

Mental Wealth Festival

12-14 September at City Lit, The National Gallery and Houses of Parliament.

Please note that the schedule may be subject to change.

Visit the website for the latest news and updates www.mentalwealthfestival.co.uk

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TUESDAY 12 SEPTEMBER HOUSES OF PARLIAMENT

Disability Theology: an Interfaith Discussion*

15:00-16:00

A panel discussion around learning disability and mental health hosted by Baroness Sheila Hollins.

Mental Wealth for Adults and Young People*

18:00-20:00

A panel discussion hosted by Baroness Sheila Hollins focusing on education and mental wealth for adults and young people to a cross-section of parliamentarians and stakeholder organisations.

*please note that these events are invitation-only

ALL EVENTS ARE TAKING PLACE AT CITY LIT UNLESS OTHERWISE INDICATED

WEDNESDAY 13 SEPTEMBER

Bupa Breakfast Meeting

8:00-10:00 / John Lyon's Theatre

A panel discussion on 'Mental Health in the Workplace' chaired by Mark Malcomson CBE, CEO of City Lit and joined by Sir Vince Cable, Leader of the Liberal Democrats; Craig Donaldson, CEO, Metro Bank; John Binns, former Deloitte Partner; Dr Ian Drever, Consultant Psychiatrist, Drever Associates; Paul Farmer CBE, CEO of Mind; Paola Barbarino, CEO of Alzheimer's UK and Paula Franklin, Medical Director, Bupa UK.

The Art of 'Seeing' – Drawing and Mindfulness

10:00-12:00 / 305

Explore the relationship between mindfulness and drawing from observation with Clare Barton-Harvey.

The Paula Principle: How and Why Women Work Below Their Level of Competence

10:30-11:30 / John Lyon's Theatre

Mark Malcomson CBE in conversation with Tom Schuller, author of *The Paula Principle: How and Why Women Work Below Their Level of Competence*.

Let's Talk about Mental Health

10:30-12:30 / 105

An introduction to Books Beyond Words to support mental health, with Dr Roger Banks.

Depression and Anxiety: Understanding your Body's Dashboard

10:30-11:30 / 106

In this interactive session, Consultant Psychiatrist Dr Ian Drever explores depression and anxiety in modern society.

Assume Nothing: The Complexities of Life with Wildly Varying Skills

10:30-11:30 / 215

Dan Holloway gives a lecture on how to cope with the complexities of being successful whilst coping with mental health issues.

Hand Stitching Workshop – One Stitch at a Time

10:30-13:30 / 402

Amarjeet Nandhra provides a workshop aiming to create a safe space away from the business of life through hand stitching.

Mental Wealth Dialogues

10:45-11:30 / 112

A presentation by Dr Sandra Walker and artist Clare Holloway about the powerful 'Dialogue' groups.

Gong Bath

11:00-12:00 / 302

A meditative exercise led by Madi Shrimpton using sound to relax and clear the psyche.

Mental Wealth Discovery Walk

11:00-12:15 / Meet in the City Lit foyer

Tina Gwynne-Evans leads a tour from City Lit to raise awareness of different perspectives on mental health.

Exploring Transpersonal Modes of Addressing Body Image Struggles

11:00-12:30 / G01

A workshop by Nicole Schnackenberg on exploring body image and how to accept the body beyond its appearance.

Thrive LDN Problem Solving Booth

11:30-13:30 / Ground floor

The Problem Solving Booth brings people together to have conversations that they might not usually have, by helping each other with their problems. One chair is for the "Helper", the person listening to the problems, and the other for the "Helped", the person describing their concerns.

Relaxed Talk and Draw – Sessions for those with Learning Disabilities at the National Gallery

12:00-14:00

With Sittingbourne book club

The Importance of Pets in the Self-Management of Mental Health Conditions

12:00-12:45 / 215

A lecture by Dr Sandra Walker and Dr Helen Brooks on the benefits of pets and how they should be considered a main source of support for people with mental health problems.

Lecture by Mandy Stevens

12:00-13:00 / John Lyon's Theatre

Mandy Stevens gives a lecture on her experience as a mental health professional and her work promoting mental health awareness.

Writing for Wellbeing Workshop

12:00-13:00 / 106

Writing for wellbeing workshop with psychotherapist and writer Karen Dempsey.

