



ITESO
WELFARE
ASSOCIATION (UK)
Unity Builds Nations

Name	MK Retreat 2016
Theme	Thriving community!
Summary description	To explore effective intervention strategies to enhance well-being at individual, family and community levels.
Purpose/Goal	To enhance a better future for all! This is an opportunity for you to socialize, relax, have fun, while learning.
Facilitator	George Agiru
Speakers	Alexandra Akutwi Mark Pinchin Dr Patrick Igulot
Date	26th March 2016
Venue	Haversham Social and Community Centre, Haversham, Milton Keynes. MK19 7AN.



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Detailed programme

SESSION 1: SPORTS

11:00-12:00 – Arrival/ Registration and tea/coffee

12:00 – 14:00 – Football tournament, Tag of war, sack race

14:00 – 15:20 – Lunch break

SESSION 2: INSIGHT

15:20 – 16:20 A drug - free world *Substance & Alcohol Abuse*
Education and prevention by Mark Pinchin

16:20 – 16:40 Break

SESSION 3: HEALTHY LIVING

16:40 – 17:40 Diabetes *Learn the warning signs! By Alexandra Akutwi*

17:40 – 18:00 Break

SESSION 4: A STRONGER COMMUNITY

Creating lasting change through effective and sustainable strategic outlook

18:00 – 18:15 Achieving Greatness (video)

18:15 – 18:45 IWA UK Update by Dr Patrick Igulot

18:45 – 19:00 Break

19:00 – 19:15 Vote of thanks and introduction of the Organising Committee by Martin Osengor

19:15 – 21:00 Refreshments

21:00 – 21:45 Closure