



**DORSET
POLICE**

WellFest 2025 'Elevate your Wellbeing – Looking after YOU'

Within the Virtual Festival you can access instant information via the links and attend a number of Talk Groups and interactive sessions with various key guest speakers.

To secure a place please click on the Webinar Link and complete the details.

**'Thank you and enjoy the Festival brought to you by the Wellbeing Team
'Working together to improve wellbeing'.**

Date and Details

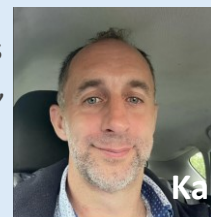
Mon 6th October (All those attending this session will be shown as ANONYMOUS)

09:00-10:00 Behind the Uniform: A Journey Through Gambling Addiction

Kai is the Community Engagement Lead for Ara Recovery for All in the Southwest, where he supports those affected by gambling harms. Drawing on his own lived experience, Kai delivers training, shares his personal story, and actively engages with local communities to raise awareness around gambling harms and access to support. With a career that began in 2002 as a firefighter for the London Fire Brigade, Kai served at Twickenham for 18 years. During this time, he silently struggled with his own gambling that spanned nearly 30 years, deeply affecting his mental health, personal relationships, and professional life. Now living in Dorset with his two daughters, Kai is committed to living a healthy, balanced life and enjoys golf, running, and keeping fit.



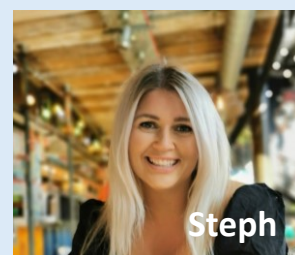
**Ara Recovery For All -
Ara Recovery 4 All**



Ananya is a gambling counsellor for Ara Recovery For All in the Southwest and works with people impacted by Gambling Related Harms (GRH) in the community and in prisons. Ananya also leads on the Affected Others groups within Ara.



Stephanie is a Financial Education Specialist working across schools, workplaces, and communities to empower people with the tools and knowledge to take control of their finances. Her work is rooted in both professional expertise and personal experience, having grown up as an affected other of gambling harms. Her father's gambling led to family homelessness and long-term financial instability challenges that shaped her life and later contributed to her own struggles with debt. She collaborates with academics, researchers, and policymakers to push for meaningful change, and recently featured in national media sharing her story to help raise awareness on a wider scale.



Join us for a powerful and honest wellbeing session exploring the hidden impacts of gambling-related harms within the emergency services and the impact on families.

This session will shed light on how gambling can affect mental and financial wellbeing, alongside other impacts — not just for those experiencing harm directly, but also for their families, friends, and colleagues. **This webinar is designed to:** Raise awareness of gambling-related harm, reduce stigma and encourage open conversations, promote mental health and financial wellbeing in high-pressure roles and highlight support pathways for both individuals and affected others. **To register for this emotive session please click [HERE](#)**



Date and Details

Mon 6th October

10:30-11:30 Relationships That Work: Healthy vs. Harmful Dynamics

PJ - rePHRASE®

PJ Livett, is the founder of rePHRASE, an organisation that Provides Healthy Relationships And S*x Education (*without the awkwardness!*). She works with a variety of organisations, across the country, including state and independent schools, sixth form colleges, youth groups, parents, teachers, churches, YMCA, The Amber Foundation, HM Probation Service, Devon and Cornwall Police and domestic abuse survivors.

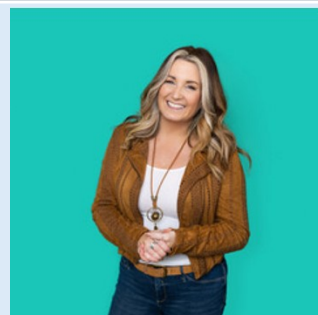
Since the age of 14, PJ has been passionate about working in the field of RSE (Relationships and S*x Education) and recalls one particular parent's evening when her teacher (looking rather pale and anxious), leant forward across the table and whispered to her parents, "*you do realise your daughter wants to be a S*xual Therapist?*", at which point they responded... "*Yes, it's great, isn't it?!*" ... Skip forward a number of years and PJ's passion to equip young people with the knowledge and skills to build and maintain healthy relationships, led her to become an accredited Relationships and S*x Educator, facilitating the exploration of RSE topics in a variety of settings.

Fundamentally, **rePHRASE is about** rephrasing the conversation...we need to go beyond simply teaching about risks, reproduction and disease. This is about **safeguarding** young people so they can be physically and emotionally safe when it comes to their own experiences of s*x and relationships now, and for the rest of their lives.

PJ loves taking the 'awkwardness' out of RSE and achieves this through inclusive, down-to-earth, interactive workshops and talks. Her passion and award-winning work in this field is a game-changer, empowering young people to recognise their worth, become critical thinkers, make informed choices and develop healthy relationship behaviours...

rePHRASE:

Equips young people with the knowledge and skills to build and maintain healthy relationships;
Empowers individuals to know their worth and build self-esteem;
Helps young people recognise the importance of boundaries and choice within relationships;
Supports teens to develop skills/resilience to deal with the influences of technology on relationships and s*x.



LinkedIn:

www.linkedin.com/in/pj-rephrase

FB: @rephrasesw

Insta: rephrase_southwest
#HealthyRelationshipsForAll

[To Register for this amazing session please click HERE](#)



Date and Details

Mon 6th October

12:30-14:00 My experience as a first responder to the London bridge terror attack.

DC Jimmy Inquieti

I am a serving Detective Constable with the British Transport Police. I have been a Police officer for 17 years and work in the Major, Serious and Organised Crime Department.

On Saturday the 3rd June 2017 I was on duty in a CID main office, based at London Bridge and one of the first responders to the London Bridge terrorist attack.

I will talk about my experience on the night, the traumatic effect this had on myself, my colleagues and my family.

My talk will also include the aftermath, PTSD and the additional trauma myself and my colleagues suffered through organisational actions and how much the British Transport Police has changed for the better since.



[To register for this incredible session please click HERE](#)

14:30-15:30 An overview of Police Pensions by Police Mutual

Alex Barrett

An overview of the Occupational Pension Scheme including contributions, accrual, when you can retire, lump sum options and dependants' pensions.

Information will also be provided in respect of the McCloud Judgement to include an understanding of how the discrimination occurred, who is impacted and what will happen as a result.

'Hi, I'm Alex from Police Mutual. I've been with them for over 6 years, prior to that I worked for Hampshire Constabulary for over 10 years in a Staffing role and prior to that worked in Financial services. What I deliver is a good mix of my knowledge and experience, talking around the subject of pensions and about the importance of estate planning and thing to consider and why, but in simple terms'



[To register for this informative session please click HERE](#)





Date and Details

Tues 7th October

10:00-11:00 Busting back pain myths and small daily changes for your back health

Avisha Ramaloo

Avisha is a highly experienced and dedicated Musculoskeletal Physiotherapist, with over 20 years of clinical practise. Her practice is firmly rooted in evidence-based methodologies, with a particular focus on reducing pain, restoring mobility, and supporting patients in achieving optimal physical function.

She obtained her Bachelor's degree in Physiotherapy from Durban, South Africa, and has since pursued advanced training in manual therapy at the University of Perth, Western Australia. In addition, she holds further qualifications in acupuncture and Pilates and is certified to administer Shockwave Therapy.



Avisha is the lead practitioner at the [Torbay Physiotherapy Practice - Torbay Physiotherapy Practice](#) based at Torbay Leisure Centre in Paignton, where she offers a personalised and holistic approach to patient care. Her practice is distinguished by its combination of clinical excellence, patient-centred communication, and a compassionate, results-oriented ethos, and is recognised by Bupa, AXA and other private medical insurance providers.

What to expect from the session:

The evidence and science to bust common myths. Useful tips to keep your back healthy.

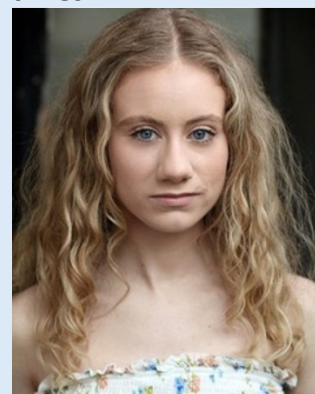
A practical session – demonstrations of the best clinically proven exercises for your back and neck followed by Q and A

[To register for this wonderful session please click HERE](#)

12:30-13:30 How the Emergency Services helped me in the darkest of times

Freya Lewis

Freya Lewis is an actor and motivational speaker who was seriously injured in the Manchester Arena attack in 2017. She suffered 29 separate injuries, was in hospital for 6 and 1/2 weeks and unfortunately lost her best friend, Nell Jones. Since the attack, Freya has raised over £75,000 for the hospital that saved her life, has become a motivational speaker, received the 2018 NHS Heroes Young Fundraiser Award and has released a book in 2020 touching upon her experiences surrounding the attack. She is now 22, has graduated drama school and has begun her career as an actress living in London.



[To register for this inspiring session please click HERE](#)



Date and Details

Tues 7th October

15:00-16:00 The 6 Biggest Causes of Team Disengagement - and how to fix them.

Emma Goddard

Emma is an experienced conflict resolution specialist, facilitator, and coach with a career rooted in the criminal justice system. She brings a unique blend of expertise in communication, psychology, and time management which she pairs with a passion for workplace happiness, helping teams collaborate more effectively and achieve impressive results.



From her own experience of disengagement in the workplace, Emma went on a mission to really understand what makes teams work together. Known for her engaging and knowledgeable style, Emma creates spaces where people are honest, vulnerable and human. Her mission is simple: to build harmonious, motivated teams where people genuinely want to come to work.

Disengaged teams cost time, energy, and morale and in high-pressure environments like the emergency services, that cost can be even greater. In this practical, energising session, team health expert Emma shares six common reasons that teams lose motivation, and what to do about them. You'll leave with simple, powerful tools you can use right away to boost connection, clarity, and team spirit - even when the pressure is on.

[To register for this great session please click HERE](#)



Date and Details

Wed 8th October

09:00-10:00 Fit for Duty, Fit for Life: Why Your Mouth Matters

Dr Elmar Jung

Dr. Elmar Jung is a pioneer in holistic dentistry, bestselling author, and host of *Elmar's ToothTalk – The Missing Link to Total Health*. With over 35 years of clinical experience, he has recently stepped away from hands-on dentistry to focus on his role as a Holistic Health Coach, helping people unlock the powerful connection between oral health, performance, and full-body wellbeing.



While the next generation continues his clinical legacy, Elmar brings a unique blend of science, insight, and real-world experience to his talks — challenging conventional thinking and offering practical strategies that start where true health begins: in the mouth.

Our mouth could be silently affecting your energy, focus, sleep, and stress levels. Discover how hidden dental issues like mercury fillings, root canals, and poor breathing impact performance and long-term health.

Practical insights. Actionable steps and eye-opening truth because peak performance starts behind your two lips.

[To register for this inspiring session please click HERE](#)

10:00-11:00 Savings and Investing with John Piercy

John Piercy

John has over 25 years experience within the banking and finance sector and is passionate about sharing his knowledge and experience to empower healthier relationships with money and mental health. John heads up our FinWELL 1-1 Support Team and is also our specialist when it comes to pensions, investments and retirement planning.



www.finwell.TRAINING

[To register for this empowering session please click HERE](#)



Date and Details

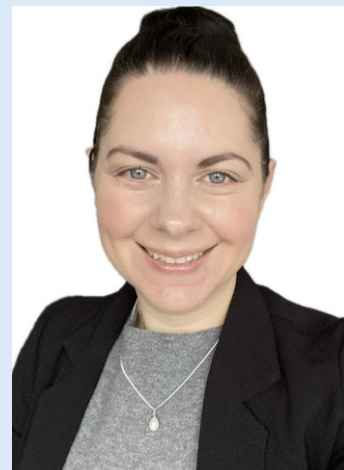
Wed 8th October

12:30-13:30 Childlessness at Work: An Overlooked but Imperative Wellness Issue

Katy Schnitzler

Katy Schnitzler is the Founder of MIST Workshops Ltd., a company providing training on pregnancy/baby loss, infertility, childlessness and menstrual health at work. Katy is also an academic, and so her work with organisations is informed by the most current research, notably findings from her PhD.

Katy has worked with various organisations to improve practice in these prevalent and significant, yet often overlooked, areas - including global energy and financial companies, universities, Premier League Football Clubs and The NHS.



Within this informative yet sensitive session, HR, managers and colleagues have the opportunity to explore the:

Definition, prevalence and significance of childlessness.

Impact of childlessness on individuals, including disenfranchised grief, negative stereotypes and segregation.

Causes of childlessness.

Impact of childlessness at work.

Appropriate language to respond to employee disclosure.

How to create a more inclusive workplace.

Pro-natal policies, practices and conversations and how to tackle them.

Services to signpost affected employees to.

Q&A.

[To register for this amazing session please register HERE](#)



Date and Details

Wed 8th October

14:00-15:00 Hormones 101: from menstruation to menopause

Kirsty Smith

Kirsty from Natural Rays Wellbeing Consultancy is a Functional Medicine Health Coach specialising in hormone and gut health.

She works with individuals and employers to support them to better understand their hormones and how to work with them so that they can have consistent energy, better mood, less brain fog, and the enthusiasm to live the life they have worked so hard to create.



Kirsty re-trained as a Functional Medicine Health Coach after her own hormone health challenges, including a thyroid disorder, which brought with it a number of symptoms, including fatigue, brain fog and low mood, which impacted her ability to perform at work and at the gym and subsequently meant she left her career working in the construction industry.

