

The South Warwickshire Mental Health Partnership invites you to their seventh annual event...

'What's working well for Mental Health in Warwickshire'

The South Warwickshire Mental Health Partnership is still working to improve the dissemination of information around mental health support services, the awareness of mental health issues and to increase collaboration between different sectors working to support people with mental illness.

This event is for mental health providers and organisations that support people with mental health issues who are working in South Warwickshire.

2019's event showcases what's working well with mental health with an overview from Jed Francique, Associate Director of Operations (Mental Health Services) CWP NHS Trust (CWPT), followed by presentations on 'Early intervention' from Springfield Mind, 'Peer support' from Together Your Way, and 'Creative partnership working' an initiative between Consultant psychiatrists and Alcester Health and Well Being Board.

Event participants will also have an opportunity to choose one workshop to attend - please see below.

John Tizard Chair of NAVCA (National Association of Voluntary and Community Action) will be helping us to round off the day with reflections on partnership and the way forward.

Programme:

Wednesday 26 th June 2019 at Dormer Conference Centre, 3B Dormer Place, Leamington Spa, Warwickshire CV32 5AA

9.30am | Registration

9.45am | Welcome - Jane Holdsworth, Warwickshire CAVA

10.00am | An overview of what's working well - Jed Francique, Associate Director of Operations (Mental Health Services) CWPT

10.20am | Early intervention through GP surgeries - 'Active Monitoring'- Maria Fennell CEO Springfield Mind

10.40am | Tea/Coffee

11.00am | Peer Support-Together for mental wellbeing

11.10am | Creative Partnerships- Dr Nadia Saleem and Dr Rupinder Kaler - Consultant Psychiatrists talk about their innovative work in Alcester

11.30am | Workshops:

There are number limits on some of the workshops due to the venue space. If your chosen option is full, you will be asked to register for another which has space available.

1. Creative Health - Karen Williams Escape Arts

Take an opportunity to make a MINI ME - Using recycled materials and simple techniques, this creative workshop is designed to be accessible and fun for participants of all ages and abilities. Very often used as an icebreaker, it prompts valuable conversations about oneself in a gentle and non -invasive way; therefore allowing groups to begin to get to know one another and promoting natural friendships.

2. The Dimensions Tool - Dawn Nicholls CWPT

The Dimensions Tool can be used to rate a person's level of health and wellbeing and to find local support to their particular needs. Attend this workshop to find out more about the tool and how it can be used.

3. Ecotherapy - Kath Pasteur ARC CIC

Join this interactive and informative workshop to learn about Ecotherapy and how we are promoting the Five Ways to Wellbeing in woodland sessions.

4. Laughter Yoga - Alison Orr WCAVA

Laughter yoga brings together a combination of breathing techniques and laughter exercises and is being increasingly used in business to increase productivity. Attend this workshop to find out about its benefits.

5. Walking for health in Leamington - Jo Dagg WDC

Join Jo Dagg WDC Community Development worker for a for a health walk.

See the link for more information about health walks; <https://youtu.be/mL71ONnB93c>

6. Warwickshire Pride - Dan Browne

What's working well for the LGBT+ community and how your service can contribute to the wellbeing of LGBT+ people.

7. Warwickshire Safe Havens - Mental Health Matters

Safe Havens are a place to support people in mental health distress before they reach a crisis point by offering them support in the community outside of business hours. Find out what Safe Havens will be like and give feedback on service developments.

12.30pm | Plenary - John Tizard Chair of NAVCA

1.00pm | Networking Lunch

We look forward to seeing you there.

For further information please contact Gill Jones on 01926 477512 or

email: gjones@wcava.org.uk

N.B. Due to the popularity of this event we would ask you to restrict numbers to two per organisation unless you are involved in running workshops, stands or presenting. If in doubt please get in contact with Gill Jones on gjones@wcava.org.uk or call 01926 477512.

Access and Parking:

Please use the St. Peter's multi-storey car park in Augusta Place or street parking (Pay & Display) in Dormer Place, Portland Place East and York Road.

To book your place please use the following link:

<https://swmhp-june-2019.eventbrite.co.uk>