

# Health and Care Research Wales Faculty Writing retreat programme

21 – 23 October 2025

The Management Centre, Bangor

## Day 1

- 11:00 – Arrival, check-in and refreshments
- 12:00 – Intro, goal setting, overview of the 5P approach
- 13:00 – Lunch
- 14:00 – **Person**
- 14:30 – Writing (with floating support)
- 17:00 – Update on goals and discuss **Place**
- 18:10 – Finish for the day

## Day 2

- 08:00 – Breakfast
- 09:00 – Goal setting
- 09:30 – Writing (with floating support)
- 12:30 – **Project**
- 13:00 – Lunch
- 14:00 – Writing (with floating support)
- 17:00 – **Plan**
- 18:00 – Finish for the day

## Day 3

- 08:00 – Breakfast
- 09:00 – Goal setting
- 09:30 – Writing (with floating support)
- 12:00 – **Patient and Public Involvement**
- 12:30 – Lunch
- 13:00 – Writing (with floating support)
- 16:00 – Group feedback
- 17:00 – Finish for the day

Contact the team if you have any questions: [research-faculty@wales.nhs.uk](mailto:research-faculty@wales.nhs.uk)