<table>
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<th><strong>Monday 10th May</strong></th>
<th><strong>Tuesday 11th May</strong></th>
<th><strong>Wednesday 12th May</strong></th>
<th><strong>Thursday 13th May</strong></th>
<th><strong>Friday 14th May</strong></th>
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| **Good Mood Café with Mind**  
11:00am-12:00pm via Zoom  
Join this interactive virtual session to connect with like-minded peers, pick up wellbeing tips, offer wellbeing support and share interests and skills.  
[Read more & book here](#)  | **Yoga**  
10:00am-10:45am via Zoom  
Daisy Worzencraft will be running a virtual yoga class and is suitable for all levels.  
[Read more & book here](#)  | **OCD - Theories, Treatments & Challenges**  
10:00am-11:00am via Zoom  
This talk, delivered by Dr Jan van Niekerk, Clinical Psychologist, aims to give an accessible overview of obsessive-compulsive disorder, illustrated with anonymised real-life examples.  
[Read more & book here](#)  | **Core X’ Glute, Core and Pelvic Floor**  
10:00am-10:45am via Zoom  
This class focuses on our body’s vulnerable parts caused by long hours sitting at the desk. Floor based movements and low impact, the session is ideal for both male & female, for total beginner and advanced. Perfect for back pain and back pain prevention.  
[Read more & book here](#)  | **Mindful Nature and Nurture - A Mindfulness workshop with Esther Hunt**  
10:00am -11:00am via Zoom  
Esther will be offering a range of mindful practices and will draw upon the work of Prof Mark Williams, Dr Patrizia Collard, and Dr Sue Stuart-Smith (The Well Gardened Mind).  
[Read more & book here](#)  |
| **Grow your Own Fruit & Vegetables - no garden required**  
with Doug Stewart  
1:00pm-2:00pm via Zoom  
Back by popular demand, Doug Stewart will be sharing tips and inspiration on successfully growing your own fruit and vegetables.  
[Read more & book here](#)  | **Are the kids alright?**  
12:00pm-13:00pm via Zoom  
Professor Tamsin Ford CBE, will explore the evidence impacts of the upheavals of the Covid-19 pandemic and the resulting restrictions on children and young people – is there a Tsunami of mental health conditions or are the kids alright?  
[Read more & book here](#)  | **“Strangers on the Bridge”**  
– in conversation with Neil Laybourn and Jonny Benjamin MBE, interviewed by Professor Ed Bullmore  
12:00pm-13:00pm via Zoom  
Neil and Jonny will be sharing their very personal and impactful story of 2 strangers who met under dramatic events in 2008, subsequently separated during that event and then reunited via social media in 2014 to meet for the second time 6 years later. Now, they are award winning mental health campaigners .  
[Read more & book here](#)  | **Resilience and Overcoming Adversity - Richard McCann**  
12:00pm -13:00pm via Zoom  
Brought up on the ‘At Risk’ register, a children’s home, foster families and then by his often violent, alcoholic father took away any self esteem that Richard had. He lost his mother in tragic circumstances and after other events, he reached rock-bottom before finally deciding to find the gut wrenching determination to turn his life around. In this virtual seminar Richard will share his story and the strategies that helped him not just survive but thrive because of his adversity.  
[Read more & book here](#)  | **Psychosis - Making and Inhabiting a Different Reality**  
12:00pm-13:00pm Via Zoom  
Delivered by Professor Paul Fletcher, Department of Psychiatry, Paul aims to remove stigma and reduce suffering by demystifying psychosis.  
[Read more & book here](#)  |

Enter our ‘Nature and the Environment’ photo competition for a chance to win some great prizes. For more information [click here](#).