

9am: Registration opens

9.30am: Event opens. Welcome plenary in the Boat Hall, with Margaret Schwarz, Chair for Cornwall Partnership NHS Foundation Trust, Katie Mutton, Pentreath and Anneliese Warburton, Cornwall Partnership NHS Foundation Trust

The Boat Hall Marketplace	The Lecture Theatre Guest Speakers (max 100) * A BSL interpreter will be present	The Learning Centre Workshops (max 40)	The Surf Exhibition	Other Activities
<p><b>9.30am to 4pm:</b> Marketplace with music throughout the day.</p> <p>Please note there are also more market stalls throughout the venue</p>	<p><b>10am:</b> Charlotte Banfield</p> <p><b>11am:</b> Cornwall RSPCA</p> <p><b>Midday:</b> Bimbling, Books and Beer and Peer Mentors</p> <p><b>1pm:</b> Stephanie Millward MBE</p> <p><b>2pm:</b> Transparent Presence</p> <p><b>3pm:</b> Beneath the Tracksuit</p>	<p><b>10am:</b> Newquay Orchard</p> <p><b>11am:</b> Drums4Fun</p> <p><b>Midday:</b> Write yourself well</p> <p><b>1pm:</b> Singing for health</p> <p><b>2pm:</b> Entertainingly different</p> <p><b>3pm:</b> Yoga with Trish</p>	<p><b>11am:</b> Rhys Wynne Jones</p> <p><b>Midday:</b> Arts and crafts with Cornwall College</p> <p><b>1pm:</b> Seed bombs with the Eden Project</p> <p><b>1.30pm:</b> Jenny Bishop</p> <p><b>2.30pm:</b> Talk from The Wave Project</p> <p><b>3.15pm:</b> Singing for wellbeing choir</p>	<p><b>10am:</b> Guided walk with Paul, meet in Cornish Quayside Gallery</p> <p><b>11am:</b> Men's mental health open discussion in the Falmouth Gallery</p> <p><b>1pm:</b> Mindfulness Photography, meet in Cornish Quayside Gallery</p> <p><b>2pm:</b> Grief and bereavement hub, at the Waterside Cafe</p> <p><b>3pm:</b> Writing your feelings, in the Falmouth Gallery</p> <p><b>All day:</b> Mural workshop, outside main entrance</p> <p><b>All day:</b> Golf simulation</p>
<p><b>9:40am:</b> Acapella Sound</p> <p><b>10.30am:</b> Will Keating</p> <p><b>1pm:</b> Riley Gifford</p> <p><b>2.30pm:</b> Kezia Warwood</p>				
3.45pm: Closing plenary in the Boat Hall, with Geraint Richards, High Sheriff of Cornwall				
4pm: Event close. Thank you				

Please note, there are no in advance bookings for workshops or activities. Please just attend on the day.

