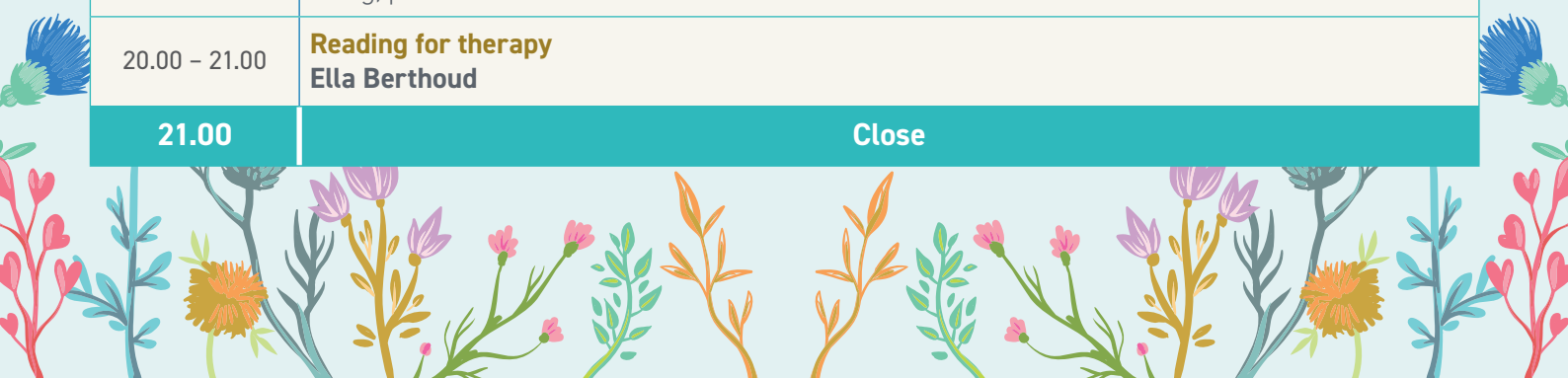


Monday Line-up

Time	Daytime Programme
10.00 – 11.00	Welcome from your host for the week, Carl Jones from BBC Radio Opening Presentation Shajeda Ahmed – Director of People, OD, & Inclusion (NSCHT) and Executive Director Lead, OD, Leadership, Inclusion and Health & Wellbeing
11.00 – 11.30	Jan Summerfield – Staff Support and Counselling Service Manager We weathered the storm This session is to recognise the storm you have been through and may still be in. However the focus is on developing your own self-care and recovery plan.
11.30 – 12.15	John Hipkiss An introduction to Laughter Therapy.
12.15 – 13.00	Sarah Tombs – Deputy Service Manager Mind Gym Spend some time looking after the health of your mind, dust down from the dramas, let go of negativity and what is outside your control and develop a mind-set to continue.
13.00 – 14.00	Paul Devlin & Ashleigh Shatford Using the Science of Kindness and positivity to be your best self.
14.00 – 16.00	Keynote Speaker – Dr Andrew Sharman – The biggest health risk to modern humans right now may not be Coronavirus, do YOU know what it is? Ask your questions...
16.00 – 17.00	Afternoon Break
Time	Evening Programme
17.00 – 18.00	Reflections Podcast – listen into your colleagues with their stories and music memories of the past few years.
18.00 – 18.20	Children's Book at Bedtime Tom Conlon reads from 'Just one of those days' by Jill Murphy.
19.00 – 19.15	Get ready for the weekend. Adam Purnell (Shropshire Lad) is giving you an insight into his cooking with fire weekend sessions. And Josh Roberts sets the scene for his weekend Mocktails session. If you want to cook or mix along, please tune in here for the short trailer.
20.00 – 21.00	Reading for therapy Ella Berthoud
21.00	Close

Live Q&A Sessions

Programme is subject to change.