Mental Health Awareness Taster Session with Rethink Mental Illness: How to Stress Less

12:00-13:00 / 216

Want to stress less? Come and learn new ways to understand and manage stress.

Smart Brains Work Best – Brain Training

12:00-13:30 / 114

Shammi Kapoor leads a Brain Training Workshop.

The Mindset Triangle

13:00-15:00 / 112

Stuart Baker will be giving a lecture on three simple rules to have a healthier mindset and how he incorporated those rules into his own life.

Money and Mental Health

13:30-14:30 / G01

Award-winning journalist Leah Milner will be talking about money and mental health with Rohan Kalicharan and The Mix.

Dying, Death and Modern Medicine – how the nation's anxiety stops us talking

13:30-14:30 / 106

Dr Kathryn Mannix looks at the national conspiracy to avoid thinking about dying and death, and asks us to consider ways to confront the taboo.

Sleep 2.0 for Mental Health

13:30-14:30 / John Lyon's Theatre

Sleep Expert Coach Natalie Pennicotte-Collier and Dr Charlotte Elsworth-Edelsten (PhD) from The Geneva Sleep Lab present 'Sleep 2.0 for Mental Health'.

What is Stress?

13:30-14:50 / 215

Most of us have experienced stress at some point in our lives. But what is stress? Cathinka Guldberg leads a course to help understand and identify stress.

The Art of 'Feeling' – Drawing, Music and Mindfulness

13:30-15:30 / 305

Through the practice of mindfulness and drawing with music, explore ways of expressing a range of feelings, derived from the qualities of the music itself, led by Clare Barton-Harvey.

Hand Stitching Workshop – One Stitch at a Time

14:30-17:30 / 402

Amarjeet Nandhra provides a workshop aiming to create a safe space away from the business of life through hand stitching.

Relax with Paintings at the National Gallery

15:00-16:30

Suspend your expectations and knowledge of art and immerse yourself in a single painting from the collection. Join a small group in a closed-off room and be guided towards a deeper connection with a painting. Christina Bradstreet will lead an immersive exploration of the work.

The Happy Kitchen: Good Mood Food

15:00-16:00 / 106

Bestselling author Rachel Kelly will talk about her latest book *The Happy Kitchen: Good Mood Food* and will share the wellbeing strategies for mind and body that really work. After the session she will be selling and signing copies of her book.

Tai Chi and Qigong

15:00-16:00 / 302

In this session, Kai Cheong will take you through a Simple 10 Step Taiji form and includes Qigong routines.

The Recovery Letters

15:00-16:00 / M02

The session will explore the importance of writing and reading as a way of managing recovery from depression; we will write a recovery letter to someone and discuss The Recovery Letters project and book.

Anxiety and Panic Attacks

15:15-16:15 / 215

Mental health professional Mandy Stevens gives a lecture on anxiety and panic attacks.

A Picture of Health at the National Gallery

16:00-17:15

Explore health and wellbeing, from food and physical exercise to mindfulness and madness, on this guided tour of the National Gallery, considering works by artists including Beuckelaer, Titian, Hogarth and Van Gogh.

The Art of 'Being' – Drawing, the Imagination and Mindfulness

16:00-18:00 / 305

Clare Barton-Harvey explores how mindfulness and the imagination can lead to a richer experience of the present moment and thereby a greater sense of integration and wellbeing.

A Panel Discussion on Suicide and Prevention

16:30-17:30 / G01

A panel discussion on suicide and prevention hosted by Mental Wealth Festival ambassadors Jonny Benjamin and Neil Laybourn.

CalmerRama Wellbeing Elite Sport & The Next Generation Team GB Mindcoach Skills for Everyone

16:30-17:30 / John Lyon's Theatre

Wellbeing insight from anxiety expert and Team GB Mindcoach Natalie Pennicotte-Collier + the Youth Sport Trust.

Mental Health Awareness Taster Session with Rethink Mental Illness: How to Stress Less

16:30-17:30 / 216

Want to stress less? Come and learn new ways to understand and manage stress.

The Communication of Art and Mental Health

16:30-17:30 / 112

Baroness Sheila Hollins and Adrian George (curator, commissioner, writer and educator with experience of working in world-famous art institutions including Tate Modern; Tate Liverpool and the Government Art Collection) talk about the communication of art and mental health.

