

Rumours of Happiness – How to THRIVE in a Mad World!

9.00 Registration and Coffee

9.30. Welcome by Rowland Urey, CLEO

9.45. Marion Aslan – Director Elemental Wellbeing “MAD Aid”

10.00. Alison Hargreaves – Wellbeing Worker “Giving brings joy!”

Video – children in Africa?

10.15. Masha Bennett – Therapist “Tapping into Emotional Health” (EFT)

11.00. Coffee

11.20. Joanne Keight – “Wellbeing in Oldham”

Video?

11.40. Salifu Manneh – “THRIVING – Reflections on wellbeing in UK & Africa”

12.10. Dr Mike Smith – “How to THRIVE in a Mad World”

12.50 Rowland Urey – “Wellbeing in Oldham, CLEO”

1.10 –Lunch

2.00. Workshops

Angela Lindley – Laughter Yoga Therapy

Abi Ford & Lisa Stapleton – Thriving through Meaningful Occupation

Rowland Urey & Kim Doolan – Personalisation – from surviving to thriving

3.00 Coffee

3.15. Barry Haslam – “A Better Quality of Life”

3.45. Summary, questions & Final remarks

4.00pm Close