

## Wellbeing Roadshow V

Please email [support4u@edinburgh.gov.uk](mailto:support4u@edinburgh.gov.uk) to join any of the workshops below.

If you request to join from a personal email address, please include your full name and employee ID number.

### Monday 31 May



**12.30-13.30 Good food, good mood with Dr Gregorio Torchia from [Nutripanda](#).** The medicinal benefits of food and your gut functionality can help fight depression, mood disorders and anxiety. Boost your happiness by joining our talk.

Dr Gregorio is the senior Clinical Nutrition Consultant and scientific director at the Edinburgh office. He is a world leading expert in Bio-Nutritional therapy and nutrition consultancies. Dedicated to his science studies, Gregorio first studied at “La Sapienza” University of Rome, where he excelled in his Master of Science and achieved his specialty in Physiopathology. More recently he studied at the University of Aberdeen where he obtained his second Master in Clinical Nutrition. After receiving his PhD from “La Sapienza”, he chose to focus on alternative and complementary Medicine, specifically relating to the area of food as a provider of medicinal benefits. Gregorio’s expertise grew through studying Nutritional Medicine at the University of Surrey and Clinical Nutrition at the University of Aberdeen. Gregorio’s attention to detail and his interest in nutrition led to him being involved in different ground-breaking studies, attending conferences, lectures and workshops all over the globe.



**16.00-17.30 Be well to work well – by focusing on your wellbeing with Don Naismith, HR Consultant.** Your achievement looking after your customers during these exceptional times has been outstanding. But how well have you attended your personal wellbeing?

Many of us know the importance of “putting our own oxygen mask on first” but putting this into practice - prioritising their own wellbeing - isn’t proving easy for many colleagues. In this 90-minute session you’ll:

- have the chance to reflect on your own wellbeing with others
- explore barriers and solutions to keeping well
- explore how focussing on your energies will help you work better and allow

you to focus more on your wellbeing – and thereby provide the services you care so much about

- outline the wellbeing resources available to us

### Tuesday 1 June



**12.30-13.30 Restorative Writing with Fi Bailey at Write To Be Known <https://www.writetobeknown.com>.**

Fi is an artist, writer, coach and facilitator of workshops that are as creative as they are therapeutic.

Fi Bailey set up Write To Be Known (WTBK) after working for twenty years in supportive roles (nursing, counselling) alongside people dealing with a range of difficult life situations. WBTK brings together Fi’s art/writing practice and her clinical background; allowing her to offer one-to-one coaching, employee wellbeing sessions & reflective practice, and both group and individual writing sessions to help with “burnout”, stress, and healing “creativity scars”.

Here, Fi invites you to try out a series of gentle writing prompts, to feed your imagination and offer a way in to expressive writing/journaling. The session is designed to be cathartic, meditative and restorative for all, with no pressure to share. You don't need to prepare anything beforehand, just bring something to write on. Any questions before the session are very welcome to get in touch by [writetobeknown@gmail.com](mailto:writetobeknown@gmail.com) or find out [more about me and what I do](#).



**16.30 - 17.30 Preventing and managing stress with Nina Kwiatkowski, HR Consultant.**

When we become stressed, we're not at our best. But how can we reduce stress and stop it from taking over our lives? This practical session will help you to explore your own personal experiences of stress and learn how to manage the daily demands and pressure in your life.

Nina Kwiatkowski is an HR Consultant within the Council and a published fiction author outside of work. She writes under the pen name Nina Kaye and her next two novels are due out in September this year and March 2022. Nina is an accredited EQi 2.0 (Emotional Intelligence) and Prosci Change Management practitioner, as well as the Chair of the Council's SPARC network for colleagues with disabilities and long-term health conditions. She is passionate about all things people-related – particularly behavioural change and self-improvement, culture change, and equality and inclusivity. Nina is also a strong advocate for using emotional intelligence to support personal wellbeing and success, having proactively used its principles to help her manage a challenging chronic illness and overcome the many obstacles to becoming a published author.



**18.00-19.00 In Conversation with the writer Graeme Macrae Burnet.**

Join Scottish writer Graeme Macrae Burnet for a discussion and Q&A on his writing and his shortlisted for the Man Booker prize novel '*His Bloody Project*'.

