if-cant-put-it-into-words-tickets-692538680837>



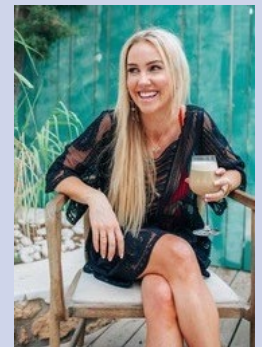
10:30-11:30

Elle – Body Dysmorphia

www.ellemace.com

Elle is a Master Practitioner in low self-worth, eating disorders and body dysmorphia. She will be talking about the importance of positive body image and how to increase your self-worth and self-confidence as well as others around you. 77% of women and 39% of men have unhealthy relationships with food as well as their bodies and the stigma attached to such topics means that many suffer in silence. She will explain how you eat and your relationship with food can affect relationships everywhere, from family to work. Elle will cover how to lead a healthy lifestyle and how to achieve goals without falling into disordered eating or dietary chaos. There are so many ways to tackle these topics without compensating for your mental health along the way!

<https://www.eventbrite.co.uk/e/elle-mace-body-dysmorphia-tickets-698964590907>



11:00-11:30

Alex Barratt - Police Mutual –Wills & Inheritance Tax Planning

[Welcome to Police Mutual | Police Mutual](#)

This session will include:

Protection needs

A timely reminder of the benefits provided through Pension Schemes, Group Insurance and Staff Associations.

Reminder to check death nomination forms are up to date so if the worst does happen the money goes to the correct beneficiaries.

Consideration of need for additional protection

Wills & Estate Planning

Laws of Intestacy

Inheritance Tax

Lasting power of attorney

Will writing options & costs

Information you will need



<https://www.eventbrite.co.uk/e/police-mutual-wills-and-inheritance-tax-planning-tickets-698418116387>

12:00-13:00

Prickles & Paws

www.pricklesandpaws.org

Prickles and Paws Hedgehog Rescue is based in Cornwall. Hedgehogs are in serious decline and the presentation will focus on how you can help out our prickly friends and meet some of characters we have in the hospital at the moment including the babies.



Secure Our Future

Help us to build the Hospital that Cornwall so desperately needs!

07926 576164
www.pricklesandpaws.org
Registered Charity No. 1174597

<https://www.eventbrite.co.uk/e/prickles-and-paws-hedgehog-rescue-tickets-698423933787>



Well Fest 2023

Date and Details

Friday 13th October

13:00-14:00

Assistant Chief Officer Alexis Poole & Chief Superintendent Lisa Hogan

Women's Health – Personal reflections, national updates and sharing good practice

Please join Alexis and Lisa for an opportunity to hear some personal reflections on how they have managed their own health and the impact they experienced professionally followed by a discussion on how women's health is being progressed nationally. You will hear about some of the key projects and be inspired to take away some ideas you could consider implementing locally



Alexis joined the Metropolitan Police as an Intelligence Analyst in 1999 having completed a law degree. Whilst in the Met she gained a Masters degree part time and worked on a knowledge sharing programme with the South African Police.

Seeking an opportunity to develop her research skills she joined the Police Research Group at the Home Office in 2003 as a Senior Research Officer. She worked on many projects including the evaluation of the National Reassurance Policing Project. In 2005 she joined Devon and Cornwall Police as Principal Intelligence Analyst.

She then became Head of Performance and Analysis, leading on performance management, strategic intelligence analysis, public, victim and staff consultation, Internal inspection, planning, and risk management.

She has led change programmes transforming support functions and approaches to responding to demand. She sat on the NPCC Performance Management Co-ordinating committee and was the NPCC representative for demand on the Home Office Technical Reference Group for the Funding Formula Review.

In 2018 she completed the Strategic Command Course. In December 2019 Alexis took up the post of Assistant Chief Officer – People and is now the NPCC Lead for Neurodiversity and Non Executive Director on the College of Policing Board.



Lisa Hogan is a Chief Superintendent with Cumbria Constabulary, she has 25 years police experience. Lisa is the NPCC women's health lead, she has a real interest in supporting women's health in policing, recognising it's time for change and there is a need to challenge policy and procedure to keep policing as an employer of choice.

In 2018 Lisa was diagnosed with malignant melanoma, she underwent a number of medical procedures to remove the melanoma, she recognised the importance of wellbeing support and changes needed with welfare provision. Lisa is clear of the malignant melanoma and has 6 monthly check-ups.

In 2021 Lisa won the national superintendent association award for valuing difference and inclusion, she was recognised for the changes she had introduced in Cumbria Constabulary to support guidance for wellbeing and reasonable adjustments.

<https://www.eventbrite.co.uk/e/aco-alexis-poole-lisa-hogan-womens-health-tickets-698958261977>



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POLICE**

Well Fest 2023

Date and Details

Friday 13th October

14:00-15:00

Jon Toulson & John Campbell -Managing my wellbeing through personal development

Workshop 4: Assertiveness:

Do you ever find yourself wishing you had handled a situation differently, or wish you could arrive at a different outcome with certain individuals?

This workshop invites participants to spend 55 minutes exploring our internal self-talk and our external communications. Some situations or relationships may be causing anxiety or stress and this practical workshop will provide you with some tried and tested tools and techniques that you might choose to apply in these situations.

These basic ingredients can be adapted to fit in different circumstances and provide you with more options as to how you can respond whilst achieving your goals and staying well and confident.