Compassion Workshop

16:45-17:45 / 215

Fiona Wilson will explore how to become your own compassionate cheerleaders through exploring and understanding emotional responses.

Stand Tall Little Girl

17:00-18:00 / 106

Hope Virgo, author of *Stand Tall Little Girl*, shares her story of recovery from anorexia. Hope will share her harrowing, yet truly inspiring journey.

Digital Detox: Disconnect to Reconnect

18:00-19:00 / John Lyon's Theatre

Panel discussion hosted by Head Talks on the rise of technology and how it is affecting our mental health. With best-selling author Carl Honore, Digital Detox Expert and Founder of Shine Offline Laura Willis, Chief Correspondent of BBC Radio 4 Today Programme Matthew Price, award-winning Financial Times writer Jonathan Margolis and CEO of the Mix Chris Martin.

Mental Wealth Festival Reception

19:00-19:45

Join us for drinks & nibbles and music by the King's Place Choir to celebrate the Mental Wealth Festival.

Art Auction – Shine: In Memory of Alex

19:30-20:30 / 303

In memory of Alex Hosking who studied on the City Lit Foundation Diploma in Art & Design in 2014 – artists, friends and peers present diverse creative work exploring themes of mental health, selfhood, loss, care and hope. Private view from 18:30 on the third floor.

Festival Night Celebration – Music Performances

19:45-21:45 / John Lyon's Theatre

Musical performances by Douglas Dare, Raleigh Long, Anna Pancaldi, Alex Kozobolis (former Art and Design Foundation City Lit student) and Eliza Shaddad.

THURSDAY 14 SEPTEMBER

Stammering: How it Impacts on Lives and How Speech Therapy can be Transformative

10:00-11:00 / 106

This session will increase awareness and challenge misunderstanding of stammering through screening 'Stutterer', which won the Oscar for Best Short Film in 2016. Includes 3 short presentations from the City Lit Speech Therapy Department.

Research: Changing the Future of Mental Health

10:00-10:45 / G01

Neil Balmer from MQ: Transforming Mental Health will share the aims the charity has for delivering progress, alongside researcher Dr Sarah Garfinkel, who will talk about her work in developing an innovative therapeutic tool, designed to reduce the incidence and severity of anxiety disorder specific to people with autism.

Happy Face of Youth

10:00-11:00 / John Lyon's Theatre

Speech by Time to Change, about tackling stigma, how to get involved with the movement and the young champions will share their stories of stigma and discrimination.

The Art of 'Seeing' – Drawing and Mindfulness

10:00-12:00 / 305

Clare Barton-Harvey explores the relationship between mindfulness and drawing from observation, in terms of beauty, clarity of mind and appreciation of the world around us.

Jewellery Workshop

10:00-13:00 / 308

Jewellery workshop by textile artist Tanvi Kant. Experience how acquiring new skills creatively can focus your mind and help maintain wellbeing.

Boat Shaped Basket Workshop

10:00-13:00 / 304

Annamarie O'Sullivan leads a workshop on how to make a frame basket using a wooden former.

Human Stories

10:00-13:00 / Ground Floor Foyer

Visit Eva Provedel & Qaisra Khan's stand and sign up to share incredible human stories out of your own experience and personal journey.

Mental Health & International Human Rights Law

10:30-11:30 / 215

A lecture by Prof Oliver Lewis and Aswini Weerertane QC on the Convention on the Rights of Persons with Disabilities, a UN human rights treaty.

Let's Talk About Mental Health

10:30-12:30 / 105

An introduction to Books Beyond Words to support mental health, with Dr Valerie Sinason.

Mental Wealth Discovery Walk

11:00-12:15 / Meet in the City Lit foyer

Tina Gwynne-Evans leads a tour from City Lit to raise awareness of different perspectives on mental health.

Interview with Bryony Gordon

11:30-12:30 / John Lyon's Theatre

Former NHS Director Mandy Stevens will interview journalist Bryony Gordon on how and why she hid her mental health issues for so long as well as the impact her OCD had at it's worse and how she coping with it now she is in recovery.

Co-Producing Mental Wellbeing

11:30-12:30 / G01

This workshop will, through presentations, discussion and some practical exercises explore how the altered dynamics of power and change may contribute to the mental wellbeing of individuals, families and communities with Dr Roger Banks and Danny Curtin.

