

COMMUNITY CONNECTIONS

for Energy Limiting Conditions

TIMETABLE

SKEGNESS: THURSDAY 23RD JULY 2026 - 10AM TO 2PM

THE STOREHOUSE, NORTH PARADE, SKEGNESS, PE25 1BY

Auditorium 1:

- 10:15 AM**
Welcome & handover to Deborah Bircham - Live Well with Chronic Illness
- 01:40 PM**
Q & A and Closure

Room 2:

- 10:15 AM**
Framework for Fatigue Session - Deborah Bircham
- 11:15 AM**
Everyday Gadgets, Tools & Technology - Phil Clayton, LCC Adult Care Innovation Team
- 12:00 PM**
Purpose Workshop - Deborah Bircham
- 01:00 PM**
Everyday Gadgets, Tools & Technology - Phil Clayton, LCC Adult Care Innovation Team

Room 5:

- 11:15 AM**
Mindfulness & Meditation - Stuart Couling
- 12:00 PM**
Tai Chi demonstration - Wes Mollison, Equinox Tai Chi
- 01:00 PM**
Soundlincs Workshop - Emma Thorpe

Marketplace stallholders:

- Stuart Couling Holistic Therapy
- Live Well With Chronic Illness
- It's All About People
- Gadgets, Tools & Technologies - LCC
- Soundlincs
- Lincolnshire Sleep Hub
- Every-One
- Connect to Support
- One You Lincolnshire
- Equinox Tai Chi
- Huffers & Puffers Mablethorpe