



NATIONAL CONFERENCE 2025

WORKSHOPS

THERE WILL BE TWO WORKSHOP SESSIONS WHICH WILL BE REPEATED. YOU WILL NEED TO CHOOSE ONE FROM EACH SESSION.

WORKSHOP LEADERS' SYNOPSIS



Mindfulness, relaxation and meditation with Alison Trumper.

In this workshop we will take some time out of our day just for us. We will practice the power of breathing techniques to calm the mind and explore gentle chair-based yoga to calm the nervous system and connect with our bodies. Before returning back to our days activities we will end with a mini meditation and relaxation. This is suitable for anyone to join whether able bodied or differently able bodied.



What Your Handwriting Reveals About You with Anne Cummings (Graphologist and emotional therapist).

Anne will give an introduction to Graphology and an analysis of handwriting from those at the workshop which will be projected onto a screen for interaction. Please bring a sample of your handwriting to give to Anne before the workshop. A fun and interesting session. Wonder what will be revealed!



'Sparking Stories - exploring women's hidden histories through fiction.' With Kate Innes – Author.

Kate is a writer, though trained originally as an archaeologist, moving on to a PGCE and worked as a secondary school teacher in rural Zimbabwe and finally obtained an MA in Museum Studies and worked as education officer in several museums and galleries. She has always written and her historical fiction has ranged from a trilogy set in the

Medieval period told from a female perspective to a World War historical novel and Poetry. Because Kate has a particular interest in the past, she tends to use interesting historical objects to provoke stories and explore the hidden world around us. Kate is an experienced educator and speaker, having given talks at the Marches of History Festival, the National Writer's Conference, she has also won many awards.



The Life of a Professional Ecologist with Fran Lancaster from Shropshire Wildlife Trust. What we do, how we work and why.

Fran was a local government ecologist for fifteen years across the West Midlands, most recently leading the Natural Environment Team at Herefordshire Council, and is now Head of Policy and Evidence at Shropshire Wildlife Trust. In the course of her career Fran has managed land for people and wildlife, has delivered dozens of new ponds and other habitat improvements, and has commented on the ecological aspects of thousands of planning applications. Fran is a licenced great crested newt surveyor and loves all things reptile and amphibian.



Gong Bath with Emma Bradbury-Jones.

Emma is a qualified teacher of yoga and sound therapy. She has a passion for nature and its ability to support wellbeing both mentally, spiritually and emotionally.

The sounds she produces promote relaxation leaving participants happy and refreshed.

Please bring a yoga mat, towel or small blanket if you can.

- **PLEASE NOTE** - This workshop is not suitable for those with tinnitus, Meniere's, epilepsy, pacemakers and any metal in the body. Metal anywhere in the body may cause discomfort or even pain for some. It is a very personal experience.



No smoke for us bees with Rita Cliffe.

[Newport NWR]

An insight into bees, honey and beeswax then making a pair of beeswax candles. Bees may be present.



Line Dancing with Paul and Maddie Jones.

Experienced in leading dances and organising introductory, fun, taster sessions, suitable for all ages and abilities.



Introduction to Sign Language with Nicky Coombes

During this session you will enjoy an introduction to sign language [BSL] and gain an insight into the deaf community and culture.

OR opt out of workshops to take the time to meet with friends.