

WELLBEING Week

Wellbeing Week 2023

Wellbeing Week is returning for its second year from Monday 27 February – Friday 3 March 2023!

We would like to invite you to join the sessions we have planned, this year there is a mix of virtual talks and an in-person Health & Wellbeing Exhibition taking place on Wednesday 1 March.

All the details you need are below, simply click on a session that sparks your interest and register for a place.

Once you have registered, you'll be sent all the joining instructions before the start date.

If you have any questions, please get in touch and we hope to see you during the week.

Thank you

The Wellbeing Team, Torbay Council

wellbeing@torbay.gov.uk

Monday 27 February

12pm – 1pm Mindfulness with the Devon Wellbeing Hub

This restorative session will provide an introduction to mindfulness training in a fun, accessible manner. Within the hour we will be practicing together different Mindfulness exercises that you can use. You will walk away with a few more tools to enable you to manage day to day stressors and have some guidance on how to set up a regular mindfulness practice, if you wish.



You do not need to bring anything in particular to the session, just yourself, and be in a space where you won't be disturbed ideally.

The session will be led by Anna Croucher, Senior Colleague Wellbeing Practitioner at the Devon Wellbeing Hub.

To register for a place, click the link below:

<https://www.eventbrite.co.uk/e/introduction-to-mindfulness-with-devon-wellbeing-hub-tickets-511788401887>

Tuesday 28 February

1pm – 2pm Keynote Speaker Felicity Vivian - The Art of Being Brilliant

The Art of Being Brilliant provides an antidote to the craziness of the modern world. The aim is to share some of the secrets of positive psychology, focusing on learning new habits of thinking and behaviour that will sustain personal brilliance. It works because it's simple, fun and is about the whole you.

Felicity Vivian will be leading this interactive hour looking at some cutting edge research and simple principles that will help you transform your life.

This session promises to be fun and thought provoking, The Art of Being Brilliant is all about you, not just the 'work' you!

To register for a place, click the link below:

<https://www.eventbrite.co.uk/e/keynote-speaker-felicity-vivian-on-the-art-of-being-brilliant-tickets-519627458717>



Wednesday 1 March

10am – 3pm Health & Wellbeing Exhibition, Assembly Hall, Town Hall, Torquay, TQ1 3DR

Join us for a day of health and wellbeing at the Assembly Hall, Torquay. We will be hosting a wide range of providers including:

- fitness and leisure
- holistic therapies
- advice for carers
- mental Health support
- stop smoking support
- local community groups
- and many more, including a special visit from a therapy dog between 12:30 - 1:30pm.

Everyone is welcome and the event will also be open to the public so please spread the word and share the registration link below.

Open between: 10am - 3pm, you can come along anytime, but it would help us if you could register on the link below:

<https://www.eventbrite.co.uk/e/health-wellbeing-fair-tickets-529540689457>

Thursday 2 March

12 noon – 1pm Conscious Connected Breathwork with David Balfe

In this session you will learn about how to develop healthy breathing patterns to support mental and physical wellbeing.



You will learn about how breathing affects our nervous system and stress levels and how dysfunctional breathing contributes to mental and physical health issues. David will guide you through a series of practices and meditation techniques that you can use to develop your own breathing and meditation practice.

David Balfe is a Conscious Connected Breathwork teacher as well as a Yoga and Meditation teacher and founder of Dragn Yoga & Wellbeing. David began teaching after experiencing a sense of increased mental calm and clarity through the practice of yoga and meditation which after a period of sustained life challenges, became a way of life.

To register for a place, click the link below:

<https://www.eventbrite.co.uk/e/conscious-connected-breathwork-tickets-517667847467>

Friday 3 March

12 noon – 1pm Understanding Autism with Dr Hazel Went

Clinical Psychologist, Dr Hazel Went from the Devon Adult Autism and ADHD Service will be leading this session. She will explain what autism is and how it affects the individual, an overview of the diagnostic process and give ideas and strategies for working with autistic people.



This session will provide an opportunity to learn more about autism and ask any questions you might have.

To register for a place, click the link below:

<https://www.eventbrite.co.uk/e/understanding-autism-tickets-519682342877>