Graeme was born in Kilmarnock and now lives in Glasgow. He is the author of four novels, *The Disappearance of Adèle Bedeau*, *His Bloody Project*, *The Accident on the A35* and *Case Study*, which will be published in autumn 2021. *His Bloody Project* was shortlisted for the 2016 Man Booker prize, the LA Times Mystery Book of the Year and the European Crime Fiction prize and won the Satire Prize for Fiction and the Vrij Nederland Thriller of the Year. It has been variously described as "astonishing", "fiendishly readable" and "spellbinding" and has been published in twenty-one languages. Graeme was named Author of the Year in the 2017 Sunday Herald Culture Awards and has appeared at festivals and events in Australia, New Zealand, the US, Russia, Estonia, Macau, India, Germany, Korea and France, as well as all over the UK.

Twitter: @GMacraeburnet

Websites: [www.casestudygmb.com](http://www.casestudygmb.com)  
[www.graememacraeburnet.com](http://www.graememacraeburnet.com)

**Wednesday 2 June**



**12.30-13.15 Working From Home with Harriet Minter.** Join author, journalist and Careers Coach [Harriet Minter](#) for a Q&A as she discusses her book WFH, getting your work and life on track in a flexible workplace, and building a career you love when you're not in the office.

Harriet Minter is a journalist and broadcaster, specialising in female leadership and working from home. Harriet founded the *Guardian's*

Women in Leadership section - the first editorial section in a national newspaper to focus on women's working lives. She is also a columnist for *Psychologies* magazine and hosts her own radio show, The Badass Women's Hour on TalkRadio. She's written for publications including *The Times*, *The Telegraph* and *Red* magazine. As well as her journalism, she is also a fully qualified coach and facilitator and trains companies in how to make their workplaces work for their staff. She's run programmes on female leadership and how to lead a team from your home for everyone from multinationals to start-ups. She is a regular speaker on women's rights, remote working, and the future of leadership.



<https://twitter.com/HarrietMinter>  
<https://www.instagram.com/harrietminter/>  
<https://www.linkedin.com/in/harriet-minter-journalist/>



**16.00-16.45 Mindful Museums with Diana Morton.** Join Museums & Galleries Edinburgh to mindfully explore artworks from the City Art Centre collections and complete a simple calming art activity. No experience is required, and you do not need any special materials, just bring pencils or pens and paper. <https://www.edinburghmuseums.org.uk/>

Diana is Outreach & Access Manager with Museums & Galleries Edinburgh since 2010. She's run a lot of the museums community engagement programmes and she is interested in museums and wellbeing.



**18.00-19.00 Cyclist Josh Quigley – Journey to Happiness**

Join Josh for a Q&A and hear his story and journey to happiness, how cycling helped turn his life around to becoming a full-time professional athlete and record-breaking cyclist.

Josh's story is truly remarkable. He is currently on a mission to win the Tour De France and become the first ever Scottish winner in 2026. Only taking up cycling in his mid-20's, Josh has cycled just under 50,000 miles through 30 countries on 4 continents and set the record for the fastest ever time to cycle the North Coast 500. However, he has faced adversity, obstacles and failures along the way including almost losing his life when he was hit by a car at 70mph whilst cycling across Texas. After the break-up of a long-term relationship led to a battle with depression and a failed suicide attempt.

Josh went along to a talk by Sir Chris Hoy and it completely changed his life. Cycling around the world for Josh was a journey to happiness that very quickly evolved into a journey to champion. He didn't start cycling to set records, win races or become a champion but he discovered a love for cycling and now believes this is what he was born to do.

**Website-** <https://www.joshquigley92.com/>

**LinkedIn-** <http://www.linkedin.com/in/joshquigley92>

**Facebook -** <https://www.facebook.com/JoshQuigley2026>

**Twitter -** <https://twitter.com/JoshQuigley2026>

**Instagram -** <https://www.instagram.com/joshquigley2026/>

### **Thursday 3 June**



**13.00-13.45 From self-sabotage to self-mastery through mental fitness with Dr Sarah Taylor, HR Consultant.** Based on the cutting-edge work of Stanford Lecturer and bestselling author Shirzad Chamine, Sarah will share practical methods for how to grow your mental muscles and overcome inner saboteurs so you can handle challenges with more ease, flow and wisdom.

Sarah Taylor is a HR consultant within the Council and also runs her own business. She is an Executive Coach, certified HeartMath coach and Positive Intelligence Coach and has a PhD in health and wellbeing. She brings a holistic approach to help people develop new mindsets and habits, overcome self-sabotage, build personal resilience and boost their energy levels.



