



MEC Heath Fair 'Live Well'

20th October 2021

10.00am – 2.00pm

On Zoom

Programme

10.00am – Introduction (Sujatha Thaladi, Chair, MEC Steering Group)

10.15am – Breakout sessions 1: Select 1:

1. Self Care (Beatriz Seisededos, CCAWS)

Self-care can be described as the practice of taking action to preserve or improve one's own health and wellbeing. It's about making a commitment to putting yourself first, and taking care of yourself.

In this workshop we will discuss and explore aspects of self-care and provide an insight into various self-care strategies you can adopt to enhance your health, wellbeing and happiness.

Community Care & Wellbeing Service is a community-led counselling service. Our workshop will be delivered by a qualified counsellor/therapist.

2. Eating well on a budget (Ceris Devereux, Public Health Dietician)

Public Health Dietitian Ceris Devereux will explain what eating a healthy diet means and how to work towards this when on a budget. We will explore national and local programmes which support both families and individuals to achieve a healthy diet and tips on how to make money go further. There will also be an overview of the programmes being carried out by the Public Health Dietitians in Cardiff and Vale NHS.

3. Sport and activities for maintaining well-being (Rajma Begum and Dr Sally Rees, WCVA)

This session will explore the benefits of exercise for physical and mental wellbeing as well as providing information about local initiatives and activities.

The session will also look at Social Prescribing in Wales: what is happening nationally, regionally and locally and how it can help you to maintain good health.

10.45am – Feedback from above sessions

11.00am – **Minister for Social Justice, Jane Hutt MS**

11.30am – Breakout sessions 2: Select 1:

1. The True and False of Food and Health (Tabassum Kabeer, Freelance Dietician)

Learn to eat wisely and how to make healthy food decisions.

2. Healthy guts (Nishtha Patel, The Gut Expert)

Nishtha will be talking about the importance of gut health and mindfulness. Did you know that the way you eat your food can be just as important as what you eat. Do you eat in a hurry? Do you eat at a desk or in front of the TV or laptop?

If you answered yes, chances are you are forming habits that could be hindering your digestion.

Let's talk about all things gut. I will teach you about the importance of gut health, how to look after your gut and the best foods for optimal digestion.

Come join me Nishtha Patel - The gut expert as I talk you through all things gut!

3. Mindfulness (Zahrah Bashir, Diverse Cymru)

Mindfulness meditation involves sitting silently and paying attention to thoughts, sounds, the sensations of breathing or parts of the body, bringing your attention back whenever the mind starts to wander. In our session we will cover incorporating mindfulness in to our daily lives looking at mindful eating, mindfulness meditation at our desks and incorporating mindfulness at the beginning and end of the day.

12.00pm – Feedback from above sessions

12.15pm – Question and Answer session with health professionals

Panel to comprise

- **Rhian Kyte, Programme Lead Nurse (General screening)**
- **Dr Seema-Arif, Consultant Oncologist, Velindre Cancer Centre**
- **Anne McGowan, Nurse Consultant, Vaccine Preventable Disease Programme, Public Health Wales**
- **Dr Edward Somoye,**
- **Dr Rajiv Madula, Consultant Respiratory Physician, King's College London**
- **Sarah Schumm, Optometrist**
- **Dr Amir Ghanghro, GP**

1.45 pm – Feedback of the day

2.00 pm - Close