

Timings of talks

TIME	TALK	SPEAKER
11.20	How Can Physiotherapy Help?	Annemette Jepsen (Physiotherapist)
11.40	Finding Hope	Kathy Jones (RCE Wellbeing Hub)
12.00	Emotional Regulation in Children	Aneesa Kulsoom (The Lantern Initiative)
12.20	What is Hijama?	Amara Siddique (Cambridge Hijama Healing)
12.40	Improving Sleep	Anne Streater (MIND)
13.00	BREAK FOR PRAYER	
13.20	KEYNOTE - Healing the Stigma Against Mental Health	Dr Abdallah Rothman (Psychology lecturer)
14.20	Men's Mental Health and Suicide	Mike Hughes (Andy's Man Club)

Timings of Events

TIME	Activity	Description
11.30	Qi Gong	Therapeutic Qi Gong is an all body exercise that helps in relieving stress, balance one's physical and emotional health and gives strength to all our bodily systems including the immune system.
12.00	Singing for Wellness	This session will practice singing exercises, harmony and singing in parts as we learn a popular Nasheed together.
12.30	Improving mobility for older ladies	This 20 minute group exercise taster is aimed to increase strength, flexibility and mobility in addition to reducing the risk of falls.
13.00	BREAK FOR PRAYER	
14.00	Qi Gong	Therapeutic Qi Gong is an all body exercise that helps in relieving stress, balance one's physical and emotional health and gives strength to all our bodily systems including the immune system.

Outdoor Activities

All day	Get engaged with Cambridge United FC	Outdoor stall and activities with Cambridge United Community Trust
12.00 & 14.00	Enjoy a leisurely therapeutic walk with a guide	Join us in a serene mindful stroll along Cherry Hinton Brook (Burnside/Snakey Path) and experience how you can synchronise yourself with nature for a more tranquil mind.