



**Thursday 11<sup>th</sup> May**

**Anglia Ruskin University**

Lord Ashcroft Building, Bishop Hall Lane, Chelmsford, Essex, CM1 1SQ

[www.wellbeingdayiapt.eventbrite.com](http://www.wellbeingdayiapt.eventbrite.com)

## Room 1

**10:30:** Stress Management Workshop by Health in Mind (45 minutes)

Stress Management Workshop that focuses on positive wellbeing and strategies for managing stress. The workshop covers areas such as: tips on having a balanced lifestyle and good sleep routine, identifying and challenging negative thoughts, and managing worry.

**11:30:** TBC (45 minutes)

**12:30:** Who are we and what do we do? by Health in Mind (45 minutes)

A presentation on Health in Mind, who are we, what do we do, and who should refer to us? The presentation will include case studies, and example of patient journeys through treatment.

## Room 2

**11:00:** Relationships: how relationships impact mental health and vice versa by Marriage Care (45 minutes)

Quoting research findings, using case studies and scenario exercises, we will explore educating students and people for relationships, marriage preparation with which we are the leading organisation in the UK and relationship counselling. We'll see how mental health affects relationships and how relationships affect mental health.

**12:00:** Making Counselling Memorable by Headway Essex (45 minutes)

Workshop on overcoming the barriers of counselling for people living with acquired brain injury where they have cognitive problems (memory, concentration, executive functions and information processing). Focus will be on information tips and strategies, to help people benefit from counselling.

**13:00:** Developing the Wellbeing of Young Carers by Action for Family Carers (45 minutes)

Workshop on supporting the mental health of Young Carers covering services offered to both young and adult carers at Action for Family Carers.

**14:00:** Get Physical and Thrive by Fitness in Mind (45 minutes)

When a group of mental health patients got together with a group of physical activity professionals, they found that the Sport & Leisure Industry really didn't understand the benefits of physical activity for mental health. Instead a co-produced approach really captured the best elements for a nationally recognised health programme around mental, physical and social wellbeing – from surviving to thriving!