This session will enable you to use assertiveness positively in multiple scenarios both in work and personally and can be a significant factor in positively managing your ongoing development and wellbeing.

If you, or someone else in your organisation, are interested in how to get the ball rolling and get a personal development programme started or would like to understand how these personal development programmes can promote greater health and wellbeing across your force, please join us (or invite your manager to join us) on Wednesday November 15th at 9.30am for a follow up workshop specifically tailored for influencers and decision makers. Further details will be sent to all participants on this Assertiveness Workshop.



John Campbell has held several senior management positions within the NHS and has experience at Deputy Director level within both large acute NHS Trust and integrated community and mental health Trusts. John has designed, developed, and delivered leadership programmes at executive board level within public sector organisations and private industry and has worked extensively facilitating and coaching groups and individuals.

He has been delivering the Navigator Men's Personal Development Programme within NHS organisations and several UK police forces for 20 years.

John brings a wide range of skills from the MBA Programme at Warwick Business School, the Kings Fund Top Managers Programme and as a Registered Nurse to his work in the personal development field. He has a sensitive and pragmatic approach. John coaches his daughter's netball team and is a Group Leader for the Woodcraft Folk children and young people's educational charity.



Jon Toulson has been creating and delivering inspirational training and development programmes for most of his career, working in a variety of sectors and through his own people and organisational development company. His varied experience is valued by organisations to develop their people and deliver behavioural change that sticks.

<https://www.eventbrite.co.uk/e/jon-t-john-c-managing-wellbeing-through-personal-development-tickets-698430112267>

16:00-17:00

Dartmoor Zoo

This 35-minute-long virtual tour will take you around some of our most iconic animals including our family of Asian short-clawed otters, our Big Cats and our speedy nosey-be panther chameleon.

You will get an insight into these animals from a mixture of our keepers, presenters and volunteers. Covering all aspects of information about these animals including where they can be found in the world, how these animals feed and what can be done to save them.



Education Officer Andy from the Zoo will be introduce themselves live and be available for Q&A at the end of the video

<https://www.eventbrite.co.uk/e/dartmoor-zoo-tickets-700110046997>

[Dartmoor Zoo](#)



WORKING TOGETHER



DORSET POLICE

Well Fest 2023

Date and Details

Mon 16th October

09:30-11:00

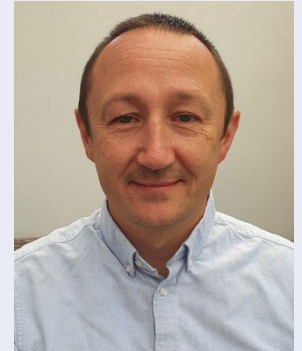
PC David Flavin –REBT –What it is and how to apply it.

Dave has been a police officer for 17 years currently working in a demand reduction role in the force control rooms. After his own positive experience with therapy followed by four years of study, Dave now also runs a private therapy practice from his home in Somerset.

Find out about Cognitive Behaviour Therapy and several other psychotherapies, how and why they work, and why on occasion they might not work. We'll dig deep into emotions such as anger, anxiety, hurt, guilt and shame and look at how to turn these into more constructive, healthy emotions.

You will be shown some useful tips that everyone can adopt to improve their mental health, in order to reduce stress and live a more fulfilled life.

<https://www.eventbrite.co.uk/e/pc-david-flavin-rebt-what-it-is-and-how-to-apply-it-tickets-698439951697>



11:00-11:30

Alex Barratt -Police Mutual – Understanding Your Occupational Pension Scheme (Officers)

An overview of the Occupational Pension Scheme including contributions, accrual, when you can retire, lump sum options and dependants pensions.

Information will also be provided in respect of the McCloud Judgement to include an understanding of how the discrimination occurred, who is impacted and what will happen as a result.

(there are separate sessions for Officers and Staff)

www.policemutual.co.uk

<https://www.eventbrite.co.uk/e/police-mutual-understanding-your-occupational-pension-scheme-officers-tickets-698443813247>



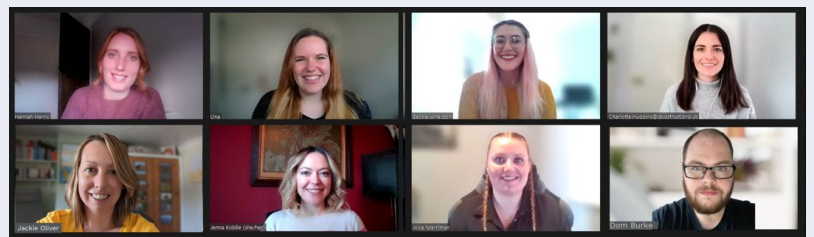
11:30-12:15

OK9 National Lead Garry Botteril and Una Race of the Dogs Trust Team – Let's talk about Dogs!

Garry has served in the Royal Navy and been a Police Officer for nearly 30 years. He co-developed a Police mental health app called Backup Buddy which is now used in many forces in the UK and abroad. He won a Churchill Fellowship and travelled extensively to the USA and Netherlands to research PTSD assistance dogs. He then set up Service Dogs UK a successful assistance dog charity for Veterans of the Armed Forces and Emergency Services with PTSD with accreditation from Assistance Dogs International. He is a trustee and Volunteer Operations Director for the charity he founded and a trustee for Assistance Dogs UK. In recognition of his knowledge, he was invited to join the National Police Wellbeing Service where he initiated and leads nationally with OK9 Wellbeing and Trauma Support Dogs. [Oscar Kilo 9: Wellbeing and trauma support dogs | Oscar Kilo](https://www.ok9.org.uk)



The Dogs Trust Canine Behaviour team has two main areas of activity: supporting other Dogs Trust departments to create and deliver training and behaviour content; and facilitating external stakeholders to develop their training and behaviour capacity, such as their work with OK9 Dog Handlers.



