



The Cambridge Wellness Festival



11am-6pm Tuesday 10th September
**The Green, Cambridge Biomedical
Campus**

Free entry
Everyone welcome

Brought to
you by



Cambridge
Biomedical Campus

#CamWellnessFest



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Main Arena Workshops

11.15am Resilience Workshop from Emma Warren, Workforce Health and Wellbeing Practitioner at Royal Papworth Hospital. What is Resilience? How do we build our Resilience?

12noon Cultivating Happiness: How to Build Optimal Well-Being with Briony Queded from NINE Lab. This workshop introduces the key components of enduring well-being and helps you to create a personalised roadmap for increased happiness.

1pm 'Finding your Playful Self' with Sarah Creevey, the Playful Coach. Are you in touch with your playful self? We tend to think of playfulness as something we grow out of as we get older, but there are huge benefits to our well-being in engaging playfully with life as adults

2pm No Booze Workshop from Zoe Godfrey at No Booze Network An informative session delving into the knowledge of what alcohol truly is, looking at what a grey area drinker is and the benefits of having a break from the booze. The rise of the no/low alcohol industry and how this offers the power of choice for today's socialising.

3pm 'Positive Journalling Workshop' with Jane Jennison - using the science of positive psychology to guide our reflections to boost wellbeing: Journalling is a great way to boost our mood, but it can be easy to fall into negative reflection or being self-critical. In this workshop, Jane will share some positive psychology-based tools and techniques to help you reflect positively as you journal.

4pm The 4 Breath Method - the tiny habit that changes everything Develop a sense of peace that we can always return to. An internal strength to help us understand that we are enough and that we can find a way through whatever we are faced with. With Tiny Pause's Sam Thorogood.

5 pm Pelvic Floor: Practical Breathwork and Postures with Claire Forrester, Osteopath For those having trouble with or wanting to prevent pelvic floor disorder such as incontinence, sexual dysfunction or prolapse. Strengthen your core, prepare your body for pregnancy, recover pelvic floor strength after giving birth, or decrease your waist size, improve posture and flatten your abdominals.

Massage Tent

Join our team of **masseurs** giving **free** head, neck and shoulder massages all day



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Talks Tent

11.15 am I Can (not) Avoid Stress - How About Burnout? Ivana Stulic, **positive psychology trainer, coach, consultant.** Ivana has flown in from Croatia to be with us at the CWF. In this talk, you will learn when healthy stress is okay, the difference between stress and burnout, and how to spot symptoms early on to prevent burnout. With positive habits, we can greatly influence how we deal with stress. From the perspective of managers and employers, it is good to understand what leads to burnout and how we can avoid it by our actions and encouraging a healthier work culture. The talk will be informative, practical and hopefully inspiring for all attendees.

12noon Premenstrual Disorder Dr Ola Abdellatif, **Ola Women's Health**

1pm Menopause: Everything you need to know! Dr Susanna Unsworth, **Cambridge Women's Health**, What is menopause/perimenopause. Timings of menopause transition. What symptoms to expect. Self-help strategies. Treatment options, HRT, and testosterone. Menopause in the workplace

2pm How to Come Home: The Profound Loving Power of Listening Henry Johnstone **TRIGGER WARNING:** addiction, mental health illness, self-worth, family, and relationships. He will explore how silence creates disconnection and suffering and how community and openness create the simplest most profound opportunities to bring us all home. In support of the Samaritans

3 m Nutrition for Better Health Dr Maria Chondronikola - **Principal Investigator and Lead for Human Nutrition, Institute of Metabolic Science at the University of Cambridge.** Maria reviews the role of nutrition in health and pathological conditions affecting a large number of people in the UK (obesity, diabetes, heart disease, cancer).

4pm Supporting Individuals to Overcome their Eating Difficulties Becks Burrell, **Ward Manager, Adult Eating Disorders, CPFT.** Supporting Individuals to overcome their eating difficulties.

5pm Positive Aging - Matt Freeman at Viva Positiva

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Chill Tent

11.15 am **Qi Gong** - the art of movement & meditation

12 noon **Pilates** - improve strength, flexibility and balance

12.45 pm **Sound-Bath** – using frequency and vibration from sacred instruments to help you to relax

1.30 pm **Yoga**

2.45pm **Qi Gong** - the art of movement & meditation

3.30pm **Pilates** - improve strength, flexibility and balance

4.15pm **Sound-Bath** - using frequency and vibration from sacred instruments to help you to relax

5.15 pm **Yoga**

Main Arena:

All Day Menopause Café

A safe and calming space to share your joys and anxieties with our volunteers and to enjoy a free cup of tea or coffee and eat CAKE!

Gazebo: Meditation

11:30 am Sound Bath Meditation

12:30 pm: Grounding Meditation

1:30 pm: Sound Bath Meditation

2:30 pm: Drum Journey Meditation

3.30 pm: Sound Bath Meditation

4.30 pm: Belief Coding Breathwork

5.15 pm: Arrow Break

Main Arena: Art Workshops

Drop in to our Creative Workshops for however long you like.

No previous experience required.

11am- 2 pm 'Calm and Creativity' with Rowan Charity

2 pm- 6 pm Art with Kimberley Iyemere

ALL DAY Make a badge with CUH Arts

Main Arena:

Yoga Nidra and CPR

11:15 & 12noon Yoga Nidra with Lilly

1pm – 6pm Drop in: Learn CPR and compete to restart the heart the fastest!

Plus: a special performance by our Sing! Campus Choir at 5.15 pm.

Times subject to change:

visit www.cambridge-biomedical.com/events for more information

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Exhibitors

ACED Cohort Study - The Alliance for Cancer Early Detection (ACED) Cohort is a group of volunteers willing to consider participating in early cancer detection research.

Autonomous Ideas Ltd - Card decks and guided journals based on the science of positive psychology.

Bike Works – Bicycle maintenance information.

Cacao Shack Van - Ceremonial Grade Cacao Drinks & Healthy Wraps.

Cam Cycle – Free bike marking from 12 noon til 3 pm.

Cambridge Fruit Company - Free fruit to keep you going!

Cambridgeshire & Peterborough NHS Foundation Trust (CPFT) - How Are You Cambridgeshire and Peterborough; CPFT's Head to Toe Charity and CPFT Voluntary Services.

Careerships - Partnering with individuals to help them achieve career fulfilment

Change Grow Live – Healthier habits around alcohol and drugs.

Dentistry & More (private dentistry and GP service)
- Dental services and procedures, GP services, women's health services.

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Exhibitors

Eating Disorders Cambridge and Peterborough NHS Foundation Trust (CPFT) Information on Eating Disorders and their treatment within CPFT. See also the talk in the **Talks Tent** at 4 pm.

Frank Lee Centre Promoting on-site leisure centre for CBC employees

Full of Beans - Mental Health Awareness Aiming to reduce eating disorder stigma and raise awareness.

Golden-Bliss Retreats Massage and retreats. Also running Qi Gong and sound baths in the side tent.

Goodbye Breasts! An inspiring artistic exploration of breast cancer and the paths to recovery.

Healthy You - free health checks and stop smoking advice.

Healthier You – Information on type-2 diabetes and for pre-diabetic people.

Hypnotherapy with Heather Fletcher Information about hypnotherapy.

Ice cream cart from Toni's Ices

Integrative Hypnotherapy with Henry Johnstone “Profound peace and limitless freedom”. Demystifying the fascinating world of the subconscious mind – and trying out out some light hypnosis journeys too.

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Exhibitors

LiveBrighterNOW The neuroscience of wellbeing: sleep, managing stress and creating lasting behaviour change.

Menopause Cambridge Women's Health – Everything you ever wanted to know about menopause – come and chat to Dr Susanna Unsworth. Also listen to her talk in the **Talks Tent** at 1 pm.

Menopause and Nutrition - Joyful Menopause Emma Tytherleigh, **Midlife Fitness Instructor** and Menopause Mentor and Amanda Ryder, **Midlife Nutritionist** and author will be on hand to answer your questions on how best to look after your well-being with movement, nutrition and managing stress in midlife and beyond.

Mindful Explorers Mindfulness sessions for children and parents in Cambridge and online.

MRC Metabolic Diseases Back with their sugar test and much more! Also in the **Talks Tent** at 3 pm talking on Nutrition for Better Health with Dr Maria Chondronikola.

NIHR Bioresource Volunteer Recruitment Stand.

Nutritionist – see Joyful Menopause.

Occupational Health for Royal Papworth and Addenbrooke's.

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Exhibitors

PAT (pets as therapy) Dogs – come and chat to volunteers and pet a dog!

Positive Journalling with Jane Jennison. Jane is also running a **Journalling Workshop** in the Main Arena at 3pm.

Prostate Information – Addenbrooke's Hospital.

Sing! Choirs Campus Choir – open to everyone, free of charge, weekly term-time choir on campus.

Smoking Cessation at the **Healthy You** stand - with the Tobacco Dependency Advisor from Addenbrooke's

Sober Curious with Zoe Godfrey. No Booze Network Sober coaching - becoming more mindful of alcohol consumption without necessarily committing to complete abstinence.

Urban Smoothie Bikes Outspoken Cycles - come and peddle a static push-bike to generate electricity to turn the blender for your free smoothie!

Viva Positiva - Positive Aging With an awareness of Mind-body connection, there is a proactive, practical framework we can adopt.

Well:o Dental Care Easy, enjoyable, expert dental hygiene treatments.

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Exhibitors: Charities

Addenbrooke's Charitable Trust Dedicated to making Addenbrooke's and Rosie hospitals better in every way.

Anna Kennedy Online (Autism Awareness) in collaboration with **DAWN**.

Cambridge Samaritans Sharing information about the Samaritans and what we do. Raising awareness of the free emotional support service available 24/7. Our vision is that fewer people die by suicide. Call 116 123.

Maggie's Cancer Care Charity A different kind of cancer care. Maggie's idea was that with the right support, "nobody would lose the joy living in the fear of dying when diagnosed with cancer".

Mind Cambridgeshire, Peterborough and South Lincolnshire Mind (CPSL Mind) is a values-based mental health charity. **Poppy Study:** the study of cardiometabolic health in pregnancy

Rowan Charity An arts centre for adults with learning disabilities.

Royal Papworth Charity Playing a vital role in ensuring that Royal Papworth Hospital can offer superior facilities, exceptional patient care..

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