

SPEAKERS & WORKSHOPS

Live Well with Chronic Illness

A Framework for Fatigue – 45 minutes

This talk will introduce you to a framework which might change the way you think about your health. Deborah will share some practical ideas to help you improve your day-to-day experience of living with fatigue. We'll look at some of the key areas of wellbeing, and the science of how and why they can help us with fatigue. When we receive a diagnosis of fatigue, it can leave us feeling helpless, and as though there is nothing that can be done. It's true that fatigue is a challenging condition, but with patience and persistence, small changes can add up to a big difference in how we feel. This session is about hope, and you will leave feeling empowered to explore small ways that you can make a real difference to your health.



Purpose Workshop – 30 minutes

When we become unwell, our lives can be turned upside down – and also our hopes, dreams and aspirations for the future. We can lose our jobs, our careers, and our lives can feel as though they lose purpose. We can feel disempowered and disconnected from opportunities to contribute, and this affects our self-worth and our self-esteem. In this practical, interactive workshop, Deborah will guide us through some exercises designed to help us to reconnect to a sense of purpose when we live with illness, and find small ways that we can bring meaning back into our lives. Just because our lives are different now, it doesn't mean that they have to be without purpose!

Stuart Couling Holistic Therapies

Mindfulness & Meditation - 30 minutes

Mindfulness is about being in the present moment. Training the brain to recognise unhelpful thoughts and taking a step back from them by bringing your awareness in to the now. This can be done through meditation, breath work, mindful movement, walking and literally everything! Mindfulness is a way of life. If practised regularly, it can help you feel calm, choosing to respond to situations rather than react, lessen stress and anxiety and helping to accept and surrender what no longer serves or what is out of your control.



Lincolnshire County Council Adult Care Innovation Team

Everyday Gadgets, Tools & Technology - 30 minutes

The team talk about how technology and the right gadgets and tools can make life easier around the home and how they can help us to stay safe, healthy and independent.

Lincolnshire
COUNTY COUNCIL

Find out what tools, technology and everyday gadgets can help to reduce stress, save time and help you feel more confident. They demonstrate the use of smart speakers, smart bulbs, door sensors, simple to use phones and more for every room in the house!

Equinox Tai Chi

Tai Chi Demonstration - 30 minutes

Tai Chi is an ancient art designed to optimise holistic health and wellbeing. It combines gentle, coordinated movement, meditation, mindful breathing and is highly accessible and beneficial to all.

Equinox Tai Chi

Qualified instructor Wes Mollison will deliver an enjoyable and accessible 30 minute session with a focus on releasing stress and tension and improving posture for daily life. No experience is necessary.

Soundlincs

Songwriting Workshop

This workshop is a chance for participants to begin their exploration of songwriting. Working with SoundLincs Music Practitioner, Emma Thorpe, who has had her songs played on BBC Radio 6 music, enter into a world of gentle rhythm making and collaborative songwriting. You'll leave the session full of creativity and with new found experience in how to start the process of songwriting.

