

Sunday

07:30 Onwards: breakfast in the Hotel Restaurant.

10:30 Visit to Hever Castle .

Spanning more than 700 years, the history of Hever Castle is rich and varied. The original medieval defensive castle, with its gatehouse and walled bailey, was built in 1270. In the 15th and 16th centuries it was the home of one of the most powerful families in the country, the Boleyns, who added the Tudor dwelling within the walls. The Castle was to become the childhood home of Anne Boleyn, King Henry VIII's second wife, who became Queen of England for just 1,000 days. It was Henry's love for Anne and her insistence that she became his wife rather than his mistress that led to the King renouncing Catholicism and creating the Church of England.



With thanks to those already mentioned and:

Conference Committee: Evelyn Goodsell, Sandra Blacker, Joan Carroll, Kathy Hodgson, Penny Kinnear, Carole Stirling and Ronnie Wagstaff.

Photographers: Di Billam, Anne Goldstein and Bettina Kulsdorn.

Gifts and Roses: Liz Malik.

Name tags: Kathy Hodgson.

Participants' list: Kathy Hodgson

Programme: Kathy Hodgson, Diana Bell and Evie Goodsell.

Registration: Penny Kinnear and Carole Stirling.

Finances: Ronnie Wagstaff.

Raffle: Carole Stirling.

Timekeeping: Lavinia Soul.

'Meeters and Greeters': Diana Bell, Ros Price

The Delta Kappa Gamma Society International promotes professional and personal growth of women educators and excellence in education.



Great Britain State Conference

Wellbeing

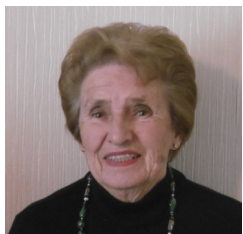
**Holiday Inn Maidstone/Sevenoaks,
London Road, Wrotham Heath,
Sevenoaks,
Kent, TN15 7RS**



Friday 24th - Sunday 26th April 2020

Great Britain State Conference

Friday



17:30 Registration outside Arundel.

19:00 Dinner in the Hotel Restaurant.

20:20 Return to Arundel.

Welcome to everyone by Evie Goodsell, GB State President.

20:30 Introduction by Evie Goodsell to **Carol Dawson**. **International Folk Songs are one of Carol's many interests; she invites us all to join in with passion during an interactive**

session—improved mental alertness guaranteed!

21:30 Questions and vote of thanks by Kathy Hodgson.

Saturday

07:30 Onwards: full English breakfast in the Hotel Restaurant.

09:00 Registration outside Arundel/Scotney (meeting room).

09:00 Refreshments in Academy Lounge.

10:00 Welcome and introduction to all by Evie Goodsell.

10:05 Introduction by Sheila Roberts to **Lucy Adams**, who will give an overview of **West Kent Mind** and the services and support they offer. She will give an introduction to understanding our mental health, what impacts us and how to implement coping strategies to promote positive wellbeing.

www.westkentmind.org.uk



10:55 Questions and vote of thanks by Carole Stirling.

11:00 Refreshments in Academy Lounge.

11:30 Introduction by Joan Carroll to **Sue Aldred**, who will talk about **Breath of Life**—a weekly singing group for better breath management, demonstrating the benefits of targeted exercises and postural awareness for people with breathing

problems. She will take us through exercises and stretches to loosen and relax the body, and will share some chants and songs which are great fun –gargle in advance!

12:30 Questions and vote of thanks by Claire Purcell.

12:45 Lunch in Hotel Restaurant.

14:00 Welcome back in Arundel/Scotney by Evie Goodsell.

14:05 Introduction by Sandra Blacker to **Pat Robson**, who will talk about: **The Role of Story in Wellbeing. Through practical activities, she will help us to unfold the patterns that can enhance our own wellbeing and that of others.**

14:55 Questions and vote of thanks by Penny Kinnear.

15:00 Introduction to raffle and sale of tickets.

15:10 Refreshments in Academy Lounge.

15:40 Welcome back to Arundel/Scotney by Evie Goodsell.

16:10 Annual General Meeting

17:20 Close of meeting.

Raffle draw with Carole Stirling.

Conference evaluation forms collected by Kathy Hodgson.



19:30 Dinner in the Hotel Restaurant.

The rest of the evening is yours to enjoy with friends— established and newly formed. You can even take advantage of the Spirit Health Club which features an indoor heated pool, fully equipped gym, plus a sauna and jacuzzi which are open until 22:00.