As someone who has overcome hormonal symptoms herself and helped hundreds of other people feel their best. Kirsty has unique insights into the challenges that people face when they are living out of alignment with their biology and is passionate about empowering people with simple strategies to feel their best inside and outside of work

This session is designed to be open to all staff so that everyone in the organisation has a baseline understanding of the various hormonal phases that impact their colleagues from menstruation to menopause. This type of talk can help raise awareness and re-engage all staff on the topic of women's health in the workplace.

Key themes:

What the key hormones are & what they do, so that everyone can understand the various ways their hormones impact their performance and make sense of symptoms that may be affecting them.

The male & female hormonal similarities and differences so that staff can find common ground in how their hormones impact them, to develop a level of empathy and understanding.

How the female hormones fluctuate throughout the menstrual cycle and life (postpartum, perimenopause, menopause etc) creating different phases/ seasons and how these phases impact women and people that menstruate emotionally, mentally, and physically so that employees can be more compassionate and empathetic towards themselves and colleagues.

Q&A so that employees have an opportunity to ask questions so that they feel confident implementing the strategies discussed.

[To register for this great session please click HERE](#)



Date and Details

Wed 8th October (**All those attending will be shown as ANONYMOUS**)

15:00-16:00 Dave's journey from self-destruction to self-discovery

David Wilson

David Wilson is a Trauma-Informed Coach, Accredited Grey Area Drinking Coach, and Public Speaker dedicated to empowering individuals to transform their lives, overcome personal challenges, and embrace sobriety with a renewed mindset. Renowned for his no-nonsense approach and personable delivery, David provides impactful guidance that resonates with diverse audiences.



As a speaker, David has addressed schools and colleges, raising awareness about the risks and consequences of excessive alcohol consumption on individuals and their families. His work extends to corporate settings, where he delivers presentations and consultancy to support employee well-being and workplace wellness initiatives.

David is the host of the highly successful **Top 10 Apple Podcast, *One For The Road***, which has garnered over 300,000 downloads in its first year. The podcast features in-depth conversations with notable guests, including RTT founder Marisa Peer, *SAS: Who Dares Wins* star Ollie Ollerton, bestselling author Catherine Gray (*The Unexpected Joy of Being Sober*), and musician Matt Willis.

A **No.1 Bestselling Author**, David's debut book, *One For The Road*, combines his personal journey with coaching insights and motivational strategies designed to help readers redefine their relationship with alcohol.

David's influential online presence includes his Instagram account, **@soberdave**, which boasts a loyal and engaged community of over 169,000 followers. Through live interviews and regular content, he fosters open conversations with thought leaders and advocates from the global sober community.

His annual initiative, **#DryJanSoberdave**, has supported thousands of individuals in taking their first steps toward sobriety, providing encouragement and accountability throughout the journey.

In addition to his coaching and advocacy work, David is committed to helping individuals explore the connection between past trauma and alcohol dependency. His **recent qualification as a Trauma-Informed Coach** strengthens his ability to guide clients toward sustainable, long-term sobriety through healing and self-awareness. He has also recently qualified as an EFT Practitioner.

Believing that **the opposite of addiction is connection**, David has created private online support communities, providing safe spaces for individuals to share experiences, receive support, and build meaningful connections.

[To register for this amazing session please click HERE](#)



Date and Details

Thurs 9th October

09:00-10:00 Live Better, Feel Stronger: The 4 Pillars of Lifestyle Change

Mark Hancock

Health and Wellbeing coach Mark Hancock employs his lived experience of reversing Type 2 diabetes through dietary and lifestyle change to coach NHS patients in achieving lasting health improvements. He works with community groups within the NHS, leading evidence-based low-carb and holistic health programmes that are proven to support weight loss and remission in individuals with chronic metabolic conditions.



Background & Journey

Mark was diagnosed with Type 2 diabetes at age 39 in 2010, weighing over 100 kg. He initially followed standard dietary advice and medication, but despite efforts including long-distance running, his blood sugar and weight worsened by 2016.

Lifestyle Transformation

Inspired by Dr Michael Mosley, he adopted a low-carb approach (based on The 8-Week Blood Sugar Diet), which led to rapid weight loss (nearly 20 kg) and remission of his diabetes. He credits these changes for improving both physical and mental well-being.

Coaching & NHS Role

Since achieving remission, Mark has applied his lived experience and empathy to support others. He became an ambassador for the Public Health Collaboration and has been employed by the NHS, working within 15 GP surgeries, leading the low-carb group programme to help patients reduce HbA1c, lose weight, and manage chronic conditions.

Impact & Reach

Having delivered the lifestyle course for over five years, he currently helps around 500 patients per year improve their health. His approach blends nutrition, physical activity, sleep, stress management, and motivation for sustained results.

Professional Style & Philosophy

Drawing upon his own journey, Mark offers a holistic, empathetic coaching style. He focuses on empowering people to take charge of their health through sustainable lifestyle changes, combining evidence-based behaviour change techniques with personal motivation and community support.

[To register for this great session please click HERE](#)



Date and Details

Thurs 9th October

10:00-11:00 Find Your Voice - From the Frontline

Nick Elston

Nick Elston is a dynamic and inspirational speaker renowned for his powerful talks on mental health and personal resilience. As the founder of Forging People, Nick uses his lived experiences of mental illness to educate, motivate, and empower audiences worldwide. With a background that blends personal adversity with professional success, Nick delivers engaging presentations that resonate deeply with diverse audiences.

His sessions, such as "How To Forge Ahead," provide invaluable insights and practical tools, fostering a culture of openness and support around mental health issues. Known for his authenticity, humour, and impactful storytelling, Nick inspires individuals and organisations to embrace their challenges as catalysts for growth and transformation.



This powerful, engaging and human session focuses on how we use our voice not just in public, but in life, in work, and in our recovery.

Key themes Nick will cover:

My story – The journey to finding my voice

Public Speaking – Understanding the psychology of speaking fears

The power of speaking up and being heard

Breaking down speaking styles and overcoming common barriers

Emotional storytelling and authentic communication

Anxiety and nerves – the elephant in the room

Crafting your comeback story

Resilience and how to forge ahead

Your personal brand – owning your message and your impact

To register for this inspiring session please click [HERE](#)



Date and Details

Thurs 9th October

12:00-13:00 Introduction to communicating about cancer

Jane Woods

Empowering individuals and teams to thrive, navigate the ups and downs in life and reach their potential both personally and professionally is a real privilege and a passion.

Resilience, confidence, collaboration, trust and emotional wellbeing (meaning purpose, strengths and values) are the areas in which I'm most interested.



My enthusiasm for coaching evolved through my 35 years of sales and management, mostly within pharmaceutical sales with Pfizer Oncology and an early career in recruitment. From sales performance coaching in 2018 I progressed to personal development coaching and at the start of the COVID 19 pandemic I started coaching via the NHS leadership academy and private sector. It was at this time that I also trained to be a cancer coach with Cancer Support UK.

