



Leicester, Leicestershire and Rutland (LLR) Health and Wellbeing Event

Thursday 29th October 2020

Programme Outline and Descriptions

TIME	THEME
08:00 – 08:30	<u>LIVE SESSION - ZUMBA</u>
09:00 – 09:30	<u>LIVE SESSION - Mindfulness</u>
09:30 – 10:00	<u>The Healthy Kitchen – South Asian inspired cooking segment</u>
10:00 – 11:00	<u>LIVE SESSION - Emotional Resilience</u>
11:00 – 11:30	<u>LIVE SESSION - Women’s Health - Looking after your heart</u>
11:30 – 12:00	<u>Women’s Health - Positive Pause</u>
12:00 – 13:00	<u>LIVE SESSION - How to be active in a way that works for you</u>
13:00 – 13:30	<u>LIVE SESSION - Staff Stories</u>
13:30 – 14:00	<u>Men’s Health</u>
14:00 – 15:00	<u>LIVE SESSION - Schwartz round</u> Meeting ID: 834 6018 5041 Passcode: 723322
15:00 – 15:30	<u>Avoiding burnout</u>
15:30 – 16:00	<u>Dealing with pain – why things hurt</u>
16:00 – 16:30	<u>LIVE SESSION - System-wide Chief Executive’s & Yoga</u> Meeting ID: 878 2367 6344 Passcode: 758923
17:30 – 18:00	<u>The Healthy Kitchen – South Asian inspired cooking segment</u>
18:00 – 18:30	<u>LIVE SESSION - How to sleep well</u>
18:30	<u>Close</u>

Colour code:

	Live Sessions
	Women’s health sessions
	All other sessions

Please see below for individual descriptions of the sessions we have scheduled throughout the day!

Zumba

Combines Latin and International music with a fun and effective workout'

Mindfulness

Led by Reverend Sarah Wright, Hospital Chaplain, who will cover the basics of Mindfulness and provide a time to stop and rest in the present moment.

The Healthy Kitchen

Learn how to cook traditional South Asian inspired meals with a healthy twist, without compromising on taste. Two segments on offer showing different recipes.

Emotional Resilience – tools for a stressful world

What is resilience? We see it as the capacity to remain flexible in our thoughts feelings and behaviours when faced by a life disruption or an extended period of pressure and stress. This workshop offers practical and effective techniques to help you create your own personal resilience toolbox.

Women's Health – Looking after your heart

The causes and conditions for cardiovascular disease vary, but knowing the signs and choosing to live a healthier lifestyle can help prevent such health conditions. A cardiovascular attack could happen to anyone. In this session Dr Carol Ighofose, shares her story following a drive home from work.

Women's Health – Positive Pause

Clare Shepherd, nutritionist and menopause coach will not only explain what the menopause is and how to recognise symptoms, but will also share simple nutrition and lifestyle changes which can help with menopause symptom management.

How to be active in a way that works for you

This workshop will help support you in finding ways to fit physical activity into your daily routines, as well as share with you a number of local projects and programmes for you to get involved in.

Staff Stories

John Hague talks about his journey through Couch to 5K and how using Facebook helped inspire others to take up running through lockdown.

Men's Health

In this session, we highlight some of the key areas that Men should consider to ensure good health for themselves.

Schwartz Rounds

Schwartz Rounds provide a structured forum where all staff, clinical and non-clinical, come together to understand the challenges and rewards that are intrinsic to providing care, not to solve problems or to focus on the clinical aspects of patient care. Schwartz Rounds can help staff feel more supported in their jobs, allowing them the time and space to reflect on their roles.

Avoiding burnout

Burnout Syndrome is real. As the pressures of our work continue to increase, it is not often easy to take time off, and if we are not careful we will hit breaking point. This session talks about the causes of burnout, the signs to look out for and how we can take steps to avoid it.

Dealing with pain – why things hurt

Pain is complex. Understanding why things hurt can help you manage pain, build your resilience to experiencing pain in the first place, and also support those around you. Whether you're experiencing aches and pains yourself, or you want to learn more about pain to support others, this workshop is for you.

System-wide Chief Executives

Join Chief Executives, Angela Hillery, Rebecca Brown & Andy Williams.

Yoga

Join Angela, Rebecca and Andy for our yoga session which will help to slow down your breath and relieve tension in your neck & shoulders.

How to sleep well

Delivered by Sarah Parkin, a neurodevelopmental specialist nurse from the community paediatrics team, this session will look at what is sleep, why is it important, what causes poor sleep, what is Sleep Hygiene, and top tips for better sleep.

Enjoy and thank you for joining!