



12-16 September 2022

Improving mental wellbeing across Warwickshire

Mon 12th Be Involved	Tue 13th Be Educated	Wed 14th Be Connected	Thu 15th Be Resourced	Fri 16th Be Aware
10.30am Keynote: Introduction to the 10 Keys to Happier Living	10am Action for Happiness Champions Training	10am Loneliness and social isolation: what we can do	10am The power of community in adult mental health	10am Suicide prevention: the world is better with you in it
12.15pm Practical wellbeing activity	4pm Wellbeing for children and young people	12.15pm Practical wellbeing activity	12.15pm Practical wellbeing activity	12pm Closing reflection discussion
1.30pm Positive steps to improve mental health and wellbeing	5.30pm Reflection discussion	1pm Connecting with carers	1pm Workplace wellbeing	
2.30pm Reflection discussion		3.30pm Engaging everyone	2.30pm Grant funding success	
		4.30pm Reflection discussion	3.30pm Reflection discussion	<i>For more information and registration, visit warwickshire.gov.uk/bewell</i>

About Be Well

Do you want to improve the mental wellbeing and resilience of yourself and those you work with, and discover the impact that recent investment has had? Then join us for Be Well: a week of online sessions for professionals, focusing on improving mental wellbeing across Warwickshire.

How to register

Attendance is free, and you can attend as many sessions throughout the week as you like.

To register, visit:

<https://hopin.com/events/be-well-2022>

For more information, contact bewell@warwickshire.gov.uk



Topic sessions

Monday 12 September

10:30am - Keynote: Introduction to the 10 Keys to Happier Living

Vanessa King (Action for Happiness)

Why wellbeing and happiness matters for us individually and collectively, at home and at work

1.30pm - Positive steps to improve mental health and wellbeing

Recognising the signs and symptoms of poor mental health and sharing tools we can use to improve

Tuesday 13 September

4pm - Wellbeing for children and young people

How can we develop robust mental wellbeing and resilience for children and young people

Wednesday 14 September

10am - Loneliness and social isolation: what we can do

What is loneliness and social isolation, who is at risk and what can be done to help

1pm - Connecting with carers

Why carers are more likely to struggle with their mental wellbeing, and what interventions make a positive difference

3.30pm - Engaging everyone

How can we create more diverse and inclusive programmes of support

Thursday 15 September

10am - The power of community in adult mental health

Why supporting adult mental health is important and how to create community spaces that encourage connections

1pm - Workplace wellbeing

Developing a good wellbeing offer to support your employees' mental health

2.30pm - Grant funding success

How can funding providers and recipients successfully work together to empower their communities

Friday 16 September

10am - The world is better with you in it

How can we collectively ensure that no one in Coventry and Warwickshire ever feels that suicide is their only option

Workshop sessions

Monday 3.30pm, Tuesday 5.30pm, Wednesday 4.30pm, Thursday 3.30pm

Reflection discussion

An opportunity to discuss and reflect on the learnings from the day's sessions

Tuesday 10am

Action for Happiness Champions Training

Interactive workshop on the 10 Keys to Happier Living framework (limited to 40 participants)

Monday Wednesday Thursday 12.15pm

Practical wellbeing activity

Participate in an activity to improve your personal wellbeing

Thursday 4pm - Live networking

Meet others working in wellbeing in your local area

Friday 12pm - Closing discussion

An opportunity to discuss takeaways from the week and plan for the future