



# Health and Wellbeing Festival

## PROGRAMME

Wednesday 15<sup>th</sup> May 2024  
6.00pm—9.00pm



We are delighted to welcome you once again to the Meldrum Academy Health and Wellbeing Festival aimed at highlighting some of the excellent supports on offer within our local community and encouraging all of us to think about how we can take a proactive approach to supporting our health and wellbeing.

Our festival coincides with Mental Health Awareness Week which this year has the theme of “Move More for your Mental Health”. Movement supports all aspects of our health and wellbeing, alongside the physiological benefits it can also boost our mood, increase our mental alertness, make us feel better about our bodies, improve self-esteem, reduce stress and anxiety, aid sleep and of course access the wealth of social wellbeing benefits to be had when you are part of a club or group.

The festival features the following:

- Guest speakers who will be sharing their expertise on a range of health and wellbeing topics.
- Workshops where you will be able to participate in a range of activities which support health and wellbeing and are all available within our local community.
- Stalls which you can browse covering a range of health and wellbeing support provisions.

We are very fortunate that a range of industry experts and organisations have agreed to attend our health and wellbeing festival to share their wealth of knowledge and experiences to provide advice and participation opportunities. We do hope you find these relevant and useful and of course we would not be able to run this event without their support – I’m sure you will join us to say a massive THANK YOU to them all.



# GUEST SPEAKERS

**Tom Finch:** Tom is the Engagement Lead for Kooth in Aberdeenshire. He works with schools, professionals, and other organisations to promote emotional wellbeing, destigmatise conversations around mental health and ensure that children and young people are aware of the support Kooth offers. With a decade's experience in primary and secondary education settings he is a firm believer in collaboration and communication in ensuring young people in our communities are safe, happy and healthy.

**Session Title - Supporting the Health of Young People ft Kooth:** Tom will discuss mental health across Scotland and in Aberdeenshire, how parents/carers and teachers can support young people and how Kooth can provide further support. You will have the opportunity to ask questions about Kooth and/or supporting your young person.

**Time:** 6.00pm-6.45pm

**Venue:** Staff Room



**David Hooper:** David Hooper is the in-school Careers Adviser. David draws on his lived experience and training. He studied with John Kabat-Zinn and practices mindfulness, pain, mood, anxiety and depression management. Before joining the school, he taught mindfulness meditation, Qi gong and relaxation techniques as a CPD accredited mindfulness practice coach.

**Session Title – Mental Health and Me:** Join David as he swaps hats for this event to bring and share his lived experience with mental health, how and why it can affect us all and most importantly how to develop a better relationship with your very own stress response. David brings a wealth of experience from his previous mental health coaching and will also be encouraging you to try some of his tested and successful practiced methods to find balance in our everyday lives.

**Time:** 6.00pm-6.45pm

**Venue:** Y119 (HE Classroom)

# WORKSHOPS

## Krystal (The Divine Quine)

**Workshop Title – Yoga and Meditation:** Join Krystal for some Mindful Movement & Breath to Body Connection through the practise of Yoga. This practise can be beneficial in so many ways - from helping with exam stress, managing insomnia, building confidence, calming the chatter of the mind and so much more. This class is suitable for all levels and no prior experience is needed, only an open mind 🙏

**Time:** 7.00-7.45pm

**Venue:** Small Gym

## Paul Leslie (Yee's Hung Ga Kung Fu)

**Workshop Title – Introduction to Lion Dance:** Lion Dance was traditionally done as an extension to kung fu practice and good lion dance was often regarded as a sign of a strong kung fu school. Join Paul for this introduction which will cover basic rhythms, basic footwork and the stances required to perform a successful lion dance.

**Time:** 7.00pm – 7.45pm

**Venue:** Cafeteria

## Rona Main (Yoga with Rona)

**Workshop Title – Introduction to Barre:** Barre is adapted from professional dance training, although we're not dancing or performing! But we do work rhythmically with strength to the beat of really great music in a low impact, fun way to strengthen our muscles and improve our posture. You will work, sweat and enjoy some uplifting music. Easier modifications provided. Please bring water and wear trainers or practice in bare feet. Everything else will be provided. Give it a try!

**Time:** 8.00-8.45pm

**Venue:** Small Gym

## David Hooper (Skills Development Scotland)

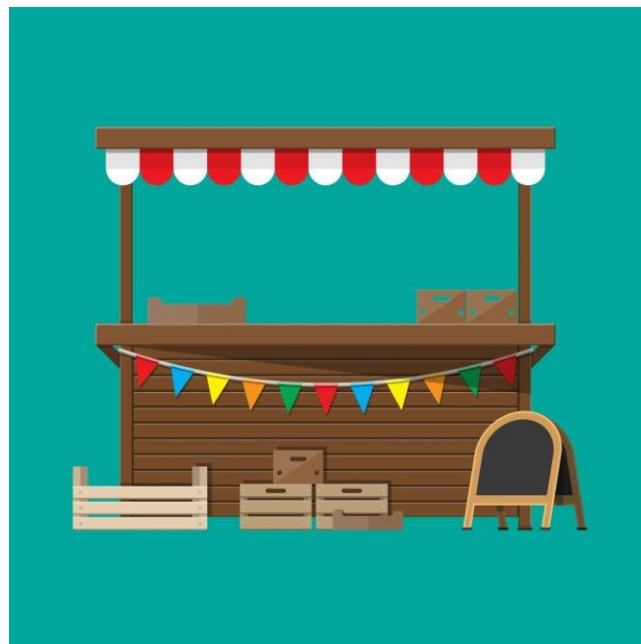
**Workshop Title – Gentle Movement with Mindful Relaxation:** 45 minutes of self-massage, gentle movement and progressive muscle relaxation. Suitable for all. Please bring a yoga mat (we can provide if you don't have your own) and a towel or cushion to support your neck.

**Time:** 8.00-8.45pm

**Venue:** Drama Studio

# **STALLHOLDERS**

**CO-OP  
CYCLING WITHOUT AGE  
THE DIVINE QUINE  
E-BIKE PROJECT  
FOSTERING  
GARIOCH COMMUNITY KITCHEN  
GARIOCH SPORTS CENTRE  
KOOOTH  
MELDRUM KNIT AND KNATTER  
MELDRUM KARATE CLUB  
NORTH EAST FOOTBALL ACADEMY  
PAWPALZ  
RELAX KIDS, FAMILIES AND ADULTS WITH SERENA  
NHS SCHOOL NURSING TEAM  
SCOTTISH FAMILIES AFFECTED BY DRUGS AND ALCOHOL  
TROPIC  
UDNY DEVELOPMENT TRUST  
VELVET MASSAGE**



# MELDRUM ACADEMY MAP



We would really appreciate your feedback – please scan the QR code and complete our feedback form to help support the organisation of future Meldrum Academy Health and Wellbeing events.

Meldrum Academy Health and Wellbeing Festival 2024 - Feedback Form

