 ****

**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** |  |

*“****The following pharmaceutical companies have sponsored this meeting in the form of stand space only:***

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