The team support a wide range of external stakeholders, working professionally with dogs or dog owners, to enable and empower them to provide high-welfare and evidence-led services and practices. The team has a wide range of experience in all things animal behaviour and welfare, bringing great knowledge and insights to the training and support they provide!

www.dogstrust.org.uk

<https://www.eventbrite.co.uk/e/garry-botterill-ok9-beckie-wheldon-dogs-trust-tickets-698450543377>



Well Fest 2023

Date and Details

Mon 16th October

12:30-13:30

Ricky Nuttal – Firefighter Grenfell

Ricky is an award nominated screenwriter and published poet.

After a traumatic childhood he joined the London Fire Brigade, where he has served for 18 years.

On the 14th June 2017, he worked alongside countless emergency service colleagues at the Grenfell Tower fire that killed 72 people.

As a result of the life-changing decisions he made that night, Ricky began a downwards spiral into depression, PTSD and drug and alcohol misuse.

5 years later Ricky is a mental health advocate and public voice, focusing on raising awareness on the importance of social and workplace mental health and well-being.

He takes us on an emotive and hard hitting journey of self discovery. Discussing everything about his battle with PTSD and the brutal reality of how it feels, what it takes and how hard it is to successfully and permanently recover.



<https://www.youtube.com/watch?v=mnODirnvbA4>

Video above explains his story

<https://www.eventbrite.co.uk/e/ricky-nuttal-award-nominated-screenwriter-published-poet-tickets-698457815127>

13:30-14:00

Devon & Cornwall Police Lead Police Chaplain Jonathon Ross Mc Nairn

‘Spirituality – what is it and its relevance in our lives.’

Spirituality is often misunderstood or can be seen to be irrelevant but actually it can and should play a central role in our lives and personal wellbeing. This is a short introduction by Force lead Chaplain, Jonathon Ross-McNairn aimed at making spirituality accessible and relevant to everyone with time also for questions.



<https://www.eventbrite.co.uk/e/devon-cornwall-lead-police-chaplain-jonathon-ross-mcnairn-tickets-698947198887>



Well Fest 2023

Date and Details

Mon 16th October

14:00-15:00

Pete's Dragons- Blame, Shame, Anger & Guilt in Bereavement

www.petesdragons.org.uk

Blame, Shame, Anger and Guilt

Suicide is a tragic and devastating loss that leaves those impacted struggling with a range of emotions which are complicated to navigate. Blame, shame, anger and guilt are the dominant four which arise most commonly. This powerful workshop explores the Pete's Dragons approach to postvention and includes tools and best practice.

Alison's Bio:

"Pete was my little brother - I (unknowingly!) founded Pete's Dragons on the day that I was informed of Pete's death by deciding to do a fundraiser for the organisations which had helped my family. But that was all I decided. It was to be a one off. I never anticipated what followed..."



Pete's Dragons is my inspiration and passion, I meet incredible people willing to go the extra mile, put themselves out, challenge themselves and dedicate huge amounts of time and effort to raise valuable pennies to help others. It reminds me daily of what is important and what can be achieved if you set your mind to it. I am so, so proud of what the Dragons have achieved, I look forward to what we will achieve in the future but most importantly for me personally is that Pete's Dragons is such a wonderful positive creation from such a devastating and traumatic event. I know that Pete smiles on us every day"

<https://www.eventbrite.co.uk/e/petes-dragons-blame-shame-anger-guilt-in-bereavement-tickets-698950087527>

15:00-16:00

Steve Jones from South Wales Police talks about his experience of Testicular Cancer

Chief Superintendent Steve Jones of South Wales Police was the BCU commander for the capital city of Wales when he discovered he had testicular cancer at the age of 47.

Steve discusses his journey through symptoms, diagnosis, treatment and returning to work during a COVID pandemic.

From personal reflections Steve has offered advice to his organisation and to individuals living with cancer, supervising or supporting people with cancer in the workplace.

Chief Superintendent Stephen Jones has served the communities of South Wales for 27 years. He is an accredited Strategic Firearms and Public Order Commander. Currently Chief Superintendent Jones is the BCU commander of Mid Glamorgan serving the communities of Merthyr Tydfil, Rhondda Cynon Taff and Bridgend.



Steve and his Wife work out of Pontypridd Police station, and reside in Nelson with their two now adult boys.

<https://www.eventbrite.co.uk/e/steve-jones-his-experience-of-testicular-cancer-tickets-698953327217>



Date and Details

Tues 17th October

13:00-14:00

Status Code 14 – Making A Difference

A Police team who are taking on Five international endurance challenges.

Three down two to go!

They have run 124k across Scotland in 24 hours. Completed the ultimate triathlon, Run, cycled and swam the channel from London to Paris in 48 hours. Rowed 3295 miles across the Atlantic Ocean from the Canary Islands to Antigua in 60 days, 4 hours and 7 minutes.

Find out who they are, what drives them and why they are doing it!



