

Mental Wealth Festival 10 & 11 September at City Lit, The National Gallery and Houses of Parliament.

Please note that the schedule may be subject to change.

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MONDAY 10 SEPTEMBER HOUSES OF PARLIAMENT

Parliamentary Event*

18:30-20:00
A debate and discussion on mental wellbeing and suicide prevention: what next? Panel of speakers include: Norman Lamb MP; Johnny Mercer MP; Luciana Berger MP; Jacqui Morrissey, Assistant Director Research & Influencing, Samaritans; Jon Salmon, Mental Health Campaigner.

*please note that these events are invitation-only

Apart from the invite only event at Houses of Parliament on Monday evening, all events on Monday are taking place at City Lit and on Tuesday all events are taking place at The National Gallery.

MONDAY 10 SEPTEMBER CITY LIT

BUPA Business Breakfast Panel: 'Personal leadership and workplace culture'*

08:00-10:00
Panellists include Joanna Place, Chief Operating Officer, Bank of England, Paul Farmer, CEO of MIND, Rory Simpson, Chief Learning Officer of Telefonica. This event is invitation-only.

Mental Health a Competitive Advantage?

10:30-11:30
Geoff McDonald and City Lit Principal Mark Malcomson will discuss and highlight how positive approaches to mental health and wellbeing could be a competitive advantage to the workplace.

The Serious Business of Happiness at Work

10:30-11:30
In this engaging session author, psychologist and Workplace Lead at social movement Action for Happiness, Vanessa King will share the evidence on why happiness matters for us personally and why it is a corporate social responsibility. She'll help discover what happiness really means in the workplace and the ingredients science shows are key. You'll explore how you can practically apply these to increase wellbeing and build resilience, personally and as leaders and managers. You'll come away with simple, practical ideas to experiment with at home and work.

Suicide Prevention Workshop

10:30-11:30
James Withey from The Recovery Letters shares his personal story about how he went from teaching suicide prevention to being on suicide watch.

Laughter Yoga

10:30-11:30
Come to laugh and breathe together in this fun laughter workshop with Eva Provedel.

Mindfulness and Drawing – The Art of Feeling

10:30-12:00
Explore the practice of mindfulness and drawing and ways of accessing and expressing a range of 'feelings' in drawing, in response to subject matter derived from the beauty and wonder of the world around us, led by Clare Barton-Harvey. Suitable for all levels of experience.

Writing for Wellbeing Workshop

10:30-11:30
Interactive workshop with writer and psychotherapist Karen Dempsey, exploring the power of creative writing to heal. There will be the opportunity to share your writing with the group.

The Future of Mental Health for New Populations

12:00-13:00
Chris Underhill MBE, will explore two ideas where social entrepreneurship can help make a difference in difficult to reach populations. The first, in the developing world; and the second in our rapidly growing global cities.

Walking on Sunshine

12:00-13:00
Life enhancing talk based on Rachel Kelly's best-selling novel 'Walking on Sunshine'.

How Everyday Habits Build your Mental Health

12:00-13:00
In this workshop Tomo founder Fahad al Saud takes you through Behavioural Activation, a therapeutic practice that identifies healthy habits and helps you do them regularly. This session explores how different types of behaviour can help different areas of mental health and wellbeing; and how tracking what you do can help you understand how you feel.

Creating Healthy Habits with Bupa

12:00-13:00
How many times have you planned to leave work on time, get to the gym or go to bed earlier – and it just hasn't happened? There's often a gap between our good intentions and our bad behaviour and behavioural science can help us to understand why. In this session, we'll explore why this gap exists, and give you tools to successfully create new habits to improve your health and wellbeing.

Movement Medicine

12:00-13:00
In this session by Almut Ilber you will dance to a blend of great music, where you can freely express your feelings and thoughts through movement. Release stress and tension or simply have fun. There are no set moves and classes are suitable for everybody, including those with limited mobility. Bring comfortable clothes to wear.

Welcome to Unwind London

13:00-14:00
A very special 45 minute meditation experience. Unwind is the UK's first surround sound meditation experience, welcoming you to take some time out. Join us, switch off, enjoy the tranquility, breathe in the relaxing oils and free your mind.

