



PLT SESSION – Tuesday 07th March 2023
Time: 1:00pm – 5:00pm
Venue: MS Teams

Non-Clinical Session		
1:00 – 1:15	Introduction and Welcome: <ul style="list-style-type: none"> Aim of the Session 	Davina McDonald Liaison Project Officer – Calderdale LMC
1:15 – 2:15	<u>CQC Resource Pack – (TBC)</u> <ul style="list-style-type: none"> Resources, Templates, Contacts for support 	Susan Savage Quality Manager
2:15 – 2:30 BREAK / QUESTION TIME		
2:30 – 4:30	<u>Personal Wellbeing Session - Mindfulness</u> Session contents: <i>Please bring a drink & snack</i> <ul style="list-style-type: none"> Introduction to what mindfulness is and what it's not Benefits of mindfulness practice Guided mindfulness exercise - breath focus Guided mindfulness exercise - mindful drinking (active mindfulness that creates awareness of how to attend mindfully to every activity that we are performing). Guided mindfulness exercise - body scan Questions and Answers session 	Ania Jozwiak Mental Health & Wellbeing Trainer
4:30 – 4:45 BREAK / QUESTION TIME		
4:45 – 5:00	Feedback	