Status Code 14

<https://www.eventbrite.co.uk/e/status-code-14-sc14-steve-dredge-tickets-698994680907>



15:00-16:00

Faith Dickey – Highliner

Faith Dickey began Highlining in 2009 as much by chance as by choice. What began as a challenging hobby became a life path, and within a few short months Faith set a new women’s world record in every discipline of the sport. She went on to push her records further, becoming the undefeated Female World Champion for six years, at times levelling the playing field and sharing records with her male counterparts.

She was the first woman to cross the 100 metre mark in highlining, the first woman to practice Free Solo Highlining (walking with no safety tether), and has established more new highlines across the globe than any other woman. She has given a TEDx talk on fear, been featured in numerous TV shows and Documentaries, and founded and runs the Women’s Highline Meeting, an annual highline festival for women held in the Czech Republic.

Faith has recently opened the very first Highline guiding business in the US, called Elevate Outdoors, which specializes in taking people on outdoor adventures such as highlining, climbing and rappelling, while teaching them to expand their comfort zones, learn to manage their fear and self-doubt, and leave feeling empowered to face future fears or challenges. Faith is passionate about teaching others that they are capable of more than they think, of sharing the valuable lessons she has learned balancing on ropes thousands of feet in the air, and helping people feel alive in the process.

Workshop Description:

If walking on a thin, wobbly highline thousands of feet up has taught Faith anything, it’s how to navigate both primal fear and mental barriers that arise when faced with a challenge. Highlining demands focus, but also instigates a fight or flight response, yet being calm is paramount to maintaining balance.

Through years of practice, Faith has spent her career exploring this space and developing techniques to calm her body down and accept fear and walk through it. Join a workshop where Faith will talk about the different types of fear that can arise in stressful moments, then dive into the mental and physical techniques she uses to manage fear, calm her body down in the face of stress, and find equilibrium. <https://www.eventbrite.co.uk/e/faith-dickey-highliner-tickets-699084268867>





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Date and Details

Tues 17th October

09:00-10:00

Breast Cancer talk with Heidi Loughlin

At the age of 32 Heidi was diagnosed with the most rare and aggressive type of breast cancer; inflammatory breast cancer while she was 13 weeks pregnant with her third child. Heidi declined appropriate treatment to protect her unborn baby and opted for a much less effective form of chemotherapy while pregnant. Her daughter Ally was born in December 2015, premature but healthy, but unfortunately, she contracted an infection in hospital and died eight days later. Heidi then discovered her cancer had spread and was incurable.

Heidi's Blog 'Storm in a Tit Cup' has been read over a million times and has a worldwide following. Her Book 'Heidi's Lifeline' was released online last year to raise money for the charity NICU Support and as a self-published work, has sold over 2000 copies and has five stars on Amazon. Heidi recounts her story with humour, positivity and a healthy dose of gallows humour and is a regular on radio and local television. <https://www.eventbrite.co.uk/e/breast-cancer-talk-with-heidi-loughlin-tickets-698970277917>



10:00-11:00

Linda Magistris – CEO & Founder of 'The Good Grief Trust'

Linda Magistris created *The Good Grief Trust* to support bereaved people following the death of her partner Graham in 2014, who suffered from a rare form of cancer. Linda's personal challenges with grief led her to realise that more could be done to bring UK bereavement services together to offer help and hope in one place. The Good Grief Trust signposts to 900+ charities and support services under their umbrella. Their vision is to ensure that anyone grieving under any circumstance, receives a choice of immediate support, tailored to their own personal experience, in order to help them to move forward with their lives. Linda will be speaking on the work of the charity, updates on a new national initiative created by the Trust, to improve early signposting to support services and how to access vital resources to support the work of the police and community services. [Why The Good Grief Trust is 'crucial' - Esther Rantzen](#)



Police Chaplain
Jonathon Ross
McNairn will join
Linda for Q&A at the
end of the session

<https://www.eventbrite.co.uk/e/linda-magistris-ceo-founder-of-the-good-grief-trust-tickets-698983266767>

11:00-12:00

Cathy Wassell - How to recognise and support the wellbeing of autistic people who present in an internal way

Cathy Wassell is the CEO of Autistic Girls Network charity, the neurodivergent mum of a neurodivergent family and author of *Nurturing Your Autistic Young Person: A Parent's Handbook to Supporting Newly Diagnosed Teens and Pre-Teens*. She is passionate about helping to bring change so that neurodivergent people can expect to lead happy, successful lives. This session will highlight how an internal presentation can appear quite differently to how you might expect, and how mental health difficulties occurring through lack of recognition or support can also be internalised until things become too hard to mask. We'll look at how police officers can adapt to make environments and processes less stressful for autistic people.



<https://www.eventbrite.co.uk/e/cathy-wassell-ceo-of-autistic-girls-network-charity-tickets-700112303747>

12:00-13:00

Marianne Shillingford Creative Director at Dulux

Marianne Shillingford has over 30 years of experience in the interiors industry and as Creative Director of Dulux she believes she has the best job in the world of design and decorating. Working alongside global colour experts, interior designers, architects, professional decorators and of course the Dulux Dog she helps unlock the potential colour has to make life much better and our living spaces more beautiful. She is a passionate expert and skilled communicator with experience in TV, radio and journalism. Marianne is also the founder of the Colour in Design Awards, which recognises and rewards outstanding use of colour in design by emerging creative UK talent.