Tuesday Line-up

Time	Daytime Programme
7.00 – 9.00	Get your day started... Breakfast session Each day our Breakfast session will be a mix of on-demand sessions including Mindfulness, exercises, reflection podcasts and more.
9.00 – 10.00	Living in recovery Daryl
10.00 – 11.00	Welcome to day 2 from your host for the week, Carl Jones from BBC Radio Sarah Tombs – Deputy Service Manager Staff Support & Counselling START fuelling for success
11.00 – 11.45	Martin Bunn – Counsellor The body moves the mind What are the hurdles to a more active life and how we can overcome them.
11.50 – 12.30	Sarah Tombs – Deputy Service Manager Staff Support & Counselling Mind Gym Spend some time looking after the health of your mind, dust down from the dramas, let go of negativity and what is outside your control and develop a mind-set to continue.
12.30 – 13.00	Rachel Roberts Lunchtime Lounge A 15 minute guided meditation and relaxation session.
13.00 – 14.00	Keynote Speaker – Andy Whittaker – As co- founder of the Art of Being Brilliant, Andy is that rare thing, a speaker who combines a razor sharp wit, with deep insight and knowledge Ask your questions...
14.00 – 15.00	Jacqui McBurnie – Chair of the NHS England/Improvement Menopause Group Menopause
15.00 – 15.30	Afternoon Break
Time	Evening Programme
15.30 – 16.30	Marie McCreedy – CBT Therapist Choosing value direction Finding your why in life especially all that you have been through.
17.00 – 18.00	Reflections Podcast – Listen into your colleagues with their stories and music memories of the past few years.
18.00 – 18.20	Children's Book at Bedtime Sue Slater reads from 'The Mouse & the Mole' by Joyce Dunbar.
19.00 – 20.00	John Shapter Sound bath/meditation
20.00	Close

Live
Q&A

Live
Q&A

Programme is subject to change.

Wednesday Line-up

Time	Daytime Programme
7.00 – 9.00	Get your day started... Breakfast session Each day our Breakfast session will be a mix of on-demand sessions including Mindfulness, exercises, reflection podcasts and more.
9.00 – 10.00	Peter Axon – ICS/ICB Interim Chief Executive Office. Neil Carr OBE – Chief Executive, Midlands Partnership Foundation
10.00 – 11.00	Welcome to day 3 from your host for the week, Carl Jones from BBC Radio Rachel Roberts – Deputy Service Manager Staff Support & Counselling Beating Burnout How to identify and attack burnout with straightforward and clear techniques.
11.00 – 12.00	Keynote Speaker – Colin MacLachlan – You may know him as a former presenter for the TV programme SAS Who Dares Wins Ask your questions...
12.00 – 12.30	Lunchtime Break
12.30 – 13.00	Martine Stoke How our people reconnected
13.00 – 14.00	The Hub Work life balance
14.00 – 15.00	Rachel Roberts – Deputy Service Manager Staff Support & Counselling Master the brain dump – declutter your mind
Time	Evening Programme
15.30 – 16.30	Marie McCreedy – CBT Therapist Silver linings and compassion Look at what as individuals we endure and conquer and how to recognise it and grow with it
17.00 – 18.00	Reflections Podcast – Listen into your colleagues with their stories and music memories of the past few years.
18.00 – 18.20	Children's Book at Bedtime Michelle Lewis reads from Shine.
19.00 – 20.00	Gardening Time – Making the most of your spaces
20.00 – 21.30	Comedy Time – Live with the Spikey Mike Funhouse. May Contain Adult Content.
21.30	Close

Live
Q&A

Programme is subject to change.

Thursday Line-up

Time	Daytime Programme
7.00 – 9.00	Get your day started... Breakfast session Each day our Breakfast session will be a mix of on-demand sessions including Mindfulness, exercises, reflection podcasts and more.
9.00 – 10.00	Welcome from Marcus Warnes – Accountable Officer Jon Rouse – City Director, Stoke-on-Trent
10.00 – 11.00	Welcome to day 4 from your host for the week, Carl Jones from BBC Radio Marie McCready – CBT Therapist Gratitude and being kind to yourself. What does compassion mean to you and how to focus on self.
11.00 – 12.00	Martin Bunn – Counsellor Boys Don't Cry – the do's and do's of male emotional health Men often do rather than feel which can lead to male emotions being unrecognised, squashed and ignored by men themselves and those around them. This session looks to understand how male emotions manifest and how we can better understand ourselves and those around us.
12.30 – 13.00	Rachel Roberts – Deputy Service Manager Staff Support & Counselling. Lunchtime Lounge
13.00 – 14.00	Keynote Speaker – Prof. Michael West – Compassion, culture and leadership, recognising what has happened over the past couple of years, reflecting on this and starting to reconnect with your lives Ask your questions...
14.00 – 15.00	Jan Summerfield – Staff Support and Counselling Service Manager We weathered the storm This session is to recognise the storm you have been through and may still be in. However the focus is on developing your own self-care and recovery plan.
Time	Evening Programme
15.00 – 15.30	Judy Smart – Senior Counsellor Mindfulness and relaxation A space to explore how to be more mindful in life with an aim to take time to relax.
15.30 – 17.00	Walking for pleasure
17.00 – 18.00	Reflections Podcast – Listen into your colleagues with their stories and music memories of the past few years.
18.00 – 18.20	Children's Book at Bedtime Nancy Conlon and Deb Fernyhough reads from 'The Very Cranky Bear' by Nick Bland.
19.00 – 20.00	Jane Rook Shashiko – the Japanese Art of repairing
20.00 – 21.00	Carl Jones from BBC Radio. Reviews the very latest films
21.00	Close

