



Wellbeing Conference

Saturday 14th October 2023

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 Health and Wellbeing.
- 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 Stephen Day , St Peter's RC Church
09.40	Opening Reflection & Address	Chief Constable Debbie Tedds Warwickshire Police
10.05	Keynote Address Followed by Q&A Session	Mr Jonathan Toy Community Safety: Warwickshire County Council
10.35	The Sciences of Ageing and the Culture Of Youth (SAACY)	Dr Martina Zimmermann Reader in Health Humanities & Health Sciences Kings College London
11.00 BREAK		
11.10	Mental Health & Wellbeing	Mr David Arnold South Warwickshire & Worcestershire Mind
11.30	Public Health Warwickshire	TBC
11.50	Eating Well	Mr Mike Slemensek Warwickshire County Council
12.00	Discussion Groups:	Mental Health & Wellbeing Community Safety Ageing Well Role of Faith in Wellbeing
12.45	Feedback from Discussion Groups	
12.55	Plenary & Closing comments	Jatinder S Birdi , Chairperson WDFF
13.00	Vegetarian Lunch & Networking	

The Conference is open to the public and there is no charge for attending. Registration is required in advance by email: wdfaitsforum@yahoo.com, or telephone: 07958 589464