Conference Aims

1. Effect change in mental health provision so that the importance of exercise is recognised by health providers/government.
2. Help demystify Mental Health as a taboo subject
3. Promote the power of exercise for mental health sufferers
4. Publish an article on the subject on the Churchill website

Programme

9.30 Registration Opens
Delegates wishing to have breakfast are welcome to visit the Buttery where a cash cafeteria style service will be in operation.

10.15 Conference Opens – Wolfson Lecture Theatre
Welcome by Professor Dame Athene Donald
Master of Churchill College

Introduction by Dr Adrian Crisp, Conference Chair
Emeritus Consultant in Rheumatology and Metabolic Bone Disease

10.30 – 11.15 ‘Good Work and Well Workers: Enablers and Challenges?’
Keynote Speaker
Professor Dame Carol Black
Principal, Newnham College, Cambridge

To be a sustainable worker requires health, both mental and physical, good work, and good workplaces. This talk will explain the impact of mental and physical ill-health and inactivity on workability, and what healthcare professionals, employers, the third sector, and employees can do about it.

11.15-11.40
Coffee Break
Coffee/Tea will be served in the foyer
11.40 - 12.00 – ‘Moving Forward’

Dr Alun Lucas

From “low mood due to multiple life events” through “Who are you?” and The Campervan of Dreams to running every day for a year to raise awareness and funds for The Cogwheel Trust and the Campaign Against Living Miserably. And running ultramarathons. Moving toward “good mood due to multiple life (mainly running) events” and being “The Slim, Fit, Hippy Runner”. My story (so far!).

12.00-13.00 Focus: Case Studies

12.00 - 12.30 ‘Nuffield Health Cystic Fibrosis Programme’

Ashleigh Ahlquist
Nuffield Health

Ashleigh will talk about the free and unique exercise programme for children and young people with Cystic Fibrosis (CF), run in collaboration with the NHS that commenced in 2011 when Nuffield Health and Great Ormond Street Hospital (GOSH) started working together to encourage children and young people with CF to take part in exercise.

12.30 – 13.00 ‘CF Active’

Natalie Goodchild
Chief Marketing Officer, Pactster

Natalie will talk about the research carried out by Pactster, an online exercise provision for people with specific health conditions, as part of their Innovate UK Digital Health Catalyst project. Natalie will highlight the barriers to physical activity faced by people with cystic fibrosis, as well as how we might address these challenges.

13.00- 14.30
LUNCH
Lunch will be served in the Dining Hall

14.30 – 17.00 Focus: Physical activity & inactivity

14.30- 15.15 ‘Pushing New Boundaries in Health: Exercise is the Key Ingredient’

Keynote Speaker
Dr William Bird, MBE
GP and Founder of Green Gym, Healthy Walks and Beat the Street
15.15 – 15.35 ‘The Science behind Wellness’

Dr Tamer Rezk
Clinical Training Fellow, UCL

This talk will take you through the history of preventative care in medicine and its potential role in tackling the UK healthcare burden. It will explore the scientific basis behind certain wellness fads and their dangers as well as how to approach an individual patient and using the key principles of medically supervised exercise, nutrition and psychological interventions achieve lasting change in the physical and mental health of patients.

15.35 – 16.00 ‘How does Exercise Improve our Mental Health?’

Dr Dane Vishnubala
NHS Sport and Exercise Medicine Doctor

In this talk, Dane will explore how physical activity is thought to improve mental health and discuss strategies to help someone with a mental health condition become more active.

16.00 – 16.30

BREAK
Tea will be served in the foyer

Video ‘Le Marathon des Sables’

16.30 – 17.00 ‘The GP Gym’

Dr Johan Byran
GP and Governing Body Member, NHS England CCG

Dr. Johan Byran discusses how he has integrated exercise into GP’s Clinics leading to a more fulfilling encounter for the Patient and Practitioner.

17.00 – 17.45 ‘The Making of a Doctor: their matrix and their Mind’

Keynote Speaker

Dr Clare Gerada
Medical Director at PHP - MBE FRCP FRCGP MRCPsych

When adversity strikes - how to regain health and happiness as a doctor? Each doctor who comes to the Practitioner Health Service has their own story of pain and distress, and all have good reasons to seek help. Many have reached the end of their ability to self-sacrifice and to care, and their professional, personal and social lives are often in tatters. But with the right support doctors not only make good patients, but excellent ones. They follow advice and respond to treatment. Many thousands of the doctors attending PHS get better, they tell us they are happier, more self-confident or emotionally stronger; they talk about being able to rebuild their self-respect and improve their relationships with family, colleagues and patients.
**17.45 – 18.30 ‘Have Your Say!’**
Panel of previous speakers chaired by

**Dr Lid King**

A 'Question Time' - type session where the panel, made up of most of the day's speakers, will be answering questions and contributing to discussion with the audience about the topics raised throughout the conference.

**18.30 – Concluding Remarks**

**Dr Adrian Crisp, Chair**

**Drinks in the Buttery**

**19.00 Dinner**