**16.00-17.00 Everyone's a leader! With Don Naismith, HR Consultant.** You don't have to manage people to be a leader, we lead on aspects of our work every day – and on our personal wellbeing. We want to encourage everyone to develop every aspect of their leadership, so we've developed 'leadership in a box' - a framework and bank of resources available 24/7, along with development events, networks and learning sets. This session explores these flexible options, our wellbeing offer and how you can use these to become the best leader you can be.

Don Naismith has specialised in learning and change roles in Housing, Place and Human Resources. He has a particular interest in leadership, change, wellbeing, staff engagement and manages our internal Coaching Bank and Leadership Ambassador Network. Contact him [here](#).



**18.00-19.00 Mental Health & Sport with Fraser Brown.** Join Glasgow Warriors and Scotland rugby union player Fraser Brown for a discussion and Q&A about his story, mental health in sport and how rugby helped him overcome depression.

Fraser was born in Edinburgh and a former pupil at Merchiston Castle School. He made his Scotland debut on Scotland's 2013 summer tour to South Africa and played for Glasgow Warriors in their PRO12 title winning year and internationally in Scotland's 31-man squad for the Rugby World Cup 2015, where he featured in all five games. He won four caps during the 2019 Rugby World Cup, twice at hooker and twice on the flank and in Six Nations in 2020 he went on to earn his 50th cap for his country - the fourth player in history to do so at hooker. He made his debut for Glasgow Warriors

against Zebre in February 2013 and has since become a regular first team member. Fraser is an advocate for promoting mental health through sport.

### **Friday 4 June**



#### **12.30-13.30 Let's Talk Menopause with Ruth Devlin**

Ruth Devlin founded Let's Talk Menopause to raise awareness and provide accurate information on the menopause. She is passionate about providing accessible, evidence-based information and support for women, employers and health care professionals (HCP) which, helps women to make more informed decisions about how to manage their menopause, helps employers to support their workforce through this period of their lives and helps HCPs to provide adequate care and

treatment.

She does this through giving talks within the public and the private sectors, writes a blog, see website link below and has published a book Men...Let's Talk Menopause.

Topics covered in talk:

- Signs and symptoms of the menopause: physical, psychological & genitourinary
- Diagnosis of menopause
- How to cope with symptoms: Natural, hormonal, alternative remedies and options
- Menopause within the workplace
- Helpful signposting

[www.letstalkmenopause.co.uk](http://www.letstalkmenopause.co.uk)

[ruth@letstalkmenopause.co.uk](mailto:ruth@letstalkmenopause.co.uk)

@menopause\_talk



#### **14.00-15.00 Losing weight is easy. Right? With Jonathan Hayes from NHS**

**Lothian.** For some it's that time of year when people start thinking about weight loss for the summer to look and feel good. No doubt there will be many posts on social media ready to assist you in your endeavours. Come join the NHS Lothian Weight Management Service to explore the concept of weight loss. We'll start off with energy in and energy out and why it is and isn't maybe that simple.

A bit about me...Hi, my name is Jonathan Hayes. I have been qualified and working as an NHS Registered Dietitian for the past 8 years. After a couple of years working within the community across many areas of Dietetics, I knew it was Weight Management where my passion lies, and I have been doing this for almost 6 years. I came into Dietetics as a mature student having previously worked as a Chef, which has fit well with my current occupation and love of food.

**Saturday 5 June**



**10.00-10.45 Full Body Workout with [Steven Gordon Fitness](#)**

Many of us have been struggling with the lockdown blues over the past year and spending a lot more time at home can be really tough on our mental and physical health. Steven Gordon Fitness is here to motivate you with a 45-minute Full Body Workout guaranteed to leave you feeling positive and energised!

All you need to attend this class is yourself and a bottle of water. You may also want to use a mat if you have one and a sweat towel.

This class is high energy but is suitable for all fitness levels and abilities as there are low impact options for each exercise.



**12.15 and 13.00 – Two 30min Pilates Reformer classes with Elaine Turner from [The Pilates Hub](#).** Experience what happens when you add springs and resistance to your Pilates workout using the Reformer. These taster classes are being hosted by [The Pilates Hub](#) at their unique Pilates Gym in the heart of Leith. No previous Pilates experience is required, and this class is suitable for anyone providing you are injury free and not currently pregnant. There are limited spaces in a first come first served basis, please state your preferred time. Before attending class please take a moment to read The Pilates Hub [Covid Guidelines](#).

