

COMMUNITY CONNECTIONS

for Energy Limiting Conditions

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!

Find out more at www.livewellwithchronicillness.co.uk/

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.

Find out more at www.couling.co.uk/



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.

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!

Find out more at www.lincolnshire.gov.uk/

Soundlincs

Songwriting Workshop - 30 minutes

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. Find out more at www.soundlincs.org/



It's All About People

Our Shared Agreement (OSA) Living Room

Our Shared Agreement is a movement to create a better relationship between the people of Lincolnshire and health and care services.



**Lincolnshire's
Personalisation
Programme**

Good health and wellbeing don't come from services alone - they come from how we work together, how we listen, and how we build trust over time.

We all want the best lives for ourselves and those we care about. Achieving that means creating a different kind of relationship, one where people, communities, and professionals work as equal partners.

Our Shared Agreement brings this to life by helping us to:

- build trust and understanding between people and health and care professionals
- share knowledge, skills, and confidence
- strengthen the relationships that support people to live well

This is not just a programme. It's a **growing movement to reshape relationships across Lincolnshire's health and care system**, together. Find out more at www.itsallaboutpeople.info/our-shared-agreement

'Chat With Lynsey' - Lynsey Woodman Bio

I have been a qualified Occupational Therapist for over 30 years and have spent the last 21 years working as a Specialist Occupational Therapist and Clinical Lead within the Lincolnshire ME/CFS Service. During that time, I have had the privilege of supporting people living with ME/CFS and, more recently, Long Covid. Working in this field has been both immensely challenging and deeply rewarding.

ME/CFS and Long Covid are complex, multifactorial conditions that continue to raise more questions than answers. Research in this area has historically been underfunded and progress can feel frustratingly slow. However, I have always been driven by a deep curiosity about human health, what helps us thrive, what contributes to illness, and how we can support recovery and wellbeing in meaningful ways.

Whilst I value scientific evidence, years of clinical practice have also taught me the importance of learning from the experiences of the people I work with. In the absence of definitive answers, I have often embraced a "practice-based evidence" approach, remaining open-minded, curious and willing to explore new perspectives. My colleagues would probably describe me as something of a maverick; I am always looking for the next piece of the puzzle that might help make sense of these complex conditions.

This curiosity has led me to undertake training in a wide range of complementary disciplines alongside my occupational therapy practice. I am a Health Qi Gong Instructor, Breathwork Coach, Clinical Hypnotherapist, Master NLP Practitioner and Coach, Advanced BWRT Practitioner, and EFT Practitioner. Each of these approaches has enriched my understanding of the intricate relationship between mind, body and behaviour and has provided valuable tools that have often helped people living with complex fatigue-related conditions.

At the heart of everything I do is a genuine fascination with human potential and a belief that recovery, adaptation and growth are possible, even in the face of significant health challenges. Outside of work, my greatest joy comes from spending time in my garden, allotment and nature. Whether walking, exploring, or simply being still, I find that reconnecting with the natural world provides perspective, balance and a reminder of what truly matters.