



Somerset Virtual Wellbeing Conference programme

***Looking Back to Look
Forward***

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Monday 27th September

Trauma and Psychologically Informed Care – why wellbeing starts with ‘we’....

13:00-13:30

Rosie Novak - *Principal Clinical Psychologist, SFT*

- To provide truly compassionate care, we must be able to recognise, reflect, process and respond to the needs of others. To be able to sustain this for our clients, our teams, our organisations and communities, we must also be able to do this for ourselves. This session will give the briefest of overviews to the psychological, physiological and relational impact of ‘trauma’ on individuals, teams and organisations, and consider; What can we do to be compassionate to ourselves and each other?

Making every contact count – how we can all play a part in suicide prevention

13:30-14:30

Debbie Wint - *Clinical Psychologist, Suicide Prevention Lead, SFT*

- This talk will explore some myths about suicide, and recent research information about factors which may influence risk. We will then expand on how this understanding can inform our compassionate responses to people in distress.

Shiny Minds App

14:30-15:30

Rebecca Howard - *CEO & Founder of ShinyMind*

- In this session, Bec will be introducing you to the ShinyMind app. It is a 24/7 wellbeing and resilience toolkit created with the NHS for the NHS, and how you can get access, as well as guiding you through one of the app’s most popular Relationship masterclasses - the Drama Triangle. Here you will learn how to maintain healthy and happy relationships by understanding and identifying the roles we subconsciously play and how we can pull ourselves out of the triangle and break the cycle.

Monday 27th September

REACT 90

15:30-17:00

Roy Scott MBE - Senior Trainer, March on Stress

- REACTMH training is recommended for all managers, supervisors and team leaders, as well as those with caring responsibilities within organisations. This concise active listening skills training session will enable supervisors to identify, engage with and support people in their teams who may be struggling with their mental health. The training is designed to improve supervisor's confidence in initiating supportive wellbeing conversations.

Tuesday 28th September

Health and Wellbeing in the NHS

13:00-13:30

Steve Lee - *Interim Head of Health and Wellbeing NHS England & Improvement*

- This talk will share the work undertaken within the NHS to support staff health and wellbeing during the pandemic and the programme of activities that are now underway to create a sustainable offer that has prevention at its heart.

Environmental Wellbeing

13:30-14:30

Jackie Benham - *Sustainability & Environment Advisor – SFT*

- This session will develop an understanding of the Environmental influences that shape our physical and mental health together with opportunities which will have a positive impact.

Menopause and HRT

14:30-15:30

Dr Kathryn Patrick - *Director of Primary Care, Yeovil District Hospital*

- A very relaxed informal talk about menopause and HRT including some myth busting and an opportunity for Q&A.

Resilience - why physical activity works

15:30-16:30

Jane Knowles - *Chief Executive Officer SASP*

- Jane will introduce the multiple roles that activity can play in increasing individual and team resilience focusing on holistic wellbeing. She will try to challenge our default attitudes to physical activity and find ways for us to reconnect and recover aspects of wellbeing using healthy movement.

Wednesday 29th September

Supporting the supporters - The Colleague Telephone Line

13:00-13:30

Dr Lorna Stewart - Consultant Clinical Psychologist and Lead for Colleague Psychological Health, SFT

Dr Andrew Tresidder - Chair of the Somerset CCG Pastoral Care Cell

- Dr Lorna Stewart will be interviewed about the colleague telephone line by Dr Andrew Tresidder in a Somerset Emotional Wellbeing live podcast.

Understanding Happiness

13:30-14:30

Matt Phelan - Co-Founder and Co-CEO The Happiness Index

- This session covers the science of happiness, is happiness a fluffy metric, the business case for employee happiness, the neuroscience of happiness, AI, EQ and happiness.

Wellbeing Champions a force for good

14:30-15:30

Sue Chant - Health and Wellbeing Lead, SFT

Sophie Chivers - Working Well Coordinator, SCC

- What is a wellbeing or working well champion in the workplace? A chance to find out what they do, their successes, some of the challenges they face supporting their teams and why they enjoy doing what they do!

Grieving - any loss can cause grieving

15:30-16:30

Dawn Coleman - Colleague Support, SFT

- Most people associate loss with the death of a loved one, which is often the most intense type of grief we will encounter in our lives, in this workshop we would like to share with you how any loss can cause grief. We will share with you some of the common symptoms as well as how to get help with grief and loss and how it is so important to pay attention to grief.

Thursday 30th September

My pathway to recovery from COVID19

13:00-13:30

Ethel Changa - *Regional Lead South East England, Chief Nursing Officer's, BME SAG*

- My personal account on how I recovered from COVID 19: Key aspects are: self-compassion, nutrition, fatigue, mindset / my faith, networking with community and some reflections.

Kindness is our Superpower

13:30-14:30

Dr Anna Baverstock - *Consultant Paediatrician & lead for Senior Dr wellbeing*

- A discussion of the evidence behind civility saves lives campaign. How we can ensure we lead our teams with kindness, civility and respect. We will discuss our local project and include some top tips for addressing challenging behaviour.

Open Mental Health and the Somerset Archive project

14:30-15:30

Open Mental Health Partners - *Voluntary Sector*

Jane Yeandle - *Mental Health & Learning Disabilities Service Director, SFT*

- *This session will cover the development of Open Mental Health and the increased offer to people in mental distress. We will share our experiences of working in the voluntary sector partnership from different perspectives.*
- *This talk will take participants through the rationale for the Archive Project, how we have co produced the offer, and how to get involved. It will take participants through a live demonstration of how to get involved.*

Thursday 30th September

Health and Self Care for Health Professionals

15:30-16:30

Dr Andrew Tresidder - Chair of the Somerset CCG Pastoral Care Cell

- Health Professionals know all about 'car crashes', not about avoiding them - that is wise driving, good vehicle maintenance, sensible navigation and road design. Come - let's revisit some simple principles of health that apply to all of us - common sense applied! Including the Drama Triangle, the Autonomic Nervous System and the Stress Response - and how we can so easily forget that our own oxygen mask underpins health and wellbeing.

Friday 1st October

Covid and the impact on the social care sector

13:00-13:30

David Partlow - *Strategic Manager for Mental Health Safeguarding. SCC*

- This session will look at the significant impact covid has had on the mental well being of those working within social care. These will include my own reflections and my use of the five ways to wellbeing.

Encouraging men to better access health & wellbeing services

13:30-14:30

Nick Dean - *Community Development Worker, Second Step*

- Men are generally more reluctant than women to access health and wellbeing services which can put them at higher risk of developing serious physical and mental health issues. This workshop is for anyone designing or delivering initiatives, services or activities aimed at improving the health and wellbeing of men. We will go through various approaches to identifying and overcoming the barriers to men's effective engagement with the services you deliver.

Emotional Logic

14:30-15:30

Dr Marion Langsford - *Tutor and Trainer. Health and Social Care lead. The Emotional Logic Centre*

Dr Trevor Griffiths - *Founder of the Emotional Logic Centre*

- Participants will be given an overview of Emotional Logic and be shown practical examples of how it can untangle 'stuck' emotional processing when facing change, disappointment or hurt.

The 5 ways of wellbeing

15:30-16:30

Julie Carey-Downes - *Area Lead-Health Connections Mendip*

- *Presentation on five ways of wellbeing. Explanation and discussion on each category, with examples of community projects in Somerset and resources available to support health and well-being.*