13.00 to 13.45 **The Meaning of Health** Dr. Phil Hammond – doctor, journalist, writer, campaigner, comedian and DSN patron!

‘We spend trillions on ‘health’ but, like Brexit, no one can agree what it means. The World Health Organisation set the bar too high (an absence of disease and disability, plus a complete state of physical, mental and social wellbeing). The National Health Service doesn’t even define health, but spends £124 billion serving it. And the individualisation and commoditisation of health has fertilised many a con artist.

So, what is health? Why do we still treat poverty with statins and alienation with antidepressants? And why are doctors often less healthy than our patients? A seed can only flourish in fertile soil.

So, how do we create the environment for us all to prosper? It’s time to take back control of our health. Together, and free from bullshit.’

13.45 to 14.00 Group photo - OPTIONAL

14.00 to 14.40 **Keeping on Keeping Well for Medics** Leona Walsh

The session will provide an overview of the work of the Professional Support Unit in Wales and in the UK. Participants will explore signs and triggers that may be affecting the work and personal life of medics and discuss techniques and strategies for sustainable wellbeing and a positive working environment.

Speaker: Leona Walsh, BA(Russian Studies), LLM (Employment Law), PG Cert (Leadership for the Health Professions) Professional Support Unit, Health Education & Improvement Wales (HEIW)

Leona has been working in Postgraduate Medical Education, Wales Deanery since 2004 in roles ranging from International Medical Graduates, Specialty Training Recruitment and Professional Support to doctors and dentists in training.

She leads on educational activities to faculty and trainees in the area of recognition of support needs, positive work and training environment and maintaining wellbeing. Leona has expertise in working with individuals and organisations unlocking potential, through realising strengths, maximising performance and achieving goals.
14.40 to 15.00 **Break**

15.00 to 15.30 **Practitioner Health Programme Update**

Speaker: Richard Jones RMN MSc BSc MAREBT Cognitive Behaviour Therapist, Specialist Mental Health Nurse, Independent Prescriber. Richard is the Clinical Director for both the NHS Practitioner Health Programme (PHP) and the GP Health Service (GPH). He manages the largest caseload in both services, helping practitioner patients to recover from a wide variety of health problems and addictions.

Since the creation of the new GPH service Richard now primarily only sees the most complex cases, typically with regulator involvement, atypical additions and presentations, or those that require enhanced management or confidentiality. Richard has worked at PHP since 2010 initially working part time as a Cognitive Behavioural Therapy (CBT) therapist, then joining the team full time in 2012.

15.30 to 15.40 **DSN update – news from EAPH in Oslo**

Dr. Louise Freeman & Dr. Angelika Luehrs

DSN co-chairs with news from the recent European Association of Physician Health conference in Oslo. Find out about wisdom in medicine, increase in distress in female medical students over last 20 years and, motivation, health human capital as well as how our presentation on talking about our own mental health went at the event.

15.50 to 16.30 **Creativity and wellness** Dr. Jo Bowen

‘How I use creativity and conflict reduction tools, using the imagination and visualisation, to help doctors at my clinic.’ This talk offers the chance to reflect on how we can all allow our creative selves more potential and empowerment, inside and outside of our lives in medicine. Some (optional) mini experiential exercises are included.

Speaker: Dr. Jo Bowen ‘I am a retired London psychiatrist now running a private stress and anxiety/trauma management clinic in Devon and online, specialising in helping doctors, dentists and vets. I include use of conflict reduction creativity tools to aid wellness and fulfilment.’

16.30 **CLOSE**