



**Keeping
WellNEL**

Confidential, Indisputable

**CARE
NHS**

SUMMER WELLBEING SUMMIT

A free wellbeing event for colleagues working in health and social care roles in NE London.

The Summer Wellbeing Summit falls within Good Care Month. Without self-care there is no good care, and so this month's Summit will focus on theoretical and practical guidance on self-care and the little things you can do to make a difference.



TIME AND DATE:



Tuesday
19/07/22



Time
10.00-14.00



REGISTER NOW!



AGENDA:



10:00 - 10:15
INTRODUCTIONS, ABOUT KWNEL



10:15 - 11:00
GOOD CARE ICEBREAKER



11:00 - 11:45
GOOD CARE STARTS WITH SELF CARE



11:45 - 12:00
STRETCH & RELAX ACTIVITY

LUNCH



12:45 - 13:30 -
THE LITTLE THINGS YOU CAN DO

GRATITUDE EXERCISE & CLOSING



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