



SWell

Southwest **Well**being Conference

Somerset County Cricket Club, Taunton, Somerset
31 March 2020

Programme of Events:

- 08.30** **Registration**
- 09.00** **Welcome**
- 09.05** **The Emotional Landscape of Modern British Healthcare: Past, Present and Future**
Agnes Arnold-Forster, Research & Engagement Fellow, Surgery & Emotion
- 10.00** **Care Under Pressure: What can we do to improve the mental health of doctors?**
Daniele Carrieri, Research Fellow
- 11.00** **Tea and coffee**
- 11.30** **Where did it all go so right?**
Gemma Crossingham, Consultant Anaesthetist & Trust Lead for Learning from Excellence
- 12.30** **Well and Resilient Doctors- A Junior Doctor Support Network**
Layth Tameem, ST6 Anaesthesia and WARD Director
- 13.00** **Lunch and Poster Judging**
- 13.45** **Wellbeing Workshops**
- 14.45** **Wellbeing Workshops**
- 15.30** **Tea and coffee**
- 16.00** **ABC of wellbeing: switching the focus from individuals to organisations**
Caroline Elton, Founder CPD (Career Planning for Doctors)
- 16.55** **Poster prize winners announced**
- 17.00** **Close**