

Agenda

Building Communities that Care:

Exploring the Role of Relationships and Community in Mental Illness

Registration 10:00 – 10:30 am
Refreshments and Community Marketplace

Welcome and Opening Remarks
10:30 – 10:45 am

Opening: Kathryn Tyson, Chair

Welcome: Mark Winstanley, Chief Executive

Welcome to Members' Day, housekeeping and an introduction to the day's theme.

Key Note Address
10:45 – 11:30 am

Open Dialogue: A Different Approach to Mental Health Care, **Dr Russell Razzaque**

Including audience Q&A.

Refreshment Break 11:30 – 11:45 am



Time to visit the Community Marketplace and move into breakout rooms.

Breakout Sessions #1
11:45 – 12:30 pm

Members choose one of three sessions.

Planning for the Future: Wills and Lasting Power of Attorney Talk, **Led by Octopus Legacy**

Your Voice, Our Impact: Campaigning to Make a Positive Difference, **Led by James Harris, Director of Communications and Campaigns**

A Letter to Future You: Creative Writing Workshop, **Led by Carolyn Sheppard, Head of Membership**

Lunch 12:30 – 1:40 pm



Lunch served upstairs

Panel Discussion
1:40 – 2:40 pm

What Helps Us Feel Seen, Heard and That We Belong?

Chair: Brian Dow

Panellists: Chris Hull (Rethink ambassador and carer) and additional panellists TBA.

Including audience Q&A.

Comfort Break 2:40 – 2.55 pm
Time to move into breakout rooms.

Breakout Sessions #2
2:55 – 3:40 pm

Members choose one of three sessions.

Life Audit: An Interactive Workshop, **Led by Zoe Swithenbank, a member of Rethink's Lived Experience Advisory Board and a Rethink trustee**

Your Voice, Our Impact: Campaigning to Make a Positive Difference, **Led by James Harris, Director of Communications and Campaigns**

A Letter to Future You: Creative Writing Workshop, **Led by Carolyn Sheppard, Head of Membership**

Comfort Break 3:40 – 3.55 pm
Time to move into the Main Hall.

The Pringle and Janey Antoniou Awards Ceremony 3:55 – 5:00 pm

Join us as we celebrate this year's **Pringle and Janey Antoniou Award winners.**

Event Close 5:00 pm