By 2030, there will be around 1 million people of working age living with cancer in the UK. 85% of people with cancer who were employed when diagnosed, say it was important for them to continue work after diagnosis. (Source: Macmillan)

This is a high level, one-hour session that covers:

- Introduction to cancer and some of its causes
- The physical and emotional side effects of cancer
- Tools to have better conversations around cancer
- Looking after yourself following difficult conversations



[To register for this incredible session please click HERE](#)



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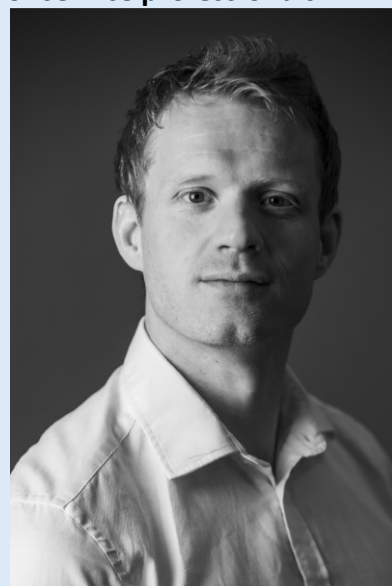
Thurs 9th October

14:00-15:00 Doing more with less, strategies to improve health for service professionals leading busy lives

Nye Levett

Nye grew up watching and learning resilience, positivity, and a 'can do' attitude from his mother who lost a leg to a drink driver before he was born. Nye learnt to swim well at a young age to go swimming with his mum as that's what she could do to keep healthy. It was then that he started inspiring, teaching and motivating others.

In 2019 Nye has his first 'episode' and in 2020 was diagnosed with Multiple Sclerosis, which although rarely fatal, classes people as disabled upon diagnosis, and can result in significant loss of speech, mental and physical function. There is no one 'journey' or 'timeline' in those with MS and this 'fear of the unknown' can cast a shadow over many people's lives.



Refusing to let this diagnosis dictate his life Nye immediately began his journey to swim with the English Channel. In 2021 he was part of one of the fastest 5-person relay swims in history. 3 years of hard training later in 2024 he is now one of only several people in history to solo swim the English Channel with Multiple Sclerosis and was the only solo swimmer to make it across the night/day of his crossing.

Nye uses the knowledge and skills acquired in his BSc in Sport Science, MSc in Nutrition & Health, his experience over the last 15 years running his own fitness business, and the lessons learned through his own experiences to inspire, educate and motivate those that wish to better themselves.

He has presented a multitude of times to people from different branches of the emergency services including the Police, Met Police, Fire Service and NHS. A balanced and realistic approach is usually the most effective, simple actions done consistently are the key to most people's success with coping with stressful situations and lifestyle modification.

The session will include: Simple but effective ways to stay fit and healthy for service workers with a unique lifestyle typical of long shifts, challenging work conditions and high levels of stress.

A dissection of science based and effective physical, nutritional and sleep science strategies to stay healthy and consistent with lifestyle modification.

Simple science-based mindset strategies to increase Serotonin & Dopamine naturally, to help stay positive, deal with adversity and improve health.

[To register for this interesting session please click HERE](#)



Date and Details

Thurs 9th October

15:00-16:00 An Introduction to Financial Wellbeing and how to understand and measure your own Financial Wellbeing using our PAWA plan

Ryan Briggs and Justine Piercy



Ryan Briggs - Founder Ryan created FinWELL Training to help people build their knowledge, understanding and confidence around money matters throughout life's financial journey.

He has experience within professional sport and financial services and is a certified mental health first aider, a proud ambassador and advisory board member of the R;pple Suicide Prevention Charity and also a team member of the Global Wellness Institute.



Justine Piercy - Head of Training Justine has over 25 years experience within the banking and finance sector and is now passionate about sharing her knowledge and experience to empower healthier relationships with money and mental health.

She is a certified mental health first aider and heads up all FinWELL Training delivery as-well as our FinWELL Champion & Instructor network globally.

www.finwell.TRAINING



[To register for this incredible session please click HERE](#)



**DORSET
POLICE**

Date and Details

Fri 10th October

09:30-11:00 Suicide – A story of hope

Tim Owen and Debbie Hollinson PCSO

Debbie Hollinson spent 5 years as PCSO in Plymouth City Centre and moved to work in the Tavistock Neighbourhood Police Team in 2024. She was recipient of the 2024 PCSO of the year award and has mentored several new PCSOs over the past few years.

Debbie is also a Sex Work Liaison Officer, doing regular outreach with vulnerable people and in 2024, she completed ASIST training with Petes Dragons.



In April 2021, Debbie tragically lost her 17-year-old daughter Darcy to suicide, which shattered her family and had a wide-reaching effect on those who knew her, but it has driven her onto working closely with suicide prevention charities. In 2022 she ran a 10k in Canada with a simultaneous run in Tavistock, raising over £15,000.00 for Papyrus.

Last year she persuaded the chief constable, Mr Jim Colwell to abseil down Meldon Viaduct raising funds for Petes Dragons and most recently she and her husband led over 100 people on a 22-mile Memory Walk from Tavistock to Plymouth (in one day) in memory of Darcy and others, to raise funds to support others struggling with suicidal thoughts. Over £30,000.00 was raised for Papyrus Charity by the teams who took part in the walk which ended on Plymouth Hoe Promenade where Smeatons Tower was lit purple in Darcys honour.



Tim Owen is one of 3 suicide bereaved fathers who came together as '3 Dads Walking' only after losing their daughters and finding out that suicide was the biggest killer of under 35s in the UK. Tim will talk about the walks, the fundraising for the charity PAPHYRUS Prevention of Young Suicide, and the work with the highest levels of Government. It is a story of HOPE.

In March 2020, as COVID swept the globe, Tim lost his 19-year-old daughter, Emily, to suicide. Knowing that he needed support in navigating through the devastating aftermath and grief, he reached out for support from wherever it was offered. Through chance and their surviving children, he met Mike and Andy, two other suicide bereaved dads of Beth and Sophie, and became '3 Dads Walking'.

Fundraising for PAPHYRUS Prevention of Young Suicide, has now reached just under £1.5m

[To register for this incredibly inspiring session please click HERE](#)



Date and Details

Fri 10th October

11:00-12:00 About Samaritans

George Wilkinson



With a 40+ year background as a professional adviser to UK companies, public sector bodies, and charities, George's experience of the challenges that face people with mental ill-health in both his working and family life drives his interest and commitment to mental health and wellbeing.

A Samaritan listening volunteer with Samaritans of Exeter, Mid and East Devon, George is a consultant with Bridge Support, a South East London-based charity providing care and support to people with enduring mental ill-health, and a trustee of Careif, a London based mental health charity supporting people and communities across the world to share knowledge to improve services.