Spaces are limited so please be sure to cancel your spot if you can no longer make it by emailing [team@thepilateshub.co.uk](mailto:team@thepilateshub.co.uk).

You will also receive a confirmation email directly from [team@thepilateshub.co.uk](mailto:team@thepilateshub.co.uk), please check your spam/junk folder if you have not received this within 48 hours.

Your teacher for this class is Elaine Turner who switched careers to full time Pilates teacher having previously worked at City of Edinburgh council.

Elaine made the move from Pilates client to teacher in 2016 whilst living in Hertfordshire. She originally studied with the renowned Holly Murray at Pi Studios in London. Her passion for the 'classical' Pilates method brought her to The Pilates Hub in 2016 when she moved home to Edinburgh and was looking for a studio that would work her hard. Elaine is inspired to help others to feel the change in their bodies and minds that she has personally experienced through the Method. In 2020, she completed her Advanced Certificate with The Pilates Center of Boulder, Colorado, USA. As well as Pilates, Elaine is an experienced coach and holds an Executive Coaching & Mentoring Qualification with Institute of Leadership & Management. Elaine promises to work you hard in class, to make you sweat and have some laughs too.

## Monday 7 June



**12.30-13.30 Nurturing your Inner Critic with Karen Lothian, HR Consultant.** We all have one. An inner voice that expresses criticism, frustration or disapproval about our actions, which can have a negative effect on our wellbeing. In this session, you'll have the opportunity to recognise and let go of your inner critic to make a step to looking after your mental health.

Karen is a CIPD qualified HR professional with over 20 years' experience within HR in both small and large sized companies across different industries. She is also a coach, a trainer and facilitator.



**16.00–16.30 Relaxation and Meditation by Ann and Kaja from [www.annstevenson.org](http://www.annstevenson.org).** There is something wonderful about discovering tools and techniques to Calm the Mind, Open the Heart and Feel Strong in the Body. Join us for this simple and effective session that you can start to use immediately to help you feel more relaxed.



### **Ann Stevenson**

During my coaching training 20 years ago, I realised I had finally got to the essence of what I had been searching for throughout my HR career - "understanding the real people change process." Since then, I have studied and integrated many principles and learnings from ancient wisdom to our modern-day philosophies to support myself and my clients.

The starting point of all my work is helping others to find a way to have a Calm Mind, Open Heart, Strong Body. This programme opens the door to understanding the use of the untapped internal resources we have within us.

### **Kaja Magnussen**

Towards the end of my career in Sales and Marketing I completed a certification in coaching in 2003. Since then, I have embarked on a journey of self-discovery and growth and this has given me many opportunities to work with people globally.

The essence of my coaching is to teach people how to self-regulate and recover to find new solutions

The programme Calm Mind - Open Heart - Strong Body is based on experiential learning to find the "small" steps to open new doors to new insights and learnings.

**Tuesday 8 June**



**12.30-13.15 Neurodiversity and wellbeing by [Rosie Arthey](#).** What is neurodiversity, how can it affect your wellbeing and how can you support it in the workplace? This session is for you if you are Neurodivergent, or if you support any Neurodivergent colleague. We will explore what it means to be Neurodivergent and learn how Executive Functions are an essential piece of the puzzle in discovering how to best support yourself or your colleagues.

Rosie Arthey is a qualified coach, specialising in ADHD coaching. She has over 20 years' experience of working in people-focused businesses. Rosie established her coaching practice in 2019. She is also an Associate Coach for Genius Within (link to <https://www.geniuswithin.co.uk>), a volunteer Career Mentor for Edinburgh University and Dyslexia Scotland and a trained Mental Health First Aider. Rosie also has ADHD & Dyslexia.

This session is focused on gaining an understanding of what Neurodiversity is, how it can affect your wellbeing and how you can support it in the workplace, for yourself or for your staff. We will explore what it means to be Neurodivergent and learn how Executive Functions are an essential piece of the puzzle in discovering how to best support yourself or your staff. Before the session, please complete the attached questionnaire which will help you discover your own Executive Function strengths and weaknesses and bring your results with you to the session. This will be an interactive session and I will be available to answer questions at the end of the session.

