

**Wellbeing Conference**

**Saturday 9th November 2019**

**St Peter’s Conference Centre, Dormer Place, Leamington Spa CV32 5AA**

**Key aims of the Conference:**

1. To raise awareness in the community of the importance of our Wellbeing, including Spiritual, Emotional, Psychological, Physical, Financial, Social and having a Healthy Lifestyle.
2. To provide the community with an outline of services and support available to them. There will be displays and information from key service providers.
3. To provide an opportunity for members of the Community to raise issues and concerns with key service providers.

**Timetable:**

**09.00 Registration and Refreshments**

09.30 Introduction  **Jatinder S Birdi**, Chairperson WDFF

09.35 Welcome **Fr John**, St Peter’s RC Church

09.40 Opening Reflection and Spiritual Wellbeing **Bishop John**, Bishop of Warwick

10.00 Emotional & Psychological Wellbeing **Paul Thompson** Springfield Mind

10.20 Physical Wellbeing **Hannah Milde**

Think Active (formerly CSW Sport)

10.50 Social Wellbeing – Safety **T/DCI Matthew Morgan**

WMCTU/Warwickshire Police

11.10 Activity **Estelle Seymour**

**11.20 BREAK**

11.30 Healthy Lifestyle **Emily Fernandez** Public Health/WCC

11.45 Meditation & Mindfulness **Svetislav Savic** – Personal Coach

**12.00 Discussion Groups:**

12.40 Feedback from Discussion Groups

12.50 Closing Reflection **Mr Matt Western MP – Leamington & Warwick**

12.55 Plenary **Jatinder S Birdi**, Chairperson WDFF

13.00 Vegetarian Lunch & Networking

The Conference is free to attend, however it is necessary to register in advance by email: [wdfaithsforum@yahoo.com](mailto:wdfaithsforum@yahoo.com), or telephone: 07958 589464.