"Can choosing the right colours for your home make you feel happier, more confident...and even sleep better? To find out about the very latest decorating trends and how they are designed to make life better, tune in to the Feel Good Colour session with Marianne Shillingford, Creative Director of Dulux



<https://www.eventbrite.co.uk/e/marianne-shillingford-creative-director-at-dulux-tickets-698986315887>



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Well Fest 2023

Date and Details

Wed 18th October

09:00-10:00

Emma Treby – Managing stress and focus on Menopause

Dr Emma Treby is a Clinical Hypnotherapist and Psychotherapist at Inspired to Change Devon and a training facilitator providing general Mental Health Awareness training as well as specific training for managers and workshops on issues such as sleep. Emma is passionate about enabling individuals and groups to develop the understanding and tools required to boost confidence and control, cope better with anxiety and stress, strengthen self-esteem and self-belief or to become 'unstuck' so they feel better connected with themselves, their life and their passions. As someone who lived with extreme anxiety to the point of 'burnout', Emma specialises in supporting people with anxiety to break the vicious cycle of worry, indecision, self-doubt and procrastination to live a calmer and more meaningful life.

Session description : Anxiety and brain fog and memory problems are the most common cognitive symptoms reported through the peri menopause and menopause. In this session we will talk through the impact of stress on these symptoms as well as sleep issues and other physical symptoms. We will then talk through tips to better manage your stress through the (peri) menopause.

<https://www.eventbrite.co.uk/e/emma-treby-managing-stress-and-focus-on-menopause-tickets-699104439197>

www.inspiredtochange.biz



10:30-12:30

Fiona Gehring – Founder of Mid Point 4 Women Ltd.

Fiona Gehring - I have worked within the Met Police for 21 years, doing various roles and am 49. Life changed 3 years ago felt like it turned on its head. I lost all motivation to exercise despite being an ex-competitive sports person and Police Physical Training Instructor, in-turn weight increased, body shape changed and confidence plummeted. I was bleeding so heavily for months on end it was exhausting, embarrassing, not good for my blood count / iron levels. But told no-one - after all who would understand? I am surrounded by mainly fit healthy people oh and of course 90% men. Divorce rates / separations are high in the 45-55 age range which if you don't realise parallels with average age of peri menopause. I didn't want become a statistic, I wasn't ready to accept this stage of life. You will have heard about Menopause but do you understand the 'REAL' impact it could have at work &/or at home? Let's make this period of life smoother for everyone. You will leave with at least a bit more knowledge & empathy, maybe even with a smile on your face.

'Menopause & Midlife' workshop will be engaging, interactive & informative.

We are all affected by it either at home or at work. It's important from all perspectives that everyone has an understanding so they can either ask for support &/or give support.

Ask yourself do you feel comfortable talking about it? How would you support someone at work or at home who is being affected?

Webinar will cover : Overview of peri-menopause/menopause and symptoms. Strategies to cope with symptoms. Overview of HRT. Discuss the potential impact at home and at work. Discuss reasonable adjustments. Lifestyle Changes to implement. Male hormone changes and the impact of reduced testosterone. Discuss how Midlife Challenges affect home and work.

<https://www.eventbrite.co.uk/e/fiona-gehring-founder-of-mid-point-4-women-ltd-tickets-699110888487>



Facebook: [Mid Point 4 Women](#)

Instagram: [Mid_Point_4_Women](#)

Website: www.midpoint4women.co.uk

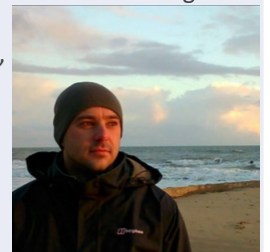
12:30-13:30

Ken Lightfoot - Nutrition For Life

Ken, a former sufferer of chronic fatigue syndrome, tested and practiced in his knowledge from his studies, whilst listening to feedback from his body, to create transformation in his life and free himself from the physical, emotional and mental challenges of CFS. So inspired by his discovery of our ability to transform our own health in wonderful ways. Ken studied many areas of health and wellbeing and fitness. Ken is a holistic health coach, and qualified personal trainer, a professional mindfulness and mindful movement practitioner, a hypnotherapist for life skills. Has studied many areas of wellbeing, including Taoist practices (Traditional Chinese Medicine), a system specifically for chronic conditions, and holds certifications in other wellbeing practices, including practices relating to movement, breathwork and energetics of the body. Correct nutrition is vital for the health and efficient running of the body. But what is correct nutrition? What is the best diet? The truth is there is no one diet that's best, because we are all individuals with individual nutritional needs. So what do we do?

In this input, Ken goes over the basics of diet typing for the individual, how their diet type had developed, and how we can align with that diet type as a guide to better nutrition. Learn your diet type and fine tune your diet by listening to feedback from the body. Your body will thank you for it.

<https://www.eventbrite.co.uk/e/ken-lightfoot-nutrition-for-life-tickets-699114539407>





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Date and Details

Wed 18th October

13:30-14:30

[Kate Shepherd Cohen](#)

www.kateshepherdcohen.com

Kate Shepherd Cohen is a multi-award winning menstrual health pioneer and CEO of health tech menstrual education organisation, Menstrual Cycle Support, which provides the first ever menstrual health service on social prescription through the NHS.

Menstrual taboo and stigma has created systemic menstrual shame so that menstrual health challenges - both physical and mental - go unsupported and opportunities for team members to thrive are missed.

In this session, we will explore both the challenges and the opportunities the menstrual cycle presents in the police, share practical tips to support one another at work (and at home) and how to help end menstrual taboo for a more inclusive and equitable world.



