

East of England Wellbeing Festival

Empowering East to connect, share and support our individual & collective wellbeing


Monday 12th September

An Introduction to MoneyHelper

 Alan Nicholls

Struggling to stay on top of your bills and payments? MoneyHelper's bill prioritiser can help you make a plan to get back on track. Select which bills you're worried about, find out which ones to tackle first and get clear next steps.


Alan Nicholls, from the Government's Money and Pension Service will be running a webinar on who the MoneyHelper is and how they can support you, your family and friends or your patients.

 **11:00-11:30**
[Book here](#)

HIIT Fitness Session: All Abilities

 Helen Ramkhelawon

Helen will be offering High Intensity Interval Training (HIIT) type fitness sessions including an abs workout. This is suitable for all abilities and alternative exercises can be given.

 **12:30-13:15**
[Book here](#)

Workout with Mr Motivator!

 Mr Motivator

Iconic fitness guru Mr Motivator, known for his bubbly personality and colourful outfits, joined Sarah, Nicole and Gem from the East of England Staff Experience and Engagement Team and a group of energetic staff members at the Addenbrooke's Hospital site to record a workout and motivational talk for all our regional colleagues to view and participate in at their leisure!!

 **13:00-13:30**
[Book here](#)

Doctors for Doctors

 Dr Susannah Hunt
Giles Wright

During the pandemic a group of pastorally minded and clinically informed GP's came together to support medical colleagues within Cambridge University Hospitals. For a number of reasons, often our medical colleagues are unable to reach out for support. This session will tell the story of how many have and continue to be cared for by this service.

 **14:00-15:00**
[Book here](#)

Financial Wellbeing: WageStream

 Paul Windsor

Paul Windsor, Enterprise Sales Director at Wagestream, will discuss financial wellbeing and how Wagestream can help.

 **15:00-15:30**
[Book here](#)



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Tuesday 13th September

Mindfulness Practice:
How can I best take care of myself?

 Andrea Chance


In this session, Andrea aims to provide an open and compassionate space for self-enquiry and exploration, through mindful practice of stillness, movement and breath. The session will incorporate practical ideas and experiential elements and lead you through a cognitive exercise to create your own tailor-made strategies for ongoing self-care, wellbeing and flourishing.

 10:00-11:00
[Book here](#)

Nutrition for Menopause

 Miranda Bailey

Would you like to explore how the food you're eating might be adding to your menopause symptoms? If so, join this one hour session where we will look at how you can make some basic changes to your diet and lifestyle to start to reduce your key symptoms..

 11:00-12:00
[Book here](#)

Desk Yoga

 Lorna Stoddard
Zoe Hatton

Do you sit for hours at a time?
Join us for some simple yet effective stretches that will reduce the feeling of stiffness and help keep your body flexible.

 12:30-13:00
[Book here](#)

Managing Fatigue

 Annelies Franklin

The Cambridgeshire and Peterborough ICS Staff Support Hub is pleased to present "A Bitesize Look at Managing Fatigue", part of our series of wellbeing webinars. Other topics include managing stress, sleep for wellbeing, sleep for shift workers and post-Covid support.

 14:00-15:00
[Book here](#)

Desk Yoga

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Boys Club!

 Mark Edwards
Karanvir Jhaggi

 15:00-16:00
[Book here](#)

Are you confused when people talk about Menopause?
Do you want to help, but feel lost as to how?
Are there people in your home / work life who are experiencing menopause?


If you've answered yes to any of the above, then this session is for you.
Come along and discuss your concerns / confusion in a safe environment with our Boys Club facilitators.

Learn about how you could support the people in your life better.

Wednesday 14th September

HIIT Fitness Session: All Abilities

 Helen Ramkhelawon

 10:00-10:45
[Book here](#)

Helen will be offering High Intensity Interval Training (HIIT) type fitness sessions including an abs workout. This is suitable for all abilities and alternative exercises can be given.

Exploring Wellbeing Outside of an Acute NHS Trust

 Paul Firth

 11:00-12:00
[Book here](#)

The Suffolk and North East Essex Health and Wellbeing Team work with stakeholders right across the Integrated Care System, including primary care, social care and voluntary organisations. Using real life examples, this session will discuss the pitfalls, solutions and approaches used by the SNEE Team to gain successful outcomes across a range of wellbeing initiatives and organisations.

Health & Wellbeing Framework:
Improving Personal Health & Wellbeing

 NHS England Regional Team

 13:00-14:30
[Book here](#)

This workshop on the 'Improving Personal Health & Wellbeing' element of the NHS Health & Wellbeing Framework will focus on mental health, physical wellbeing and healthy lifestyles.