Programme is subject to change.

Live
Q&A

Live
Q&A

Friday Line-up

Time	Daytime Programme
7.00 – 9.00	Get your day started... Breakfast session Each day our Breakfast session will be a mix of on-demand sessions including Mindfulness, exercises, reflection podcasts and more.
9.00 – 10.00	Welcome from Buki Adeyemo – Interim Chief Executive Richard Harling – Director of Health & Care
10.00 – 11.00	Welcome to day 5 from your host for the week, Carl Jones from BBC Radio Steve Grange Doodling for health
11.00 – 12.00	Keynote Speaker – Sally Gunnell talks about having the ability and strength to succeed in whatever you choose and how to maintain that strength to keep moving forward Ask your questions...
12.00 – 12.45	Rachel Roberts – Deputy Service Manager Staff Support & Counselling Master the brain dump – declutter your mind
13.00 – 14.00	Actions Stations – Energise lunchtime An introduction to boxing for beginners.
14.00 – 15.00	Rachel Roberts – Deputy Service Manager Staff Support & Counselling Fighting fatigue How to identify and beat fatigue, with tips and tricks to keep your energy levels up.
Time	Evening Programme
15.00 – 15.30	Judy Smart – Senior Counsellor Mindfulness and relaxation A space to explore how to be more mindful in life with an aim to take time to relax.
16.00 – 17.00	Energise session
17.00 – 18.00	Reflections Podcast – Listen into your colleagues with their stories and music memories of the past few years.
18.00 – 18.20	Children's Book at Bedtime Debbie Maddox reads from "The Gruffalo's Child" by Julia Donaldson.
19.00 – 20.00	Comedy Hour with Sheila McMahon Comedy and Mental Health Hour with Sheila McMahon - Comedy, mental health education, music and singing! May Contain Adult Content.
20.00 – 22.00	Leek Radio All requests – Special Show.
22.00	Close

Live
Q&A

Programme is subject to change.

Saturday Line-up

Time	Daytime Programme
7.00 – 12.00	<p>Weekend mornings...</p> <p>This Saturday morning session will be a mix of on-demand sessions including Mindfulness, exercises, reflection podcasts, new hobbies and more.</p>
14.00 – 15.00	<p>Cooking with Fire</p> <p>The Shropshire Lad, Adam Purnell will be cooking up a treat in his garden and taking you through some favourite recipes for outdoor cooking.</p>
Time	Evening Programme
18.00 – 18.15	<p>Children's Book at Bedtime</p> <p>Rob Sillito reads from 'The Tiger that came to tea' by Judith Kerr.</p>
19.00 – 20.00	<p>Mocktail/Cocktail Time</p> <p>Josh Roberts, Mixologist at The Sanctuary in Newcastle under Lyme brings you some of his favourite recipes.</p>
20.00 – 21.00	<p>Quiz night</p> <p>Join in and play along with this fun online quiz.</p>
21.00	Close



Sunday Line-up

Time	Daytime Programme
7.00 – 12.00	<p>Weekend mornings...</p> <p>This Sunday morning session will be a mix of on-demand sessions including Mindfulness, exercises, reflection podcasts, new hobbies and more.</p>
14.00 – 15.00	<p>Cooking with Fire</p> <p>The Shropshire Lad, Adam Purnell will be cooking up a treat in his garden and taking you through some favourite recipes for outdoor cooking.</p>
Time	Evening Programme
18.00 – 19.00	<p>Children's Book at Bedtime</p> <p>Kelsey Flannigan reads from "Coat of Many Colours" by Dolly Parton.</p>
19.00	Close

Programme is subject to change.