This presentation will cover is who Samaritans are, why there is a need for an organisation like Samaritans, and what we actually do, both as an organisation and as individual volunteers.

[To register for this very informative session please click HERE](#)



14:00-15:00 An overview of Police Staff Pensions by Police Mutual

Alex Barrett

'Hi, I'm Alex from Police Mutual. I've been with them for over 6 years, prior to that I worked for Hampshire Constabulary for over 10 years in a Staffing role and prior to that worked in Financial services. What I deliver is a good mix of my knowledge and experience, talking around the subject of pensions and about the importance of estate planning and thing to consider and why, but in simple terms'

An overview of Police (Police Staff) Pensions

This session will provide an overview of the Occupational Pension Scheme including contributions, accrual, when you can retire, lump sum options and dependants' pensions. Information will also be provided in respect of the McCloud Judgement to include an understanding of how the discrimination occurred, who is impacted and what will happen as a result.



[To register for this great session please click HERE](#)



Date and Details

Fri 10th October

16:15-17:15 Connection and the power of the paws

Garry Botterill and Cathy Veale

Garry served in the Royal Navy and then became a Police Officer for nearly 30 years. He co-developed a Police mental health app called Backup Buddy which is now used in many forces in the UK and abroad. He won a Churchill Fellowship and travelled extensively to research PTSD assistance dogs. He then set up Service Dogs UK a successful assistance dog charity for Veterans of the Armed Forces and Emergency Services with PTSD gaining accreditation from Assistance Dogs International.

www.servicedogsuk.org



He is a trustee and volunteer Operations Director for the charity he founded and a trustee for Assistance Dogs UK. He serves on the Access and Advocacy Panel of Assistance Dogs International and hosts the Shelter/Rescue dog group within ADI. In 2022 he joined the National Police Wellbeing Service where he initiated and leads nationally with the award-winning Oscar Kilo OK9 Wellbeing and Trauma Support Dogs.

[Oscar Kilo 9: Wellbeing and trauma support dogs | Oscar Kilo](#)



PC Cathy Veale from our Police Wellbeing team helped to set up and launch our OK9 Wellbeing dog Scheme in 2021 and co-ordinates our Scheme within D&C and Dorset Police.

Leading the way with her own OK9 dog 'Darcy', the team has now grown to 13 OK9 dogs across the three counties, providing support to staff helping them to relax and open-up about how they're feeling. Working for a blue light service can be incredibly challenging, but there is something deeply comforting about the unconditional love of a four-legged friend. Their handlers are trained to listen and to enable difficult conversations and signposting staff to further support if required.

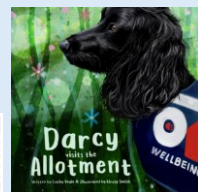


Working with Oscar Kilo, Cathy has produced a new book "Darcy Visits The Allotment", written by Cathy and illustrated by her daughter Kirsty, to help staff in the emergency services and their families.

In this session Garry and Cathy will talk about the importance of connection and the power of the paws, OK9 and the amazing OK9 support provided to our colleagues and their families. Discuss the new book, how it came about and its purpose. You will have an opportunity to listen to the book and find out how to access it and see a video of the linked min-event.

We will offer a free book randomly to 10 people attending, so don't forget to register.

[To register for this great session please click HERE](#)





Date and Details

Mon 13th October

09:00-10:00 Start the week with a good news story!

Caroline Aird

Caroline joined the Centre in 2021 as CEO. Exeter-born Caroline trained at St Loyes College of Occupational Therapy and worked in health and social care in occupational therapy and in management roles before moving to the third sector in 2013. Caroline is very active in her local community, having been a Parish Councillor, trustee of both village halls and leading the Community Resilience team.

The South- West MS Therapy Centre was established in 1982 as a self-funding charity initially to provide oxygen therapy, information and support for people living with multiple sclerosis. Over the years, our service has developed to offer a number of physical and complementary therapies, not only for people with MS but also for those with other neurological and long-term health conditions. We provide a welcoming and friendly environment, promoting independence and improving wellbeing and quality of life for our members, their families, and carers. **The session** will talk about the work of the Centre and its impact for all those living with neurological and other long-term conditions as well as Oxygen Therapy and Physiotherapy.



[To register for this great session please click HERE](#)

10:00-11:00 Family Life

Claire Long

Claire is the managing director of her own consultancy and has been contracted to NPWS for the past three years.

In her current role, she is responsible for leading the police families workstream; understanding the challenges police families face and how by working together we can reduce the impact of policing on family life.

Claire also leads on the NPWS police leavers and suicide pre and postvention programmes. Prior to NPWS, Claire worked at West Midlands police project managing the security planning for the Birmingham 2022 Commonwealth Games.



NPWS Delivery Manager

This session; explains our obligations to Police families under the Police Covenant. It recalls the OU family research that was undertaken and the subsequent resources that have been developed on the back of the recommendations made and to create an understanding around the experiences of police families and the strategies that forces can employ to lessen the toll that the job can take on those closest to us.

[To register for this brilliant session please click HERE](#)



Date and Details

Mon 13th October

12:30-13:30 ADHD, Women and Wellbeing in the Police Force

Samantha Hiew

Dr. Samantha Hiew is a leading expert in neurodiversity and intersectionality, known for bridging scientific research with lived experience.

Since founding ADHD Girls in 2021, she has advocated for a deeper understanding of ADHD and autism, particularly in women.

Sam is the author of *Tip of the ADHD Iceberg*, which offers a sensitive exploration of the nuances of neurodiversity, preparing ADHDers for the whirlwind that can come after a diagnosis and equipping them with the essential tools for self-advocacy.



Sam is also the driving force behind the first ever AuDHD women survey which informs professionals working with AuDHD women.

A sought-after keynote speaker, Sam has addressed over 100,000 individuals worldwide, including at 80+ FTSE companies. Sam integrates neurobiology, biochemistry, and psychology into her work while recognising the social and cultural nuances that shape neurodivergent experiences.

This session is a relaxed conversation to cover a variety of questions such as:

What are the unique challenges neurodivergent women face in policing roles?

How might ADHD show up differently in women, especially in high-performing or masked individuals?

What support systems made a difference for you personally, or that you recommend for others?

How can leaders foster inclusion without making people feel 'othered' or exposed?

What wellbeing practices or cultural shifts can reduce burnout and isolation for ND women?

Followed by Q&A

[To register for this interesting session please click HERE](#)



Mon 13th October

14:00-15:00 An overview of Wills and Inheritance by Police Mutual

Alex Barrett

'Hi, I'm Alex from Police Mutual. I've been with them for over 6 years, prior to that I worked for Hampshire Constabulary for over 10 years in a Staffing role and prior to that worked in Financial services. What I deliver is a good mix of my knowledge and experience, talking around the subject of pensions and about the importance of estate planning and thing to consider and why, but in simple terms'.

Protection needs: A timely reminder of the benefits provided through Pension Schemes, Group Insurance and Staff Associations.