If you would like to connect with me after the session, you can book a free call via my website [www.rosieartheycoaching.com](http://www.rosieartheycoaching.com), email me at [hello@rosieartheycoaching.com](mailto:hello@rosieartheycoaching.com) or connect via LinkedIn [www.linkedin.com/in/rosie-arthey](http://www.linkedin.com/in/rosie-arthey)



**16.30-17.15 Vocal Health, Vocal Wealth! - with [Carolyn Andrews](#) - Speech and Language Therapist & [Jenny Kinnear](#) - Support for Learning Teacher.** Voices are tools of our trade, the way we connect with others and a major part of our unique identity. Join us for a guide to vocal well-being and learn how to make the most of this amazing instrument in your work and life.

Jenny loves bringing out confidence in others and facilitating positive environments. She has taught children and adults across London, Egypt, Spain and Edinburgh for 12 years. A voice geek, she's inspired by languages, accents and our ability to learn. Jenny leads creative expeditions, writes and performs. She encourages everyone to enjoy their voice, (especially if they think they sing badly!).



Carolyn first got curious about the voice listening to Top of the Pops as a youngster in the 1980s! She has made some weird and wonderful noises during her 20 years' practice as a speech and language therapist but thinks the art-science combination in voicework is fascinating. She's seen the transformative benefit of some easy voice care tips and believes everyone can have a healthy, effective speaking voice.





**18:00 – 19:00 Looking Both Ways with Photographer Colin Prior**

*Looking both Ways* explores how photography can be a source of self-expression and through which you can develop a closer relationship with the natural world. With the quality of smart phones, access to photography has never been easier and the presentation will look at how inspiration needn't be that far from home and doesn't need to cost you the earth. Even if you have a passing interest in photography, *Looking both Ways* will offer new insights into a familiar world.

In a career spanning thirty-eight years, Colin Prior photographs capture sublime moments of light and land, which are the result of meticulous planning and preparation and often take years to achieve. Colin is a photographer who seeks out patterns in the landscape and the hidden links between reality and the imagination. He has produced nine books that include, *The World's Wild Places* and *Living Tribes*, which were published internationally and has just completed a seven-year project in Pakistan's Karakoram Mountains. His most recent project, *Fragile* explores the links between birds, eggs and their habitats published in September 2020. Colin has been the subject of three BBC documentaries entitled *Mountain Man* and is Patrons Ambassador for the RSPB.

**AWARDS**

National Adventure Awards, Winner Business Category, 2015  
Scottish Award for Excellence in Mountain Culture, 2020.

[www.colinprior.co.uk](http://www.colinprior.co.uk)

Facebook: [www.facebook.com/colinpriorphotographer](https://www.facebook.com/colinpriorphotographer)

Twitter: #colinprior Instagram: <http://instagram.com/colinprior>

**Wednesday 9 June**



**12:30 – 13:30 Taking the Plunge: The Healing Power of Wild Swimming for Mind, Body & Soul with Authors Anna Deacon & Vicky Allan.**

Wondering why everyone is going wild for wild swimming, or looking for tips to help you start? Or even already got the bug? Find out about its benefits and how to do it with Anna Deacon and Vicky Allan, authors of *Taking The Plunge* and popular Instagram account @wildswimmingstories

Anna and Vicky are friends who met through wild swimming, then decided to go on an adventure in the UK's open waters, meeting and dipping with members of the swim community. What struck them most were the incredible stories that people would tell of why they were in the water - and how swimming had transformed their lives.

This led to their best-selling book *Taking The Plunge: The Healing Power Of Wild Swimming For Mind Body And Soul*, which features many stories from Edinburgh swimmers whose lives were changed by getting in the water. Since then lockdown has happened and many others have joined them in the Firth of Forth, and they have started on two new books, guides to how and where to dip, titled *The Art Of Wild Swimming*.

Ever fancied a dip? Or already got the bug? Then this dive into all things wild swimming is for you.

Book: <https://www.waterstones.com/book/taking-the-plunge/anna-deacon/vicky-allan/9781785302688>

Instagram: @wildswimmingstories



**16.00-16.45 Home Energy Scotland: Saving Money on Your Energy Bills and Introducing Active Travel**

Home Energy Scotland is the free, impartial energy advice service, funded by the Scottish Government. If you're looking for advice and funding to help you make your home warmer, cheaper to run and more energy efficient, give them a call free on 0808 808 2282 or check out the website [www.homeenergyscotland.org](http://www.homeenergyscotland.org).

