**Mental Health & Wellbeing Show 17th May 2024**

**Please complete attendee details sheet on end page**

**\*Suitable for Education Establishments. \*\*Practical Workshop**

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| **Time** | **Seminar Title** | **Presenter** | **Number of Delegates**  | **Delegate Names****(£15 per person)** |
| 7.45am-9.00am | Networking Breakfast, sponsored by: Sponsorship available |  |  |  |

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| **Time** | **Seminar Title** | **Presenter** | **Number of Delegates**  | **Delegate Names****(£10 per person)** |
| 9.30-10.00am | The importance of a relational approach in high performance environments | Dr Sian Edwards |  |  |
| 9.30-10.00am | The Hormone Influencer during Menopause that no-one is talking about. | Maria Anderson |  |  |
| 9.30-10.00am | Beyond the Scars: Healing from self-harm | Rowan Adeyrn |  |  |
| 9.30-10.00am | Understanding Youth Mental Health  | Bobbie Allen |  |  |
| 9.30-10.00am | Services in Wales for those affected by Gambling Harms | Cheryl Williams & Sarah Langford |  |  |
| 9.30-10.00am | Just Me | Andy Bishop |  |  |

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| **Time** | **Seminar Title** | **Presenter** | **Number of Delegates**  | **Delegate Names****(£10 per person)** |
| 10.45-11.15am | Workplace Mental Health. What to look out for and where to signpost. | Dawn Evans  |  |  |
| 10.45-11.15am | Bullying and Mental Health - the Impact. | Linda Davies MBE |  |  |
| 10.45-11.15am | Unlocking Your Fountain of Youth: Unveiling the Secrets to Longevity, by living a Toxin-Free life” | Phyllis Berstein  |  |  |
| 10.45-11.15am | Two parents with ADHD | Mark Williams & Lisa Jones |  |  |
| 10.45-11.15am | 'Drum Yourself Happy’ | David Powell | \*\* |  |
| 10.45-11.15am | Understanding Bi Polar Disorder | Bi Polar UK |  |  |

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| **Time** | **Seminar Title** | **Presenter** | **Number of Delegates**  | **Delegate Name****(£10 per person)** |
| 12.00-12.45pm | How Neuroscience effectively solves stress, fear and anxiety without drugs or side effects | Jim Poole |  |  |
| 12.00-12.45pm | Sleep is innate, insomnia is not | Leanne Naylor |  |  |
| 12.00-12.45pm | Wellbeing Meditation & Movement Circle | Lisa Williams | \*\* |  |
| 12.00-12.45pm | Let's chat, conversations happening all the time, embracing the power of AI | Sid Madge |  |  |
| 12.00-12.45pm | Understanding Neurodiversity | Helen Davies |  |  |
| 12.00-12.45pm | Building a Safe Support System  | Lloyd Ashley |  |  |
| 12.00-12.45pm | Wellbeing in the digital age: Navigating stress & Anxiety | Tara brown |  |  |
| 12.00-12.45pm | Mental health and the parenthood journey: Having nowhere to turn  | Emma Gooding |  |  |
| 12:00-12:45pm  |  Understanding LGBQT+ | Stone wall |  |  |

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| **Time** | **Seminar Title** | **Presenter** | **Number of Delegates** | **Delegate Name****(£10 per person)** |
| 1.30pm-2.15pm**KEYNOTE SPEAKER** | Triumph over Adversity: My mental Health Journey. Simon’s Story of triumph, he suffered 46% burns to body after being blow up in the Falklands war, join his inspiring talk of how he overcome suicidal thoughts and turned his vision into one of hope and fulfilment. | **Simon Weston CBE** |  |  |
| 1.30pm-2.15pm | Cold Water Therapy and the positive effects of Mental Health | Phil Jones |  |  |
| 1.30pm-2.15pm | Suicide Prevention | Jeremy O'Dwyer |  |  |
| 1.30pm-2.15pm | "Surviving the Student Mental Health Mindfield." | Dr Susie Nayman |  |  |
| 1.30pm-2.15pm |  My Journey with Neurodiversity  | Steve Parke |  |  |
| 1.30pm-2.15pm |  Emergence through Self-love | Thriving Communities | \*\* |  |
| 1.30pm-2.15pm | Growth after Trauma | Andrew Jenkins |  |  |
| 1.30pm-2.15pm | Food for thought and more | Sue Worrall |  |  |

