

Wellbeing Live Timetable 17th – 21st May 2021



	MORNING		AFTERNOON				EVENING
Monday 17th May							6.30 – 7.30pm Panel Session The Unwelcome Visitor: living with long-term depression Katie Thistleton talks to Denise Welch
Tuesday 18th May		10.00 – 11.00am Webinar Dealing with grief and loss - the impact of the pandemic Hosted by Alison Surtees	12.00 – 12:45pm Panel Session Managing your mental health and wellbeing as a freelancer Naomi Timperley talks to HOST's FreelanceHER 100 graduates	1.00 – 1.45pm Webinar Cook-a-long with Gather & Gather – be inspired to create a fresh seasonal dish Hosted by Gather & Gather	2.00 – 2:45pm Webinar Eat well for you and the planet too Hosted by Food Steps	3.00 – 4.00pm Webinar Mindful drinking Hosted by Dru Jaeger, Club Soda	00.00 – 00.00pm Panel Session TBA Follow @mediacityuk #wellbeinglive for an announcement soon
Wednesday 19th May		10.00 – 11.00am Webinar Are you OK? Conversations with Colleagues Hosted by Karen Peek, BBC's Mental Health team	12.00 – 12:45pm Panel Session The mental health challenges of being a digital entrepreneur Hosted by a panel of digital entrepreneurs	1.00 – 2.00pm Panel Session You are what you wear (after lockdown) Hosted by BBC's 'You Are What You Wear' Stylists, Kat Farmer, Darren Kennedy, Joey Bevan and Nan	2.00 – 2:45pm Webinar The Every Body Health Talk... for Everybody! Hosted by Dr Naveen Puri, BUPA	3.00 – 4.00pm Webinar Managing Anxiety Hosted by Karen Peek, BBC's Mental Health team	6.30 – 7.30pm Panel Session Surviving grief: a conversation on loss and the common misconceptions surrounding it Hosted by Nihal Arthanayake, BBC Radio 5 Live presenter, with Shobna Gulati, Rosena Allin-Khan and Jeff Brazier
Thursday 20th May	8.00 – 8.45am Webinar Imposter Syndrome and 'addressing The Imposter'	10.00 – 10.45am Webinar BBC Tech on Selfcare	12.00 – 1.00pm Panel Session Supporting your workforce's mental health and wellbeing Hosted by Mo Isap from IN.40 Group, with leaders from Peel L&P, BUPA, Carbon Creative, Irwin Mitchell and more	1.00 – 1.45pm Webinar Cook-a-long with Gather & Gather – be inspired to create a fresh seasonal dish Hosted by Gather & Gather	2.00 – 2.45pm Webinar Being mindful of meditation at work Hosted by Amy Cook, BUPA	3.00 – 4.00pm Webinar The power of Performance Energy in the workplace Hosted by Sharon Kemp, BUPA	6.00 – 8.00pm Panel Session and Workshop Managing stress and anxiety Hosted by Anna Richardson, TV presenter and journalist and co-founder of MINDBOX

Watch this space for an exciting announcement for Friday 21st May

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