We will talk you through how to make simple changes to reduce energy bills in your home as well as introducing some changes in your travel patterns. As the weather changes we'll talk you through some of these simple changes and the funding available for E-bikes and Electric Vehicles and a chance to enter our competition to win £500 towards your energy bills.



**18.00-18.40 HeartMath by Ian Robertson, HR Consultant and HeartMath® Certified Coach.** [HeartMath](http://HeartMath) is a meditative system of simple, heart-focused breathing techniques which are very easy to learn and will be shared with you on this session. These are particularly designed to be used "in the moment", whatever the situation is, meaning that you can bring coherence to your professional, social and personal lives.

With over 25 years of working in the field of personal development, Ian is passionate about helping people grow, gain insights and develop greater awareness to become better versions of themselves. His background is in Coaching, Coaching Supervision, Counselling, HeartMath, Clinical Hypnotherapy, Mindfulness, NLP, Restorative Practice, Participatory Approaches, Positive Intelligence and Transactional Analysis.

**Thursday 10 June**



**12.00-12.30 Laughter session with Heather Moss, L&D Practitioner.**

Laughter is a great way to release stress and tension and it promotes feelings of well-being and positive thinking. Engaging in regular laughter sessions can boost our immune systems, positively influence our mental and physical health as well as improve our performance and creativity. In sessions laughter is instigated through exercise, movement and engaging our child-like playfulness. When we don't feel like laughing it's often the best time to try and even if all we can do is smile, there are health benefits to gain. No skills, knowledge or abilities are required just an openness and willingness to have a go at laughing with others.

Laughter Yoga is a global, not-for-profit movement promoting health, joy and peace, if you are interested in finding out more here's the link <https://laughteryoga.org/>.

I'm Heather Moss, Learning and Development Practitioner with the City of Edinburgh Council and I've been with the Council for 32 years. I really care about wellbeing, my own and that of others around me. I've engaged with lots of self-help activities and Laughter Yoga is by far the most profoundly impactful for me. I started going to a Laughter Yoga group in 2017 because I was so stressed with work and a friend dragged me along. It sounded crazy but I had nothing to lose and within seconds of joining the group I really got the point of it. I was so amazed by the multiple health benefits I gained from laughing in a group that I trained as a Laughter Yoga Leader in 2018 so I could spread the joy. I've been leading laughter sessions since then with colleagues in Waverley Court and the opportunity to use virtual sessions means colleagues from other services can laugh with us too. I'm so looking forward to laughing with you!



**16.00-16.30 Two Steps to Happiness with Jasmine Lasslett from [ToHealth](#) (part of PAM Group).** In this workshop you will learn two simple exercises which can help you develop positive mental wellbeing and increased sense of happiness.

Jasmine Lasslett is a Health and Wellness expert for ToHealth. She has a huge passion for wellbeing and sharing her knowledge on creating happier, healthier habits. Jasmine has a degree in Sport and Exercise Science and is a qualified personal trainer.



**16.30 – 17.30 The Power of Plants with The Secret Herb Garden.**

Discover the true magic of nature in this Q&A with renowned Herbologist and owner of *The Secret Herb Garden*, Hamish Martin. *The Secret Herb Garden* grows over 600 different varieties of herbs and botanicals, all grown without the use of any chemicals. It is with these botanicals that Hamish creates his selection of 100% natural herbal teas, tinctures and even floral gins.

In 2012, co-founder Hamish Martin and his wife Liberty bought a derelict 7.5-acre plot of land on the outskirts of Edinburgh, it was there they laid the roots of *The Secret Herb Garden*. The couple's dream was to create a green space that allowed people to wander freely and enjoy the subtle magic that nature offers. *The Secret Herb Garden* has over 600 naturally grown and tended varieties of herbs.

As a Herbologist, Hamish spent his time experimenting with the botanicals he so carefully and lovingly nurtured. It was from this exploration into the botanicals that he discovered something that you can't experience by reading books; the true magic of nature.

Website: <https://www.secretherbgarden.co.uk/>

Facebook - /secretherbgarden

Instagram - /secretherbgarden

Twitter - /secretherbgarde



**18.00-19.00 What is normal sleep, what goes wrong and how to get it back on track with Donna Fairley RN PGCert CBT from [Sleep Consultancy Ltd](#).** Poor sleep can result in low mood, poor concentration, memory impairment, lack of energy, increased appetite, and relationship disharmony. worsen, underlying medical and mental health problems. Many sleep problems also have a significant psychological dimension.