Mental Health Awareness Taster Session with Rethink Mental Illness: How to Stress Less

11:30-12:30 / 216

Want to stress less? Come and learn new ways to understand and manage stress.

'We're All Going to Die!' Anxiety, Denial and Truth-Telling

11:30-12:30 / 106

Looking at how the media misrepresent dying, Dr Kathryn Mannix takes us on a thoughtful, interactive and even amusing tour of cinematic deaths, whilst offering us an alternative and consoling take on what to expect in real life/death. You might laugh. You'll probably cry. But you will feel better for it.

In Conversation with Ed Balls at the National Gallery

12:00-14:00

Join us at the National Gallery Sainsbury Wing Theatre for a special event with Ed Balls to discuss his life and career, his journey around stammering and the importance of keeping mentally well.

Relaxed Talk and Draw – Sessions for those with Learning Disabilities at the National Gallery

14 September / 12:00-14:00

With Canterbury Book in Hand book club

Embrace your Demons and Follow your Heart: Brief Introduction to Acceptance and Commitment Therapy

12:00-13:00 / 215

Carolyn Cheasman and Rachel Everard lead a taster workshop that will give you an experiential overview of ACT and will focus on identifying values.

Free to Dream: What a Universal Basic Income Would Mean for Those Disabled by Mental Ill Health

12:00-13:00 / 112

A lecture by Dan Holloway exploring what it would mean for our creative future to know that we could pursue our dreams and always have the security of having our needs met.

Disenfranchised Communities

13:00-14:00 / John Lyon's Theatre

A panel discussion on disenfranchised communities chaired by Baroness Sheila Hollins and joined by Jeremy Swain, CEO of Thames Reach.

Why Mindset Matters for Mums

13:00-14:00 / G01

A workshop by Anna Parker-Naples outlining her journey from wheelchair to award-winning Hollywood voice actor.

Emotional Wellness and Generations Y and Z

13:00-14:00 / 106

Marilyn Tucknott explores the difference between Generations Y and Z and what is important to them, and how they spend their time in their technologically savvy environment.

The Art of 'Feeling' – Drawing, Music and Mindfulness

13:30-15:30 / 305

Through the practice of mindfulness and drawing with music, explore ways of expressing a range of feeling, derived from the qualities of the music itself, led by Clare Barton-Harvey.

Taking Care of your Mental Wellbeing (Young People)

13:30-14:30 / 112

Katie Buckingham and Danny Bowman share their experiences of mental illness and how they manage mental wellbeing day-to-day.

100 Years of Mental Health Care in Hampshire – Evaluation of a Community Project

13:45-14:15 / 215

Dr Sandra Walker presents the history of 100 years of mental health care in Hampshire.

Jewellery Workshop

14:00-17:00 / 308

Jewellery workshop by textile artist Tanvi Kant. Experience how acquiring new skills creatively can focus your mind and help maintain wellbeing.

Boat Shaped Basket Workshop

14:00-17:00 / 304

Annamarie O'Sullivan leads a workshop on how to make a frame basket using a wooden former.

Laughter Yoga for a Healthy Living

14:30-15:30 / 302

Come to laugh and breathe together in this fun Laughter Yoga workshop with Eva Provedel.

Recovery Workshop

14:30-15:30 / G01

Mandy Stevens gives a lecture on her professional experience as a mental health professional and promoting mental health awareness.

Learning – Transforming Lives

14:30-15:30 / 106

Dr Vicky Duckworth and Dr Rob Smith discuss the impact learning has on mental wellbeing for learners and teachers. They are currently leading the project: <http://transforminglives.web.uccu.org.uk/>. They are also joined by Adult Learner Award Winner, Amy King.

Family Carers

14:30-15:30 / John Lyon's Theatre

This will be a small panel of family carers of children and adults with need of extra understanding because of mental health or developmental difficulties chaired by Baroness Sheila Hollins and joined by Sean Fletcher (journalist and radio broadcast personality from Good Morning Britain) Luned Tonderai, Marcella Cooper and Mr and Mrs Chamberlain.

Relax with Paintings at the National Gallery

15:00-16:30

Suspend your expectations and knowledge of art and immerse yourself in a single painting from the collection. Join a small group in a closed-off room and be guided towards a deeper connection with a painting. Christina Bradstreet will lead an immersive exploration of the work.

Living with Voices: An Introduction