Reminder to check death nomination forms are up to date so if the worst does happen the money goes to the correct beneficiaries.

Consideration of need for additional protection

Wills & Estate Planning, Laws of Intestacy, Inheritance Tax, Lasting power of attorney

Will writing options & costs, Information you will need



Police Mutual

[To register for this informative session please click HERE](#)

15:30-16:30 Photography for Wellbeing

Vanessa Miles

Vanessa Miles is the founder and a director of Well Image which is an organisation using creative photography projects to improve wellbeing. Well Image was set up as a response to the pandemic and it's aims are very closely aligned to the NHS's five ways to mental health using creative photography projects as a catalyst for change. It is working with University of Exeter on impact and evaluation of methods.

Vanessa is the principal facilitator. She has many years experience working with photography professionally, has a degree and masters in photography and is a trained teacher. Well Image has worked with over 200 individuals who have a long-term health condition, disability or anxiety. Well Image has worked with many organisations across Devon, including: Active Devon, Age UK Devon, Living Options, Devon Mind, The Met Office and Devon Partnership NHS Trust.

Find out how photography can enhance our wellbeing.

Photographer, Vanessa Miles, will guide you through a series of photographic images inspiring you to: Engage with nature and become more present in the moment. Enhance creativity and connect with others. Increase levels of activity-which, in combination, can improve mental health. You will also learn about rules of composition and how to 'see' good natural light to enhance your own photography.



[To register for this fabulous session please click HERE](#)



Tues 14th October

10:00-11:00 Hydrated to Perform: Why Water Alone Isn't Enough for the Front Line

Lindsay – Precision Hydration

Lindsey joined PF&H all the way from warm and sunny Sydney, Australia, to develop and manage the new Precision Performance Lab.

He has 9 years of experience researching thermal physiology using a state-of-the-art environmental chamber in the Heat and Health Research Centre at the University of Sydney where he completed his MSc (via research) in how caffeine influences thermoregulation and a PhD in Environmental Physiology (all things heat and hydration).



You'll most likely find Lindsey in the fancy new lab helping athletes dial in their capacity to perform in temperate and hot environments, or out on the local champagne gravel roads of the New Forest here in Dorset.

This engaging and practical session explores the critical role of hydration and electrolyte balance for performance, cognition, and recovery—especially for those in shift-based, physically demanding roles like policing. With insights from elite sport, the talk translates cutting-edge knowledge into practical tools for frontline wellbeing.

Key Takeaways:

- Why hydration is about more than just water
- What sweat tells us about individual needs
- How dehydration impacts decision-making, mood, and physical performance
- Strategies for staying hydrated through long shifts and high-stress situations
- Real-world lessons from endurance athletes and how police can apply them

Why It Matters for Police:

- Decision-making and focus in critical situations
- Reduced risk of fatigue-related mistakes
- Easy, low-cost wellbeing improvements
- Better long-term health outcomes (cardiovascular, kidney, cognitive)

[To register for this fantastic session please click HERE](#)



**DORSET
POLICE**

Tues 14th October

12:30-13:30 Burnout: What it is and how to prevent it

Dr Emma Treby

Emma's passion is in supporting individuals and teams to be the best version of themselves through reducing anxiety and increasing confidence.

Emma specialises in enabling individuals to embrace who they are and enjoying what they do, in their home and working life.

In 2021, Emma led a research project looking at the effectiveness of Solution Focused hypnotherapy in a UK police force and since then has delivered bespoke talks and training sessions to teams within Devon and Cornwall Police which are based on the Solution Focused approach to Positive Mental Health.



Emma is also part of a team at the sister company – Mental Health in the Workplace, where she is Head of Training and often facilitates online and face to face accredited Mental Health Awareness and Mental Health for Managers training.

Session outline:

Emma's session will talk about Burnout; Exploring what burnout is, through an understanding of how the brain works under prolonged or excessive stress, before outlining small actions we can take to reduce the impact of stress on our brain and in turn, prevent burnout.

[To register for this amazing session please click HERE](#)



Tues 14th October

14:00-15:00 Cancer Research UK invites you to their webinar: Common Cancer Types

Zena Robertson and Sophie Brooks



Zena Robertson is a Cancer Awareness Nurse Manager and has worked in Nursing for over 30 years. A significant amount of that time has been linked to improving cancer awareness and outcomes. This has included: Cancer Research and Clinical Trials, Cancer Networks and Change Management, and Community Engagement. Zena's role with Cancer Research UK oversees the work of the Cancer Awareness in the Workplace (CAW) nurses. Zena is proud to work for Cancer Research UK particularly to support them in their goals to improve cancer outcomes.



Sophie Brooks is a Health Information Officer at Cancer Research UK. She aims to engage the public with health information on cancer risk, prevention, early diagnosis and screening. Sophie previously worked within the Cancer services in the NHS and joined Cancer Research UK to help deliver key public health messages and improve cancer outcomes. She is passionate about reducing barriers to screening programmes and making cancer health information accessible to everyone.

Did you know that some cancer types are more common than others?

Finding cancer at an early stage, when it's smaller and hasn't spread, means it can be easier to treat. Come along to Cancer Research UK's 60-minute webinar presented by senior cancer awareness nurses, where you can find out about common cancers, how to spot them early and how to reduce your risk.

This webinar will also include a 15-minute Q&A session for you to ask any questions you may have.

This session will cover:

- What is cancer?
- Cancer risk and age.
- Improvements in survival.
- Common cancer types.
- How to spot them early.
- How to reduce your risk.



[To register for this great session please click HERE](#)



**DORSET
POLICE**

Tues 14th October

15:00-16:00 The Therapeutic Power of Horses & Nature – An Introduction to The Hugs Foundation Charity

Presented by Laura Dennis Charity Manager and Equine Assisted Services Facilitator and **Sarah Jeffrey** EMDR Therapist



Laura has been around horses all her life, with a particular interest in western riding and natural horsemanship. She owns an American Quarter Horse named Twiglet and has a passion for working alongside animals to support both animal welfare and human well-being. Laura holds a degree in Human Behaviour BA (Hons), a foundation degree in Animal Behaviour and Psychology and a diploma in Equine Assisted Services. She is also training to be a full qualified psychotherapist.



Sarah is an accredited BACP psychotherapist who has worked with addicts and alcoholics, those with depression, anxiety and trauma, those who have been chronically unemployed and teenage girls who have been excluded from school. Sarah also has over 10 years experience as a lead chaplain and providing pastoral care with both Surrey and Devon and Cornwall Police. In 2023, after witnessing the effectiveness of EMDR therapy with police officers and staff, Sarah trained and is now an EMDR practitioner in addition to qualifying as a workplace coach. She is also a safeguarding lead for her local church, on the board of directors for KBSK a community youth initiative and very happily volunteers on a weekly basis for Hugs - her happy place!

