

HELP: Your Health, Your Community

Wednesday 4th May 2022

at the Corn Exchange

We are really excited to announce three authors and leading figures in health and wellbeing will be coming to a **free event** at the Corn Exchange in Dorchester, to share their experiences and help people think positively about health, wellbeing and wellness.

Places are limited – to reserve a ticket for each speaker please click on the link below and complete the booking process. Tickets do have to be reserved in advance for the event. Refreshments will be available between each speaker, and there will be information stalls from local charities and community organisations.

<https://www.eventbrite.co.uk/e/help-your-health-your-community-a-day-of-workshops-and-talks-tickets-310388619717?aff=ebdssbdestsearch>



1.30 pm: Dr Julian Abel is a retired consultant in palliative care and jointly lead the introduction of the Frome Project. His book, *The Compassion Project*, is a story of how the small town in Somerset tackled issues of loneliness and isolation to help improve people's health and wellbeing, and reduce the pressure on GP and A&E services. Julian will take you through his journey and relive his experiences, challenges and successes with the Frome Project, and how other communities can benefit from this approach.



2.45pm: Dr. Michael Dixon is the Chair of the College of Medicine, the national Clinical Champion for Social Prescribing, and is a visiting professor at University College London and the University of Westminster. His book, *Time to Heal: Tales of a Country Doctor*, tells the story of colourful life of a rural GP in a 21st century health service. Michael will be sharing his experiences and thoughts about life on the health service front line and his hopes for the future.



4.00pm: Professor Mark Williams is the Emeritus Professor of Clinical Psychology and Honorary Senior Research Fellow at the University of Oxford Department of Psychiatry and is a leading expert in the subject of mindfulness. In his book, *Mindfulness, a Practical Guide to Finding Peace in a Frantic World*, he reveals from his experiences the secrets of lifelong happiness. Mark will be sharing how mindfulness can not only help individuals but can also benefit the health of a community.

For questions about the event please contact Paul Wallis, Chair of Poundbury Practice PPG:

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