



FREEDOM OF MIND FESTIVAL

OTR

*The
MENTALITY
Project*

Freedom Of Mind Conference Programme Monday 10th October 2016 9 am - 5 pm, At-Bristol.

Hello and welcome to the Freedom of Mind Conference.
Being held on World Mental Health Day, this event aims to explore young people's emotional wellbeing and discuss the factors that impact upon it.

9:00 am Registration

9:30 am Welcomes from Councillor Clare Champion-Smith Smith (*Cabinet Member for People*), Ella Marshall (*Freedom of Mind Founder*), Katie Finch (*Freedom of Mind Managing Director*) and Grace Jeremy (*Conference Lead/National Mental Health Activist*)

CONVERSATION

9:50 am Viki Browne performs a section from her award-winning play, 'HELP!'

10:10 am Youth-led workshops focussing on how we talk about mental health. From The Mentality Project (*Off The Record's Youth Participation Project*), HYPE (*Barnardos' Youth Participation Project*), Bristol City Youth Council, and the African Caribbean Association (*UWE*)

EDUCATION

- 11:00 am** Dr Simon Newitt (*Off The Record Bristol, CEO*): Understanding mental health as a social and political issue
- 11:10 am** Professional-led workshops focussing on how we can look after our own mental health and that of others from The Sad Ghost Club, Dr Dominique Thompson, Michelle Mcmorrow (*Youth and community Worker, LGBTQ*) and The Resilience Lab.

CHANGE

- 1:00 pm** Rebecca Cross (*Strategic Commissioning Manager (Children)*): Listening and transforming services for future good mental health
- 1:20 pm** Amy Frounks: Young people making positive change in services
- 1:30 pm** Video Message from Karen Black (*Services Manager, Off The Record*)
- 1:35pm** Discussion tables. We have 18 key stakeholders in youth/mental health services heading tables for a large-scale debate. Including - Heather Kapeluch (*Head of CAMHS*), Kate Gough (*Director of Youth services at the Creative Youth Network*), Peter de Boer (*The Shadow Safeguarding Children Board*), and many more.
- 3:00pm** Marvin Rees (*Mayor of Bristol*): Keynote speech.
- 3:10pm** Creating actions for moving forward: Sharing ideas from the discussion tables, mapping out change and forming the start of a mental health manifesto.
- Panel Members: Marvin Rees (*Mayor of Bristol*), Heather Kapeluch (*Head of CAMHS*), Becky Pollard (*Director of Public Health*).
Chair: Grace Jeremy (*Conference Lead, Mental Health Activist*).

CLOSE

- 4:00 pm** 'This is My State Today': Dance Performance exploring the influence of society on our mental health, *Attik Dance and Creative Youth Network*.
- 4:20 pm** Building Connections For Change: an opportunity for young people, campaigning groups and professionals to interact and network
- 5:00 pm** Event close

Please note- programme may be subject to change