Diversity in the Workplace

13:30-14:30
Chaired by Baroness Sheila Hollins panel includes BBC TV News Producer Laura Hearn and Trish Driver, CEO of A New Normal Ltd.

The Best Asset a Workplace has is Surely the Energy of its Employees

13:30-14:30
As one of the leading Performance Coaches working in both Elite Sport and organisations, Natalie Pennicotte-Collier, Mind Tonic Therapy is sharing her method in this keynote session. How can you begin to learn what it is you need to support your potential? What are the best strategies for the Mental Wealth of this generation?

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

13:30-14:30
Want to stress less? Come and learn new ways to understand and manage stress by Rethink Mental Illness.

Food for a Good Mood

13:30-14:30
At this talk by Ellie Holley you learn how some foods and drinks can help you to feel calm and energised, while others will leave you feeling stressed, sluggish and irritable. Find out which foods and nutrients help you feel relaxed and which have the opposite effect.

Communicate with Confidence

13:30-14:30
Work on your vocal production and body language to develop your confidence in your ability to communicate in any situation.

Anxiety and Panic Attacks

15:00-16:00
Mental health professional Mandy Stevens gives a talk on anxiety and panic attacks.

Optimising Sleep – Why we need to and how it can be done

15:00-16:00
Are we getting enough sleep to best support our bodies and minds? Why do we develop sleeping problems? What can we do to overcome these? Steve Peralta, Chief Content Officer at Unmind, and ex-insomniac for over ten years, will try to answer these questions in the hope that we can all enjoy the benefits that optimal restoration brings to our lives.

The Courage to Change

15:00-16:00
What if you could live life to the full, with serenity? In this session by Malcolm Stern you will create a vision of hope for the future in a group committed to the nurturing process of reflective honesty, compassionate attention and trust.

Deaf Yoga to Calm Stress (at work)

15:00-16:00
The working environment for people who are deaf or hearing impaired can be very stressful. Is communication a struggle, do your employers and colleagues understand your access needs? Yoga offers tools and breathing techniques we can draw upon when frustration or sadness feels overwhelming. This session by Sarah Scott introduces simple practices to help centre and calm the mind in times of emotional challenge. Taught in sign language with voice-on by request.

The Importance of Healthy Smartphone use for Mental Wellbeing

15:00-16:00
In this session led by Dr Ian Drever and Laura Willis, founder of Shine Offline you will get the chance to learn about the impact our 24/7 connected culture is having on your mental wellbeing, work life balance, relationships, focus and creativity.

Books Beyond Words Workshop

15:00-16:00
An introduction to Books Beyond Words and how to support your mental health.

Chinese Painting Workshop

15:00-16:30
This workshop by Xiaolan Bi is for anyone who is interested in Chinese Art and Culture. You learn to use ink and brushes paint on traditional rice paper, and understand the aesthetic of Chinese painting. No background knowledge is required and tools will be provided.

Healthier Living: Healthy Mindset

16:30-17:30
Mastering that inner voice is often a challenge... Lifting the duvet can often feel like a ten tonne weight. The Mindset Triangle makes your life that little bit easier by sticking to 3 rules: EXERCISE, SLEEP & HEALTHY EATING.

City Lit Choirs Sing you into September

16:30-17:30
Join students from City Lit choirs who will perform some of their 'hits' from last term. Enjoy classical pieces through to Folk, Broadway and Pop. Led by Richard Hartley Wilson.

Train your Brain

16:30-17:30
Join this brain training workshop by Shammi Kapoor and learn how your brain can improve and work to its full capacity. A better brain can help you overcome life's obstacles, take control and achieve life goals through improving core skills.

Self-Care and Staying Well Workshop

16:30-17:30
This workshop by Charlotte Seirberg is an opportunity to take a pause and step out of the daily grind. You will learn some self-care tools that you can incorporate into your day to help create a better work-life balance through mindful movements, short mindfulness meditations, and other self-care tools.

Addiction and Mental Health in the workplace

16:30-17:30
This panel event will be a live journey through the range of care for mental health issues and potential addiction problems. Including process addictions which, with the right resources, can be addressed to relieve and support individuals, teams and the company in their social responsibility towards their employees.

THE NATIONAL GALLERY

TUESDAY 11 SEPTEMBER THE NATIONAL GALLERY

How to Live Life to the Full

10:30-11:30
Panellists Bryony Gordon, Professor Rupert Sheldrake, Laura Hearn, Mark Williamson and Chris Underhill discuss how they derive meaning from life in order to live life to the full. Chaired by Mark Malcomson CBE, Principal and CEO City Lit.

Writing back to Happiness

10:30-11:30
Reframing and renewing your life story through autobiographical writing. This writing workshop by Susan Gray looks at adventurous and refreshing ways to present and re-present your life story.

Hand Embroidery Workshop from Paintings

10:30-12:00
Enjoy the benefits of hand-stitching and its self-induced state of sustained focus whilst taking inspiration from paintings displayed in room 41. During this workshop with Tanvi Kant, you will select colour palettes and textures used by early 20th century painters Paul Cezanne, Henri Matisse and Andre Derain to create your own hand-embroidered brooches.

Relax with Paintings for People with Learning Disabilities

11:00-12:00
Join a small group in a closed-off room and be guided towards a deeper connection with a painting.

In Conversation with Jonny Benjamin MBE and his Dad Michael

12:00-13:00
Jonny Benjamin MBE, familiar to many through the 'Stranger on the bridge' documentary is an award-winning mental health campaigner, film producer, public speaker, writer and vlogger. At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and bipolar, and later began making films on YouTube about the condition. Joined by his dad Michael, Jonny will be talking openly about living with mental illness.

How to Master the Art of Achieving without Trying

12:00-13:00
Taoism invites us to follow the 'way of nature': flow with our surroundings and to act intuitively. Neuroscience is also discovering the value of 'flow' states and 'fast-thinking'. In this session with Dr Humprey James, we will be unpacking these ideas, with some activities and practices to help us master the art of 'achieving without trying'.

My Kids and Social Media. What Next?

12:00-13:00
A workshop about social media and kids with Natalie Pennicotte-Collier.

The Healing Voice – Liberation Through the Ecstasy of Chant

12:00-13:00
This session by Jill Purce is an uplifting exploration of transformative breathing, chanting, mantra and sonic meditations, sacred chants, healing, shamanic ceremony and sonorous dream work. You will learn and practice Mongolian overtone chanting, an ethereal and powerfully meditative vocal yoga which transforms our voices into rainbows of sound and light.

The 1880s and 90s in France: what we can learn about ourselves and others from exploring paintings of that era

12:00-13:00
How did Georges Seurat and other painters respond to events in late nineteenth century France and how can an understanding of our own histories enhance our enjoyment of their work (with special reference to Seurat's the Bathers at Asnières).

Life Drawing and Mindfulness – the art of being

12:00-13:30
An opportunity to explore how the practice of mindfulness and drawing, can help us to access and express 'feeling' as we draw directly from the beauty and richness of paintings in the National Gallery collection. Suitable for all levels of experience.

Identifying Depression Early in Adolescence with MQ: Transforming Mental Health

13:30-14:30
Dr Valeria Mondelli discusses MQ's IDEA project. This is a new major study analysing research and data about social and family environment, stressful experiences, brain images, and biological data of 10-24 year olds from four different countries – the UK, Brazil, Nigeria and Nepal.

Developing Communities for People with Learning Disabilities

13:30-14:30
How do we develop and nurture communities for people with learning disabilities and engage with the wider world? This session will explore projects and case studies that inspire and challenge mainstream perceptions of disability.

Eye Spy: A Visual Journey through the Gallery

13:30-14:30
A drawing workshop led by Heidi Wigmore. Wander through rooms with no fixed trajectory, stop to sketch a detail from a painting that catches your eye. Continue until the end of the session where the concertina is opened up to reveal your personal visual journey around the gallery.

Arts, Health and Wellbeing for Future Generations

13:30-14:30
A panel discussion on the importance of creativity and access to the arts for the next generation of healthcare professionals. Chaired by Lord Howarth panellists include Professor Wendy Burn, Suzy Wilson, Grace Catchpole, Michael James Wong and Steven Cook.