About The Hugs Foundation

The Hugs Foundation is a charity based in Bodmin, Cornwall, working with humans and horses in a way that benefits both, creating a unique atmosphere of well-being for all. Our aims and objectives are; to provide a safe, nurturing and enriching environment for our animal rescues, enabling us to rehabilitate and rehome as many as possible and to provide well-being support to people in need.

www.hugsfoundation.org.uk

The session will include:

Intro of the presentations and a brief overview of The Hugs Foundation.
The programmes running at Hugs currently and the veteran's programme.
A basic understanding of trauma and how EMDR and EAT can fit into recovery.
Followed by Q&A.

[To register for this exciting session please click HERE](#)



Wed 15th October

10:30-11:30 Building Personal Resilience

Claire Long

Claire is the managing director of her own consultancy and has been contracted to NPWS for the past three years. In her current role, she is responsible for leading the police families workstream; understanding the challenges police families face and how by working together we can reduce the impact of policing on family life.

Claire also leads on the NPWS police leavers and suicide pre and postvention programmes. Prior to NPWS, Claire worked at West Midlands police project managing the security planning for the Birmingham 2022 Commonwealth Games.



This session is a light-hearted personal examination of one woman's resilience journey. To encourage the audience to reflect on how much energy they dedicate to self-care and how by making a few small changes they can improve their own resilience.

[To register for this brilliant session please click HERE](#)

12:30-13:30 Suicide – a personal story of a husband taking his own life

Caroline Roodhouse

In 2018, Caroline's husband of 18 years took his own life without warning, leaving behind their two young children. Caroline's journey following this tragedy led her to combine her lived experience with her professional skills and expertise to become a Strategic Communications and Wellbeing Specialist, mentor, and a public speaker where she shares her story of grief and loss to give a voice to those impacted by suicide.

She has also written the best-selling book, 'Daddy Blackbird, the true story of a family surviving and thriving after loss by suicide.



The complex trauma resulting from Steve's sudden suicide has defined Caroline's mission to support and empower others who have faced a similar tragedy, helping them to manage their grief, navigate their complex emotions, prioritise their own wellbeing, articulate their own story and ultimately find hope again.

Book: <https://amzn.eu/d/bXAtx2S>

Website: <https://daddyblackbird.com>

Bluesky: [@daddyblackbird.bsky.social](https://bsky.app/profile/@daddyblackbird.bsky.social)

Substack: <https://daddyblackbird.substack.com/>

LinkedIn: www.linkedin.com/in/caroline-roodhouse-mcpr-a5948622

[To register for this incredible session please click HERE](#)



Wed 15th October

14:30-16:00 Understanding Dyslexia in the workplace

Ch Inspector Chris Leisk

Chris has been a serving police officer for 25 years and has served across many operational roles throughout his career. It is however his journey through policing as a dyslexic individual that he will be speaking about today. Chris had served over 20 years in policing before he was assessed for dyslexia and can recall times where he has experienced challenges and has previously been marginalised before his diagnosis.

Chris is now a passionate supporter for neurodiversity, he is chair of Devon and Cornwall's neurodiversity staff support network, a qualified dyslexia assessor and a peer supporter, supporting colleagues who experience such challenges.

Join us for a session designed to enhance your understanding of dyslexia in the workplace. This webinar will equip line managers and colleagues with the knowledge to better support neurodivergent individuals, focusing on practical strategies for inclusion and support.

What to Expect:

- ✓ Explore what dyslexia is and how it presents in the workplace
- ✓ Discuss the unique strengths and challenges dyslexic individuals may experience
- ✓ Learn practical ways to provide support in the workplace
- ✓ Discover relevant resources and support networks

[To register for this great session please click HERE](#)



Thurs 16th October

09:00-10:00 When life gives you lemons – a personal story & practical tools to manage stress and prevent burnout.

Natasha Hill

Natasha has been a police officer for 26 years, and in 2004, age 29 with two young children, she was diagnosed with Hodgkin's Lymphoma, a blood Cancer. After a year of treatment including chemotherapy and Radiotherapy, Natasha was in remission and soon after that divorced and returned to work a single mum. In 2015, Natasha was diagnosed with Complex Post Traumatic Stress because of the Cancer and some of the jobs she dealt with as police officer. After going through 2 years of treatment, including EMDR, she now works as a wellbeing officer supporting colleagues.

Do you struggle with stress, feelings of overwhelm and guilt or maybe just want to be happier day to day? Please join Natasha to find out more about her experiences and some of the simple techniques you can take away to help you not only manage, but thrive in the crazy world we all live in.

[To register for this inspiring session please click HERE](#)





Thurs 16th October

10:30-11:30 Fertility: A new perspective for hidden answers.

Lucy Coffin

I began my career as a Registered Nurse, working on Intensive Care for several years. After my own fertility struggles, I recognised even more how the limitations of Western medicine left me with so much that I yearned for support with. I decided to train in various Complementary Therapies as well as to self study all that I could around IVF, fertility, recurrent miscarriage and more. I trained in nutrition, clinical hypnotherapy, coaching, reflexology, reiki healing, and various other modalities.

I ran 'Catching Rainbows Fertility Therapies' for 16 years as an integrated science and supportive therapies approach to help couples understand why they were not getting pregnant, how to enhance their chances naturally and / or to make better use of IVF if applicable.

I also advised on where to access tests and expertise outside of the GP and fertility clinics whilst also understanding how to make best use of those services as well.

Recently I realised the ever growing need to go beyond just the 1-1 therapy and create accessible support and information online as well as to expand what I can offer for people looking to improve their health, well being and emotional development. I also recognise how transferrable my skills are. With infertility I work with stress, fear, grief, many medical conditions, neurodiversity, anxiety and more.

Ultimately, for many reasons I decided to bring Catching Rainbows, and its model to completion and to close, and have rebranded with 'Intuitive Therapies'. I continue to welcome and treat fertility issues. This model also allows me to expand into group work / workshops and online resources and to broaden the issues I can help with.

The session will include:

The benefits that Western Medicine offers, yet also the limitations.

How the diagnostic protocol is limited and where it fails to explore.

Some of the most impactful and supportive alternative / complementary / supplemental approaches for fertility. [castor oil / arvigio therapy, supplements and diet for hormonal balance, hands on therapies for nervous system restoration which directly improve what the body can do with the reproductive system, talking therapies to shift mindset / relationship with body.

3 brief examples of how alternative approaches were the key in case studies.

[To register for this amazing session please click HERE](#)





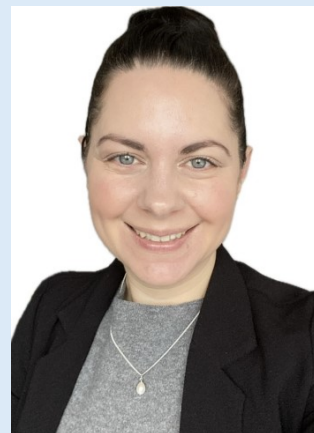
Thurs 16th October

12:30-13:30 Baby Loss at Work: Supporting a Common Yet Often Unspoken Experience

Katy Schnitzler

Katy Schnitzler is the Founder of MIST Workshops Ltd., a company providing training on pregnancy/baby loss, infertility, childlessness and menstrual health at work. Katy is also an academic, and so her work with organisations is informed by the most current research, notably findings from her PhD.