<https://www.eventbrite.co.uk/e/kate-shepard-cohen-multi-award-winning-menstrual-health-pioneer-tickets-699507504777>

15:00-16:30

[Dr Katie Armstrong- Mythbusting the Menopause](#)

Dr Katie Armstrong, MBBS MRCGP DCH DFFP

Katie founded Clinic51 in 2020 to offer a holistic approach to women's health. Being an NHS GP with 20 years' experience and a busy working mum in her 40s, she understands the impact hormones can have on a woman's life. She firmly believes that we should not have to be at the mercy of our hormones; that women should continue to be happy and healthy, throughout their reproductive life, through the menopause, and beyond.

She studied medicine at St Mary's Medical School, Imperial College and has been a GP partner and chief officer of the local Clinical Commissioning Group. Whilst going through her own perimenopause and practising as an NHS GP, she developed a particular interest and specialism in the menopause and women's health, and went onto train with The British Menopause Society and The Royal College of Obstetrics and Gynaecology.



Myth Busting the Menopause - The lowdown on female hormones, perimenopause and menopause which includes:

- What are female hormones and how do they change in perimenopause and menopause
- The symptoms, what to expect and how to prepare
- The long term impact on women's health
- Menopause in the workplace
- Treatments, with a focus on what the evidence actually says about HRT

www.clinic51.co.uk

There will be a Q&A session at the end.

<https://www.eventbrite.co.uk/e/dr-katie-armstrong-mythbusting-the-menopause-tickets-699514295087>



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Well Fest 2023

Date and Details

Wed 18th October

15:00-16:00

Julia Zorab & Georgina Pullen - Managing my Wellbeing through Personal Development

Workshop 5: Assessing My Personal Qualities:

This very practical workshop provides an opportunity to objectively self-assess our personal qualities - the skills, knowledge, capabilities and personal attributes that are working for us, and enable us to be the best we can be. This will enable you to identify a positive starting place for development and increased wellbeing.

This is more than a binary exploration of strengths and weaknesses - as what may appear to be a weakness might, in another context, be a real strength, and invariably has an underlying positive quality associated with it. Mapping these out and exploring them with others can be a powerful process to unlock a new clarity for our development and wellbeing.

If you, or someone else in your organisation, are interested in how to get the ball rolling and get a personal development programme started or would like to understand how these personal development programmes can promote greater health and wellbeing across your force, please join us (or invite your manager to join us) on Wednesday November 15th at 9.30am for a follow up workshop specifically tailored for influencers and decision makers. Further details will be sent to all participants on this Assessing my Personal Qualities Workshop



Julia Zorab's varied career includes senior management roles in the Health sector, the IT industry and running her own company providing expertise in personal and professional development. Her knowledge and experience in ground breaking roles and with a focus on life's personal and professional challenges and how to survive and manage them, Julia consistently delivers successful and enjoyable programmes which are participative, fun, challenging and informative.

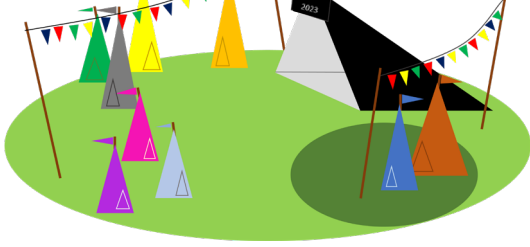
Julia delivers personal development programmes for all genders in a variety of roles from administration through to senior management. She trains and licenses trainers world-wide on behalf of the Springboard Consultancy. As one of the most experienced Springboard Trainers, Julia has successfully delivered management and leadership programmes in public-sector organisations, numerous UK police forces, health authorities and to private sector clients as well as a collaboration with the British Council working with women across the Middle Eastern countries and in South Sudan. Consistently one of the top Springboard Trainers world-wide, Julia has now trained over 2,500 people through the suite of Springboard programmes.



Georgina Pullen works both in the UK and internationally and has delivered and successfully helped many organisations including Police services introduce the Springboard Women's Development programme to support the health and wellbeing of their employees.

Georgina builds rapport and strong relationships with colleagues, clients and participants and consistently receives positive feedback from clients on the effectiveness of the programmes she delivers.

<https://www.eventbrite.co.uk/e/julia-z-georgina-p-managing-wellbeing-through-personal-development-tickets-699518036277>



Well Fest 2023

Date and Details

Thurs 19th October

09:00-10:00

Detective Superintendent Alex Doughty – The impact of Alopecia

I am a Detective Superintendent in Devon and Cornwall Constabulary; and I am the Director of Intelligence. In 2017, I suffered an illness and as a result I suffer from alopecia universalis, total hair loss, which I have never recovered from.

In this session, I will share the impact Alopecia has had on me emotionally, mentally and physically. I will talk about my vulnerability, my love of wigs, how I cope looking and feeling different, remain well and top up my levels of resilience through running, all while being a busy Mum to three boys, wife and Police Officer..... exhausted already?? I am!

<https://www.eventbrite.co.uk/e/detective-superintendent-alex-doughty-the-impact-of-alopecia-tickets-700114008847>



10:00-10:30

Alex Barratt -Police Mutual – Understanding Your Occupational Pension Scheme (Staff)

This session is for STAFF and will include: (there are separate sessions for Officers and Staff)

An overview of the Occupational Pension Scheme including contributions, accrual, when you can retire, lump sum options and dependants pensions.

