Virtual Seminar Agenda

Title: **Exemplary Employee Experience**
Promoting a workplace culture of physical and emotional wellness

"It is important now more than ever we look after everyone working in our industry"

Date: **Wednesday 17th March 2021 – 2.00 pm to 4.00 pm**

Register: **For FREE via Zoom: http://bit.ly/NACCMar21**

14.00	**Welcome and seminar run-through**
14.05	**Update from the NACC**: Sue Cawthray, National Chair
14.10	**Opening Address:** Baroness Barker **'Food for thought when you're not full of beans'** Baroness Barker (NACC Patron) has worked on a wide range of legislation relating to health and social care and is a longstanding member of the All-Party Parliamentary Group on Older People.
14.20	**"Nutrition and Anxiety – the link between food and mental well-being"** Dave Smithson, Services Manager - Anxiety UK
14.30	**Food for Thought - Nutrition and Mood** Haleh Moravej, Senior Lecturer in Nutritional Sciences, Manchester Metropolitan University, Department of Health Professions, Faculty of Health, Psychology and Social Care
14.50	**Supporting Current and Former Care Workers** The Care Workers Charity
15.00	**BHSF Connect App', Health and Wellbeing services at your fingertips!** Paul Nugent, Regional Development Manager, BHSF
15.15	**Improving the Mental Health of the Nation** Ama Afrifa-Tchie, Head of People, Wellbeing & Equity, Mental Health First Aid (MHFA) England
15.30	**Has your Team got a Wobble Room?** Yvonne Manson, Care and Clinical Services Director – Abbotsford Care
15.40	**Relax, Rejuvenate and Re-hydrate with a Cuppa, courtesy of Tetley** **The Journey of Tea from Crop to Cup** Tim Russell, Senior Business Manager, Tetley
15.55	**Q & A Session**
16.00	**Closing remarks and dates for your diary**

Kindly sponsored by:

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