The session will include opportunities for question, practical advice and sharing of best practice.



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What if we were Salmon?

 Giles Wright

This interactive, supportive session will pose the question, what if we were Salmon? Do you ever feel like you're swimming hard against the current, longing to get to calmer waters? In this time together we'll explore what might it be like, how could we get there and offer a chance for you to share how it feels right now.


 15:00-16:30
[Book here](#)

Thursday 15th September

MyPause: Evolution of a Menopause Support Group

 Debs Crelly

MyPause is a staff support Group established by our Suffolk and North East Essex ICS colleagues. The group is open to any staff across the system who would like support or to learn and understand more about menopause. Join this session to hear how the group evolved, their journey, what members

 10:30-11:30
[Book here](#)

Wellbeing Champions: Financial Wellbeing

 NHS England

Following the national launch event for Health and Wellbeing Champions on 13 July 2021, NHS England and Improvement committed to providing Champions with monthly development sessions focussing on key topics to enhance your role as a Champion. This session will focus on supporting colleagues with financial difficulties and managing your money

 12:00-13:00
[Book here](#)

Yoga

 Denise Gaskell

Yoga is a physical, mental and spiritual practice used to enhance health and wellbeing. Yoga with Denise Gaskell focuses on alleviating physical, mental and emotional stress. You will practice relaxing body and mind using breathing exercises and be guided through a series of Yoga postures (positions formed by the body), Somatic Movement and Breathwork exercises designed to help balance the body. With emphasis on connecting movement and breath, the session will provide you with your own level of challenge and encourage reflection and inner focus. Suitable for beginners as well as those with previous yoga experience. Not suitable for those who are pregnant.

 12:00-12:45
[Book here](#)




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Mindfulness Practice: How can I best take care of myself?

 Andrea Chance


Andrea Chance is a Health and Wellbeing Practitioner with the Cambridgeshire and Peterborough NHS Foundation Trust, with over 30 years' teaching experience that includes working with those living with a wide range of short and long term health conditions. Andrea is highly trained to teach Mindfulness Based Stress Reduction (MBCT), is a Certified Pilates Instructor and Qualified Yoga Teacher, and certified and experienced in advising sensible ergonomic solutions for all working environments including Display Screen Equipment. In this session, Andrea aims to provide an open and compassionate space for self-enquiry and exploration, through mindful practice of stillness, movement and breath. The session will incorporate practical ideas and experiential elements and lead you through a cognitive exercise to create your own tailor-made strategies for ongoing self-care, wellbeing and flourishing.

 13:00-14:00
[Book here](#)

Delivering Webinars to Support Staff

 Elizabeth Harrington
Bhavisha Dave

Here for You, Staff Support Hub in Herts and Essex are hosting a webinar on "Delivering webinars as a means of supporting staff". This webinar will cover the what, how and why we started to do this, as well as some of the themes and topics. We hope to present feedback and data. In addition we will be joined by our Comms Lead to share how we have addressed engagement across our stakeholders.

 15:00-16:00
[Book here](#)

Friday 16th September

Emotional Freedom Techniques (EFT)

 Dr Roger Kingerlee
Helen Youngs

On the basis of our pilot project in Norfolk and Suffolk NHS Foundation Trust's Staff Support and Veteran Services during 2021-22, this session will explore the theory, research and practice of Emotional Freedom Techniques (EFT; or Tapping), and the potential benefits to NHS Staff Support Services and beyond. Time will be allocated for Q&A.

 09:15-10:00
[Book here](#)




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Dynamic Breathwork

 **Miranda Bailey**

 **10:00-11:00**
[Book here](#)


Dynamic Breathwork is a breathing practice that is known to have a direct & positive impact on both mental and physical health. Sam & Miranda will guide you through four rounds of the technique to energise and motivate you for the coming day (no previous experience needed).

Dynamic Breathwork helps to:

- Reduce stress
- Improve mood
- Relieve anxiety and depression
- Increase energy levels.

Retention & Flexible Working

 **Helen Jones**

 **11:00-11:30**
[Book here](#)

As set out in the NHS People Plan, the NHS needs to be bold and commit to offering more flexible, varied roles and opportunities for different types of flexible working. We want all our NHS people to have the chance to work flexibly, regardless of role, grade, reason or circumstance. This session will include an overview of existing flexible working tools, resources and guidance, top tips and an opportunity to ask questions.

Managing Burnout & Moral Injury

 **Annelies Franklin**

 **12:00-13:00**
[Book here](#)

Facilitated by the psychologist from the Staff Support Hub this session provides both psychoeducation and talking points and time for participant discussion around the themes of burnout and moral injury.