Information will also be provided in respect of the McCloud Judgement to include an understanding of how the discrimination occurred, who is impacted and what will happen as a result.

<https://www.eventbrite.co.uk/e/police-mutual-understanding-your-occupational-pension-scheme-staff-tickets-700115382957>

www.policemutual.co.uk



11:00-12:00

Hannah Bevan – Joyful Nature Journaling: a creative workshop

Hannah Bevan is a writer, author and creative workshop facilitator based in Falmouth, Cornwall. She published her creative journal Hometown in 2020, and launched Journal For Joy in 2023 to pursue her passion for inspiring positive wellbeing through joyful creative journaling.

This joyful workshop is designed to spark your creativity, help you practice mindfulness and inspire you to connect with nature through the simple-but-powerful act of journaling. Led by Hannah Bevan, founder of Journal of Joy and author of [Hometown Journals](#),

You'll first learn about the positive wellbeing benefits of creative journaling, before working through a series of writing, drawing and mindfulness exercises together. The workshop will provide an opportunity to share and discuss your journal entries in the Teams chat, to spread the joy and find moments of connection with each other, too! Current website www.journalforjoy.co.uk

<https://www.eventbrite.co.uk/e/hannah-bevan-joyful-nature-of-journaling-a-creative-workshop-tickets-700117258567>



12:00-13:00

Clare Turner – huunuu

www.huunuu.com

Clare Turner is the founder and director of huunuu. She is passionate about making talking about death easier and normalising these important discussions and actions. Organisational wellbeing and helping teams become their best is vital to her. In addition to huunuu, she is also an Executive Coach focusing on 'Exemplary Leadership' and 'Organisational Health' within businesses and has a broad blend of start-up, public and private sector experience. In her spare time, you will usually find her rowing or training for a competition, following the grown-up family in regattas or watching the GB rowing squad at international regattas. Clare founded huunuu to create products and tools that educate people and organisations about death, dying and legacy. All the products enable crucial conversations with transparency and openness at their core, supporting organisational wellness and preparedness. Corporate packages tackle big subjects such as death education, advanced care planning, lifetime, and legacy giving.

Programmes are run through a combination of structured group work mats, online planning, and virtual sessions, always with an emphasis on employee wellbeing and resilience. All huunuu products encourage conversation, thinking and taking action around difficult subjects. Our proven methodology and expertise in supporting life's challenges result in personal resilience, positive action, and increased employee engagement. We give people the tools to better their wellbeing and help them live the life they want to lead. Clare will be sharing her experiences about life, death, and legacy and how it impacts us all both at home and in the workplace. Clare will be using huunuu's conversation cards to drive thoughts and discussion about these important subjects. She will give insight on how to deal with difficult situations and how we can start to think about living the life we want to lead.

<https://www.eventbrite.co.uk/e/clare-turner-founder-and-director-of-huunuu-tickets-700121330747>





Well Fest 2023

Date and Details

Thurs 19th October

13:00-14:00

Mark Ormrod OBE – In conversation and Q&A

Mark Ormrod MBE is a former Royal Marine Commando who completed two tours of Afghanistan. He was injured in Afghanistan on Christmas Eve 2007 and became the UK's first triple amputee from the conflict. Since then, he has become a successful author, motivational speaker and Britain's most successful ever Invictus Games athlete winning 11 medals, 4 Gold and Spirit of the Games following which he won Sports personality of the year. Prince Harry dubbed him 'Britain's answer to Superman'.

The Amazon Film #NoLimits – Mark Ormrod Documentary tells his story up to 2017. In 2020 he was awarded an MBE for services to the Armed Forces and Veteran Community before winning Pride of Britain's Fundraiser of the Year in 2021 after completing an ultra-triathlon that raised over 600K.

He is currently working on his second book and has just obtained an open water swimming world record.

The father of three is married to Becky and does adaptive CrossFit and Brazilian Jiu-jitsu in his spare time.

Please join Mark in conversation with Cathy Veale and have any Questions at the ready.

<https://www.eventbrite.co.uk/e/mark-ormrod-mbe-in-conversation-and-qa-tickets-700134108967>



14:00-15:00

Jay Unwin

Beyond Burnout: Building Resilience in High-Stress Environments

This webinar empowers participants to recognise and respond effectively to burnout signs, while learning to cultivate personal and organisational resilience. You will identify signs and stages of burnout, discover strategies for building resilience and managing stress in high-pressure situations and understand the role of organisational culture in preventing burnout and promoting resilience

Jay was a science teacher in Devon and has navigated through personal stress including Cancer and depression. He is a father of two and a personal trainer and currently studying Psychology. He offers a practical framework that integrates stress for optimal performance and wellbeing

www.jayunwin.com

<https://www.eventbrite.co.uk/e/jay-unwin-battling-burnout-tickets-700137469017>



15:00-16:00

Cancer Talk Café & Discussion



This is an interactive Cancer Talk Café with Natasha Hill.

Please join us for discussions on the impact of Cancer, whether a survivor, living with, recovering from, caring for others or interested to know more.

This is a flexible space to join in the discussion, listen to others, pick up some positive coping strategies and feel the power of peer support.