Katy has worked with various organisations to improve practice in these prevalent and significant, yet often overlooked, areas - including global energy and financial companies, universities, Premier League Football Clubs and The NHS



Within this informative yet sensitive session, delegates are equipped with the knowledge, skills and confidence to more adequately support those experiencing baby loss.

Notably, delegates have the opportunity to explore the:

Definition and prevalence of baby loss.

Key legislative frameworks (employee rights and employer responsibilities).

Physical and psychological impact (lived experiences illuminate key implications).

Impact on partners, who are often overlooked.

Causes and risk factors, interventions/treatments and their potential effects.

Impact of baby loss at work, and implications if employers do not formally address it.
Appropriate language to respond to employee disclosure and returning-to-work advice.

How to create a more open and supportive workplace, tackling the taboo.

Pro-natal practices (which may be triggering for affected employees), and how to tackle them.
Services to signpost affected employees to.

Q&A.

[To register for this powerful session please click HERE](#)



Thurs 16th October

14:00-15:00 Unlocking the Power of Sleep: Rest, Recharge and Thrive.

Nicole Ratcliffe

Nicole has made it her mission to change the way parents and anyone struggling with sleep is supported and educated in the workplace. Breaking down the walls of stigma and laying foundations for a positive relationship with sleep, thus improving mental and physical health, productivity and retention with a focus on helping close the gender pay / career gap by supporting more women in the workplace to continue with their careers.

Sleep is one of the 4 things we need for survival yet is often neglected.

When we sleep well, we can communicate more effectively, regulate our emotions, and our productivity at work and at home improves.

So why do 1 in 3 people have trouble sleeping, and what strategies can you put in place to help improve your sleep, to improve your mental health and overall day-to-day life?



Join this virtual webinar with Nicole Ratcliffe, Founder of The Workplace Sleep Coach and Baby2Sleep, for an informative session on how to sleep well to stay well and consider the impact of sleep on mental health and workplace performance.

The session will include:

Why is Sleep So Important and Why is it Hard to Achieve

The Science Behind Sleep

Signs of Tiredness / Sleep Deprivation:

The Impact of Poor Sleep

Burnout / Stress / Overwhelm

Discuss groups who may be more affected by poor sleep

Ways to Increase Energy Levels and Allow for Self-Care

Basic Sleep Hygiene:

Stop, Start and Continue: A chance for self-reflection and possible conversation should people wish to discuss, with the suggestion of either a buddy system or time to discuss during one-to-ones with team leader to keep each other accountable.

Awareness of Individual Sleep Needs **[To register for this great session please click HERE](#)**

Nicole Ratcliffe Ltd The Workplace Sleep Coach
W: www.theworkplacesleepcoach.com
Follow me on [LinkedIn](#)



Fri 17th October

10:00-11:00 Future-Proof Your Body: How to Stay Strong, Fit and Mobile Into Midlife and Beyond

Andy Middlebrooke

Dr Andy Middlebrooke is an exercise physiologist with over 30 years of experience in performance, health, and education. He specialises in endurance training, metabolic testing, and evidence-based coaching for athletes and active individuals. Andy has worked with a wide range of clients—from elite competitors to everyday exercisers—helping them train smarter, recover better, and perform at their best. A passionate exerciser himself, he delivers workshops and talks on physiology, wellness, and long-term health. Andy brings practical insight to his work, grounded in real-world experience and a deep understanding of human performance across the lifespan.



Future-Proof Your Body explores how to maintain strength, fitness, and mobility through midlife and beyond. Drawing on key principles of exercise physiology, it highlights the importance of resistance training, cardiovascular health, and movement quality in preserving long-term wellbeing. Attendees will learn how muscle mass, metabolic health, and physical resilience naturally decline with age—and what they can do to slow or reverse these changes. The session offers clear, actionable strategies to help busy individuals future-proof their bodies, improve energy levels, and stay active, independent, and injury-free for as long as possible.

[To register for this great session please click HERE](#)

11:30-12:30 Yoga for the Frontline – Meditation and breathwork

Alix Coleby

Alix is a senior yoga teacher with over 3000 hours teaching experience. A combination of personal life challenges and knowledge gained working as Police Support Staff, led Alix to focus on how yoga can be used proactively to train the body's ability to move effectively in and out of stress. Alix founded Yoga for the Front Line in 2022.

A keynote speaker on the stage at the Emergency Services show in 2023, bringing YFL's #DOStress message to front line arena to challenge our perspectives on both lived experience of stress and yoga.

A 45 minutes theory and practical followed by 15 minutes Q&A

In this session we explore the topic of meditation and what it actually might mean to you. It is workshop which is for everyone even if you have ever said the words, I'm no good at meditation. As a society we like to package, re-label and see what trends, we spend so much time focusing on this that we miss the bigger picture. Come along and get ready to shift your perception and how you might be meditating even when you think you are not.

Outline: Meditation, let's begin, packaging, day to day application and what it means, focused attention meditation and Q&A



'Not only can we decompress and reduce stress, but we can tactically train the body and mind to have a positive relationship with our lived experience of stress – Alix Coleby

[To register for this great session please click HERE](#)



Fri 17th October

13:30-14:30 Menopause Milestones: Celebrating Resilience and Education in the Workplace
Kathryn Colas

Kathryn Colas is a celebrated author, and founder of women's advice and support service SimplyHormones, and the Kathryn Colas Menopause Academy - an organisation dedicated to menopause workplace education and training globally. Her impact extends beyond education, as she influences policy and practices in the workplace, working with NGOs, public and private sector organisations.



Kathryn's ground-breaking work in menopause has garnered her the title of the first and only lay person appointed to the medical advisory committee of the British Menopause Society.'

Join Kathryn Colas for a workshop that celebrates the journey of menopause while empowering workplaces to provide meaningful support. This session will highlight the progress in menopause awareness, reflect on whether workplace support is evolving, and share practical strategies to create inclusive, supportive environments. This session embraces menopause as a powerful milestone, offering tools, insights, and inspiration to create workplaces where everyone can thrive. Join this session to celebrate resilience and drive positive change.

[To register for this brilliant session please click HERE](#)

15:00-16:00 WellFest25 Finale Family Quiz
James Billington

Come and join us for a FUN afternoon quiz hosted by James Billington



Come along on your own, with a family member, friend, colleague or your whole Team [Register HERE](#)



*Thank you for visiting WellFest25. Take Care of yourself and each other
From Devon and Cornwall & Dorset Police Wellbeing Team*