 ****

**Health Care Assistant 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**  | **Tessa Morse** **PCN PN Lead Healthier West Wirral** |
| **1:15 – 1:45pm**  | **How to help prevent burnout in today’s practice.** **(Practical session)** | **Jackie Roycroft (RGN)****British Wheel of Yoga Practitioner**  |
| **1:45 – 2:45pm**  | **Future Practice Development – CPD** **Developing skills for practice****(Action Learning Set)** | **Tessa Morse****PCN PN Lead Healthier West Wirral** |
| **2:45 – 3:15pm**  | **Coffee Break****Networking**  |  |
| **3:15 – 4pm** | **Managing Mental Health in Practice & Service Update** **Personal Resilience support****(Title TBC)** | **Victoria Lacey****Clinical Lead****Talking Together Wirral****Insight IAPT** |
| **4pm**  | **Close** |  |

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

***Astra Zeneca, Leo Pharma, Orion, GSK, Chiesi, Abbott, Besins, Convatec and
Please note that the above pharmaceutical companies have not been involved in the agenda and/or content of the meeting”.***