

**WELLNESS WEEK MEETING NOTES
TUESDAY 14TH NOVEMBER, 10AM – 11AM
NOTTINGHAM BID OFFICES, CUMBERLAND HOUSE, 35 PARK ROW, NOTTINGHAM, NG1 6EE**

Attendees:

- Lucy – Trespass
- Rebecca - Sobar
- Kenia - Sweaty Betty
- Luke - Element/Two Seasons
- Dianne Allen – Gemini PR and Marketing & Nottingham BID PR Representative
- Kelly Holgate – Nottingham BID
- Natalie Dickson – Nottingham BID

Actions:

- Café Sobar looking at holding a mindfulness session and featuring Mr Motivator
- Kelly to contact Boots Head Office to look at having a stall at the Wake Up Shake Up
- Gemini looking at PR opportunities, including contacting the media for Mr Motivator activity, contacting Notts County and also getting quotes from businesses
- Two Seasons are enquiring about a ski simulator
- Kelly to put together a content and social media plan
- Sweaty Betty talking to yoga instructors
- Kelly and Nat to put together comms encouraging businesses to put on their own events, plus other ways to get involved
- Kelly and Nat visiting venues for Wake Up Shake Up event