Donna Fairley is a Registered General Nurse with over 35 years of experience working in mental health, general nursing and community healthcare settings. Donna has been working in Sleep Medicine for 16 years and has been involved in various research studies, which included treating and supporting patients with learning disabilities and continues to teach on both local and international Sleep Courses. Donna offers sleep education to individuals, community schools, colleges and businesses. Donna is certified in Cognitive Behavioural Therapy training for Insomnia, and is a member of British Sleep Society, Society of Behavioural Sleep Medicine and the Royal College of Nursing.

**Friday 11 June**



**12.30-13.00 Introduction to mindfulness with Jasmine Lasslett from [ToHealth](#) (part of PAM Group).** A practical workshop exploring application of mindfulness into your lifestyles and how applying mindfulness techniques can be simple, effective and done anywhere at any time. This workshop will include the practice of 2-3 mindfulness techniques.

**PAM Assist**

You can contact PAM Assist anytime, 24/7. For more information and support call 0800 882 4102 or visit their website. To log in, you'll need our username: CEC and password: CEC1.

The Council offers both an Employee Assistance Programme (EAP) and an Occupational Health service.

**PAM Assist**

is a 24/7 confidential EAP service that you can reach out to if you need support. It also provides self-help resources that you can use to help you stay well or when there's a problem.

**PAM Occupational Health**

- management occupational health referrals - e.g. if you and your manager agree you need an assessment to help you in your role
- wellbeing referrals - e.g. for specialist workstation assessments, physiotherapy
- health surveillance - e.g. health checks for employees who are exposed to specific working conditions as part of their job such as noise or vibration.



**14.00-15.00 Rest well, work well, feel well with Claire Young, English Teacher.** Together, we'll explore what makes rest really work to recharge us, giving us the energy, the creativity, and the clarity we need to work well and feel well. This workshop will share some of the insights and experiences from rest researchers. We'll then reflect on and connect with what might be most restorative and revitalising for ourselves, leaving with practices to explore over the coming days, weeks and month.

I'm passionate about teaching as relational work and I'm passionate about doing what we can to build community, curiosity, and support for what helps us to be well as we work and learn together. I've taught for over ten years and this has fuelled my own exploration of what works for my wellbeing (a journey which has included mindfulness, running, mindful self-compassion, reflective journaling, coaching, learning about trauma informed practice and a few other stops along the way). I've facilitated staff wellbeing work in my own school community over the past three years, including peer support groups and input for whole staff collegiate time. I also lead our staff wellbeing working party and work to embed practices to support student wellbeing in my classroom practice. I am trained to teach mindfulness to young people through the Mindfulness in Schools Project .b programme. As an Action for Happiness volunteer, I've facilitated their Exploring What Matters course in my local community and through the Creative Bravery and Firestarter festivals I've also co-led monthly experiential workshops on the inner work of creative bravery. I love opportunities to be together in brave, enquiring spaces where we can build the practices we need to live with purpose, connection and joy.

## **Saturday 12 June**



**11.00 – 12.30 Adventure Yoga with Jemima Jones.** The incredible benefits of doing yoga are multiplied even further by adding a natural environment, fresh air, natural sounds and physical contact with the landscape. Moving mindfully to fully absorb each moment in the wild accesses a deep level of therapeutic benefit for body and mind. Join us to experience yoga in a completely new way and refresh your mind and body.

Wild Yoga is simply a physical yoga practice in nature; no mat needed, we will use the grass, slopes, hills, rocks and trees around us as support. The focus moves from what the yoga poses look like to how they feel in our bodies and how we feel inside. We breathe in fresh air, move, stretch and balance in a group with plenty of space around us.

Open to all, no mat or yoga experience needed but we may be walking up hill a little! Please wear running or walking shoes and bring a coat/jacket, hat and gloves in case you feel cold.

[www.adventureyogaedinburgh.org](http://www.adventureyogaedinburgh.org)

[www.facebook.com/strengthconnectionfreedomadventure](https://www.facebook.com/strengthconnectionfreedomadventure)

[www.instagram.com/adventureyogaedinburgh](https://www.instagram.com/adventureyogaedinburgh)

This is a face to face session and has limited spaces available on a first come first served basis.