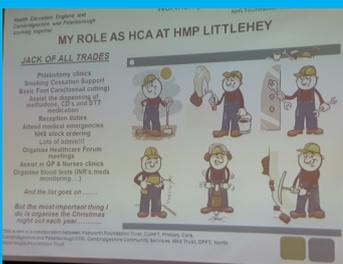


## 2nd Annual Health Care Support Workers Conference November 10th 2017 — A BIG THANK YOU!

**A BIG THANKYOU** to all the delegates, speakers and organisers at this years Cambridgeshire and Peterborough Health Care Support Worker Conference. Ninety plus support workers from across the STP celebrated personal resilience, continuing professional development and cross-trust working. Kathy Bonney, HRD and OD at the CCG opened the event and introduced Kathy Jones's 'Patient's Journey'. A Journey through mental health issues into a full time patient support role at CPFT. The speed-networking was a real hit and allowed us all to mingle!



It was a real eye-opener to hear what a HCA in a Prison setting (Rachael Grant) deals with day-to-day! Mindspan's Gavin Drake taught us to improve our own personal outcomes by positive thinking and Laughter Yoga by Lotte Mikkelsen led us into lunch. But it wasn't all about carbs and cake; delegates had to cycle their own healthy fruit smoothy in the break-out and careers fair area.



Rachael Grant (HCA in a Prison setting) deals with day-to-day! Mindspan's Gavin Drake taught us to improve our own personal outcomes by positive thinking and Laughter Yoga by Lotte Mikkelsen led us into lunch. But it wasn't all about carbs and cake; delegates had to cycle their own healthy fruit smoothy in the break-out and careers fair area.



Afternoon Workshops allowed us to reflect on our role in a team and our personal strengths and challenges, including Colour Blind, Art Therapy (from CPFT) and Personal Impact - Insight Colours (with Helen Campbell).

We ended the day with a summary from Julia Sirett, Nurse Lead at CCS.

**If you didn't attend, maybe next year? When we'll be celebrating 70 years of the NHS!**



### What you loved:

"connecting with a variety of people from different working areas"

"calm relaxed atmosphere, good presentations, not being rushed and meeting professionals"

"good talks especially 'a patient's journey' "

### What you'll share:

"I'm not 'just' an HCA"

"A positive thinking cycle"

"personal impact to be used for team meetings"

"laughter yoga and insight colours"

**For more information please contact:**  
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