



# HEARTS & MINDS

*Putting passion into heart health in Nottingham*

a community conference

# 30TH JUNE 2011

Nottingham Contemporary. Weekday Cross. NG1 2GB

Keynote Speaker: Dr Chris Packham, Director of Public Health, NHS Nottingham City

## AIMS

- To identify approaches that work in relation to promoting heart health in Nottingham's visible and non-visible diverse Black and minority ethnic communities
- To agree what we can do to improve heart health in Nottingham

## OBJECTIVES

Participants will be able to

- share successful approaches to working with diverse communities (local, regional and national)
- discuss what communities say about what works
- identify reasons why we need to do more for Nottingham's diverse communities
- recommend what we can do in Nottingham to inspire us to improve our heart health





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## programme

- 10.00 Registration and networking**  
A chance to visit stands and displays
- 10.20 A hearty welcome**  
Welcome, domestics and aims and objectives  
Christine Belle, Compère, 97.5 kemet fm
- 10.30 Heart beat**  
The purpose of today  
Ali Orhan, the British Heart Foundation
- 10.40 The heart of Nottingham**  
Why we need to target heart health  
Dr Chris Packham, Director of Public Health, NHS Nottingham City
- 11.00 On the pulse 1 - What works - Community expertise**  
Pass It On, demonstration of BHF Healthy Hearts Kits  
Rose Thompson, Chair, African Caribbean Health Network
- 11.20 On the pulse 2 - What works - Community action research and community reporting**  
The "Get on Up" Community Reporters and Women Driving for a Change  
Bright Ideas and the Workers' Educational Association
- 11.40 Break**
- 12.00 Have a heart**  
Why we need to look after this vital organ  
Dr David Gray, Nottingham University Hospital
- 12.15 On the pulse 3 - What works - Using drama and the arts**  
"Not for the faint hearted"  
MonOlisa Productions
- 12.35 Heart to heart**  
Questions and answers to the panel
- 1.00 Eat your heart out**  
Healthy lunch, networking and opportunity to visit stands
- 1.50 Get on Up!**  
Healthy hearts game
- 2.00 Changing minds and hearts**  
The relationship between mental health and heart health  
Champions of Change Bright Ideas, and NHS Nottingham City
- 2.15 On the pulse 4 - What works - Volunteering**  
Volunteers' perspectives and quiz  
Change Makers, NHS Nottingham
- 2.35 Changing hearts and minds**  
Audience discussion about inspiring positive changes in Nottingham  
Opportunities, resources and funding to do work in the community
- 2.55 Heart chart**  
Evaluation, prizes and close (3pm)
- 3.15 to 4pm Round table discussion**  
Partners including members of the community agree the way forward from the recommendations

Supported by:

