

MEC Heath Fair

29th October

10.00am – 2.00pm

On Zoom



Programme

10.00am – Introduction

10.15am – Breakout sessions

1. Bereavement
2. Befriending / Volunteering and Mental Health
3. Mindfulness for young people
4. Dementia and BME communities
5. Emotional Wellbeing

10.45am – Feedback from above sessions

11.15am – Statement from Welsh Government

11.30am – Breakout sessions

1. Diabetes prevention – Know Your Risk
2. Welfare and Finance
3. Benefits of Mentoring during Covid-19
4. Women Connect First projects

12.00pm – Feedback from above sessions

12.30pm – Question and Answer session with health professionals

1.00pm – Breakout sessions

1. Yoga
2. Salsa
3. Healthy Eating

1.30 pm – Discussion – ‘How effective have public health messages been at reaching communities?’

1.50 pm – Feedback of the day

2.00 pm - Close