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**Practice Nurse PLT**

**Wednesday 1st March 1 – 4pm (lunch 12:30pm)**

**Conference Centre Floral Pavilion New Brighton  
*Development and Facilitation supported by One Wirral CIC***

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| **Time** | **Title** | **Speaker** |
| **1 – 1:10pm** | **Welcome, Introductions & housekeeping** | **Sue Smith**  **One Wirral** |
| **1:15 – 2:15pm** | **Managing Mental Health in practice & Service Update**  **Personal Resilience support**  **(Title TBC)** | **Victoria Lacey**  **Clinical Lead**  **Talking Together Wirral**  **Insight IAPT** |
| **2:15 – 2:45pm** | **How to help prevent burnout in today’s practice.**  **(Practical session)** | **Jackie Roycroft RGN**  **British Wheel of Yoga Practitioner** |
| **2:45 – 3:15pm** | **Coffee Break**  **Networking** |  |
| **3:20 – 3:40pm** | **Title TBC**  **C&M ICB Wirral Place update** | **Lorna Quigley**  **Associate Director Quality**  **C&M ICB Wirral** |
| **3:40 – 4pm** | **Military veterans – Update** | **Helen Hurst**  **PCN Lead Nurse HSW**  **Abigail Cowan**  **Mental Health Commissioner C&M ICB Wirral** |
| **4pm** | **Close** |  |

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Please note that the above pharmaceutical companies have not been involved in the agenda and/or content of the meeting”.***