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| **Time** | **Seminar Title** | **Presenter** | **Number of Delegates**  | **Delegate Name****(£10 per person)** |
| 3.00pm -3.45pm | Wellbeing Oasis or Mirage? – Why wellbeing interventions cant purify the waters alone. | Leanne Bird |  |  |
| 3.00pm -3.45pm | Turning Dreams into Reality | Lea Thomas |  |  |
| 3.00pm -3.45pm | The Recipe for Success: Workplace Wellbeing Project | Rowan Aderyn |  |  |
| 3.00pm -3.45pm | Wolfson Centre for Young People's Mental Health | Jac Airdire & Francis Rice |  |  |
| 3.00pm -3.45pm | Sit more - Live Less | Courtney Orange |  |  |
| 3.00pm -3.45pm | Founder of Dawn Stalkers, Grant will be talking us through the benefits of cold water swimming, and the positive effects it has. | Grant Zetmayre |  |  |

Single ticket price **£10.00 + vat**

All day access ticket **£30.00 + vat –** This ticket will give you access to seminars of your choice, but we still need to book you in, so please choose from the list above and tick this box

Price on the day single ticket (9th May 2024) **£20.00 + vat**

**Invoice details:**

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| Contact Name: |
| Contact Number:  |
| Invoice address:  |
| Postcode:  |
| PO Number:  |
| Email address:  |

\*\*Do any of your staff / delegates have any special requirements or additional learning needs that we should be made aware of?

**Please specify here: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| **Delegate Name** | **Job Title** | **Email** |

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1. This booking form acts to confirm the seminar and certificate.
2. Full payment must be made within 28 days of registering. If payments not made prior to the course date, Ajuda Ltd reserves the right to refuse entry to the delegate. Once payment has been received a receipt will be sent.
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4. Ajuda Ltd reserves the right to cancel any advertised event if deemed necessary by the company. In this case, all attendees will be automatically transferred to the next best date for the event to run.
5. Please note the venue is subject to change. On the rare occasion where the venue change is necessary, Ajuda Ltd will provide a venue within the same area. Please read your joining instructions carefully to see the final and correct venue directions.
6. If a seminar is oversubscribed Ajuda Ltd will offer you another seminar if available, but you are not obligated to accept an alternative. We will do our utmost to offer another suitable seminar.
7. We regret that any expenses incurred other than the seminar fee, cannot be reimbursed. We strongly advise you to wait for your joining instructions before making travel/accommodation arrangements or to email our office events@ajuda.org.uk to check details.
8. Please ensure that you sign and date the form (electronic signatures are accepted. If you cannot supply a signature, hard copy or electronic, we will accept specific email confirmation and/or the return of this booking form with your typed name).
9. Please note that Ajuda Ltd accept no liability for any accidents or losses that occur at the venue
10. **Cancellation Policy:** By completing and returning this booking form your school/organisation agrees to Ajuda Ltd the fees specified on the website www.ajuda.org.uk If a booking is postponed and then cancelled, the date of the seminar will be deemed to be the original booking date.
11. You may substitute delegates free of charge at any time.

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| **Cancellation fees for seminars** |
| **Notice Provided** | **Cancellation Fees** |
| More than 28 days  | No Charge  |
| 14 – 28 days  | 50% of original fees  |
| Less than 14 days  | 100% of original fees  |

1. Once we have received your completed booking form we will send you a confirmation email and invoice. If you have any questions or queries please email dawn@ajuda.org.uk or phone 029 2240 0382.
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