

COMMUNITY CONNECTIONS

for Energy Limiting Conditions

TIMETABLE

LINCOLN: TUESDAY 20TH OCTOBER 2026 - 10AM TO 2PM

BRIDGE CENTRAL, DUNSTON HOUSE, PORTLAND STREET, LINCOLN, LN7 7NN

Main Auditorium:

10:15 AM

Welcome & handover to Deborah Bircham - Live Well with Chronic Illness

10:30AM - 1:40PM

'Chat with Lynsey' - Lynsey Woodman, Specialist Occupational Therapist/Clinical Lead ME/CFS Service

01:40 PM

Q & A and Closure

Portland Room:

10:15 AM

Framework for Fatigue Session - Deborah Bircham

11:15 AM

Mindfulness & Meditation - Stuart Couling

12:00 PM

Everyday Gadgets, Tools & Technology - Phil Clayton, LCC Adult Care Innovation Team

01:00 PM

Soundlincs Workshop - Emma Thorpe

Sincil Room:

10:15 AM

Our Shared Agreement (OSA) Living Room - It's All About People

01:40 PM

Marketplace stallholders:

- Stuart Couling Holistic Therapy
- Live Well With Chronic Illness
- It's All About People
- Lincolnshire County Council
- Soundlincs
- Every-One
- Connect to Support
- Green Synergy
- Lincolnshire Sleep Hub
- Sam Burlton Yoga Teacher