Getting inside the mind of an anorexic

13:30-14:30
Hope suffered with anorexia for over 4 years, before being admitted to a mental health hospital. She lived in the hospital for a year, fighting one of the hardest battles of her life. Since being discharged, she has fought to stay well. She uses her experiences to champion the rights of others and help break the stigma of mental illness.

What can we learn about how to overcome mental health from The Fighting Temeraire

13:30-14:30
The Fighting Temeraire is one of the most famous paintings in The National Gallery. What can we learn about mental health from this iconic painting? During this session Damian Culhane will share his personal experience of accessing new levels of consciousness to overcome the impact of mental health issues.

Creating Mental Wealth in Children and Young People

15:00-16:00
In children and young people with special educational needs there are at least two or three times as many with some form of mental health needs. The DfE Code of Practice on SEND has at long last given an official focus for schools on mental health with the creation of the designated area of Social, Emotional and Mental Health. The aim of this lecture with Professor Barry Carpenter CBE is to provide participants with signposts to begin this journey, for and with our children.

With the End in Mind

15:00-16:00
In conversation with author Dr Kathryn Mannix and Baroness Sheila Hollins. Palliative medicine pioneer Dr Kathryn Mannix explores the biggest taboo in our society and the only certainty we all share: death.

Recovery Box Workshop

15:00-16:00
A workshop on recovery by mental health professional Mandy Stevens.

Perinatal Mental Health Awareness

15:00-16:00
Join charity Best Beginnings and tutor Natalie Treacher explore the types and prevalence of perinatal mental health and some of the support available in this workshop.

Writing a Haiku

15:00-16:00
Writing a Haiku requires concentration which can be a peaceful distraction. In this workshop with Pearl Elizabeth Dell May you will learn that wellbeing can come from a closeness to the natural world and in both reading and writing Haiku we can speculate about actual emotions that are not being expressed and work on them in poetry form.

The Benefits of Going Dutch

15:00-16:00
In this workshop with Debora van Herpen, you will explore and discover why going Dutch contributes to satisfaction and fulfillment in life and how it improves wellbeing. Find out what wellbeing means to you and how you can enhance it. Get relaxed. Get inspired. And learn how to ask to split the bill. In Dutch.

Tai Chi

15:00-16:00
Join a Tai Chi workshop within the Gallery space with Carla Drayton.

Relax with Paintings

15:00-16:00
Suspend your expectations and knowledge of art and immerse yourself in a single painting room from the collection. Join a small group in a closed-off room and be guided towards a deeper connection with a painting.

Engagement for Living

16:30-17:30
In this workshop with Mark Goodman you will find out more about the principles of engagement for living focus on supporting a person to move from a state of disengagement to one of engaging positively in the world around them; being fully engaged.

Taking Action for Happiness

16:30-17:30
In this engaging and interactive workshop author, psychologist and Board Member of Action for Happiness, Vanessa King will share the evidence on why happiness matters for us as individuals and collectively. Importantly, she'll help us explore the evidence-based 10 Key to Happier Living – the areas science shows we can take action to help us maintain and increase our happiness and wellbeing and boost our resilience. You'll come away with quick and simple, practical ideas to experiment for your self and with others.

Imagination, Emotions and Identity

16:30-17:30
In this session with Fiona Wilson you will explore how our imagination builds on our emotional perceptions of ourselves and the world around us, and how this impacts on our identity.

Death as an Educator

16:30-17:30
A talk between psychotherapist Malcolm Stern and Maggie, one of his patients, about death, dying and the meaning of life.

Into the Fold

16:30-17:30
During this workshop with Ina Baumeister you reflect on the physical similarities between folding and the structure of the brain with its many hidden folds. Craft a range of folded maps as blueprints to brainstorm.

When Life Gives you Lemons

16:30-17:30
Still life painting in the National Gallery, making large fruit from felt to create a vast still life, or cornucopia easy to make. A workshop with Louise Severyn-Kosinska. Minimal or no sewing skills required.

In Conversation with Grayson Perry

18:30-20:00
We are delighted to welcome artist Grayson Perry CBE with City Lit Principal Mark Malcomson CBE to discuss his views on how art can contribute to positive mental wellbeing. This insightful discussion will conclude with a presentation of Grayson's Fellowship Award to celebrate his newest achievement of becoming a City Lit Lifetime Fellow.