<https://www.eventbrite.co.uk/e/cancer-talk-cafe-discussion-tickets-700140317537>





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Date and Details

Fri 20th October

09:00-10:00

Mindfulness with Natasha Hill

Please join Natasha for a short overview of Mindfulness, the benefits and a demonstration of a short Mindfulness practice you can use every day

“A simple highly effective tool you can integrate into your everyday life to help manage stress, anxiety and much more”

<https://www.eventbrite.co.uk/e/mindfulness-with-natasha-hill-tickets-700147328507>



10:00-11:00

Julia Zorab & John Campbell - Managing my Wellbeing through Personal Development:

Workshop 6: Working with Personal Goals:

Many of us have a history of setting personal goals or targets - or even New Years resolutions - to lose weight, drink less, improve work-life balance etc. For some of us these may get lost or forgotten in the turmoil of everyday work and life as other tasks, obligations and commitments make demands on our time and energy.

This taster workshop will provide strategies and techniques to help make your personal goals realistic and meaningful, so they are not just good intentions, but robust plans to build on your successes and giving you a sense of direction. This will enable you to use goal setting for personal growth and increased wellbeing effectively.

If you, or someone else in your organisation, are interested in how to get the ball rolling and get a personal development programme started or would like to understand how these personal development programmes can promote greater health and wellbeing across your force, please join us (or invite your manager to join us) on Wednesday November 15th at 9.30am for a follow up workshop specifically tailored for influencers and decision makers. Further details will be sent to all participants on this Working with Personal Goals Workshop.



Julia Zorab's varied career includes senior management roles in the Health sector, the IT industry and running her own company providing expertise in personal and professional development. Her knowledge and experience in ground-breaking roles and with a focus on life's personal and professional challenges and how to survive and manage them, Julia consistently delivers successful and enjoyable programmes which are participative, fun, challenging and informative. Julia delivers personal development programmes for all genders in a variety of roles from administration through to senior management. She trains and licenses trainers world-wide on behalf of the Springboard Consultancy. As one of the most experienced Springboard Trainers, Julia has successfully delivered management and leadership programmes in public-sector organisations, numerous UK police forces, health authorities and to private sector clients as well as a collaboration with the British Council working with women across the Middle Eastern countries and in South Sudan. Consistently one of the top Springboard Trainers world-wide, Julia has now trained over 2,500 people through the suite of Springboard programmes.



John Campbell has held several senior management positions within the NHS and has experience at Deputy Director level within both large acute NHS Trust and integrated community and mental health Trusts. John has designed, developed, and delivered leadership programmes at executive board level within public sector organisations and private industry and has worked extensively facilitating and coaching groups and individuals. He has been delivering the Navigator Men's Personal Development Programme within NHS organisations and several UK police forces for 20 years.

John brings a wide range of skills from the MBA Programme at Warwick Business School, the Kings Fund Top Managers Programme and as a Registered Nurse to his work in the personal development field. He has a sensitive and pragmatic approach. John coaches his daughter's netball team and is a Group Leader for the Woodcraft Folk children and young people's educational charity.

<https://www.eventbrite.co.uk/e/julia-z-john-c-managing-wellbeing-through-personal-development-tickets-700149424777>



Well Fest 2023

Date and Details

Fri 20th October

11:00-11:30

Alex Barratt -Police Mutual – An Introduction to Private Healthcare

This session will include: What is private healthcare and what are the benefits v the strengths of the NHS and where it can be less responsive.

- Police Mutual Discretionary Private Healthcare is designed to help with the cost of private medical treatment in the event of an illness or injury and allows access to treatment at a range of private UK hospitals and facilities.
- Reduced waiting times for a diagnosis or necessary medical procedures.
- No medical is required
- Up to £30,000 in-patient treatment per year
- 24/7 GP Service
- Cover for pre-existing conditions if treatment free for a period of 2 years.



www.policemutual.co.uk

To further support individuals who may be interested Police Mutual are offering a special offer of 50% discount on premiums for 12 months.

<https://www.eventbrite.co.uk/e/police-mutual-in-introduction-to-private-healthcare-tickets-700152253237>

14:00-15:00

Julian Shambrook -Fishing

Fishing rod designer, England international match angler Julian has been in the angling trade for over 30 years, fished for his country for over 20 until 2019

Some in the police force will know him from the Sea Anglers Match Federation British team when they fished against him in SAMF challenge events also as owner and rod designer for Anyfish anywhere, youtube channels and fishing on tv...



Please join Julian who will chat about how Fishing has helped him manage a diagnosis of Epilepsy and how it continues to ensure he stays well. He will talk about his extensive experience in the world of competitive fishing and there will be plenty of time for questions.

jules@anyfishanywhere.com
ian@anyfishanywhere.com
www.anyfishanywhere.com

<https://www.eventbrite.co.uk/e/julian-shambrook-fishing-tickets-700157508957>

15:00-16:00

Cathy Veale and Rebecca Gilbody – Laughter Yoga ‘Finale’ Session

Your Having A Laugh’ A 60-minute Laughter Yoga session – boost connection, immune systems, and have fun.

Laughter increases oxygen flow to your body, relieves stress, strengthens your immune system, and puts you in a positive state of mind. It is also a great way to connect with people, In fact connecting with others is a really important factor in our lives and work, particularly today, when life can be tougher and more stressful than usual.

When we aren’t connecting it can cause us stress as we don’t have the usual opportunities to share or get things into perspective with a good laugh

<https://www.eventbrite.co.uk/e/cathy-veale-rebecca-gilbody-laughter-yoga-finale-session-tickets-700160437717>



Thankyou for visiting WellFest23
Take care of yourself and each other



From Devon and Cornwall & Dorset Police Wellbeing Team