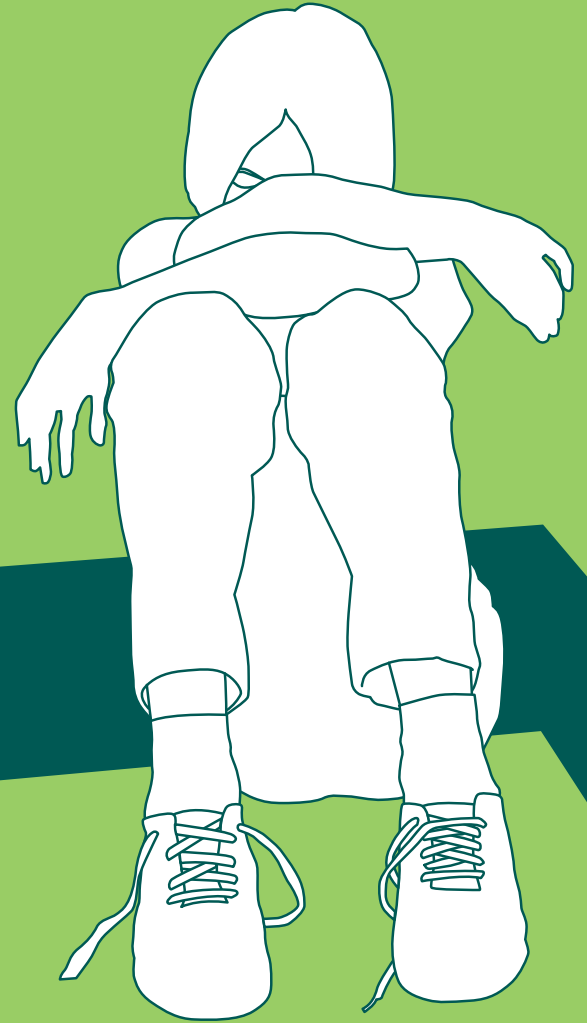




Richmond Borough Mind and South London Learning and Skills Council present

A free one day event aimed at those who have current or past experience of mental ill health, their carers and professionals involved with Mental Health Services across the Borough.

BACK TO THE MAINSTREAM?



- Who can help?
- What are the routes back to meaningful occupation and employment?
- What can be done to overcome social isolation and improve skills, confidence, support and quality of life?

The day will include workshops, lectures and stalls providing information on what local services are available to help those who have been suffering from a mental illness to take positive steps towards rehabilitation, as well as opportunity to talk to the professionals and service planners about what services are needed.

This is your opportunity to influence future services for yourselves and others.

7th July 2003

**10:00am – 15.25pm
Free lunch provided**

**Richmond Upon
Thames College,
Egerton Road,
Twickenham TW2 7SJ**

For more details or to book your place at this event call Lucy Brazier on 020 8296 1974 or email Penny Lee at penny1dlee@hotmail.com

Schedule

Back to the Mainstream, 7th July 2003

10:00 Registration and refreshments

10:30 Opening remarks

Barbara Alexander
Trustee, Richmond Borough MIND

10:35 Talk by Dr Perkins:

"Open employment, voluntary work and education for people with longer term problems"

Dr. Rachel Perkins is a Consultant Clinical Psychologist and Clinical Director of Adult Mental Health Services at South West London and St. George's Mental Health NHS Trust. She is also a user of mental health services, a trustee of the Manic Depression Fellowship, a Specialist Advisor at the Health and Social Care Advisory Service and a member of the Disability Rights Commission's Mental Health Action Group. She has written and spoken widely about services for people who are seriously disabled by ongoing mental health problems and contributes a regular column to Open Mind. In 1995 she established the Pathfinder User Employment Project – a programme to increase employment opportunities within mental health services for people who have themselves experienced mental health problems. Her latest books, written with Julie Repper, are *Working Alongside People with Long Term Mental Health Problems* (1996, Stanley Thornes), *Dilemmas in Community Mental Health Practice: Choice or Control* (1998, Radcliffe Medical Press) and *Social Inclusion and Recovery: A model for mental health practice* (2003, Balliere Tindall)

10:55 Q&A

11:05 Talk by David Morris: "Social Inclusion"

David Morris leads on social inclusion programme (NIMHE). Prior to this, he developed and led the Citizenship and Community Programme at the Sainsbury Centre for Mental Health. He has had lead responsibility for mental health at the NHS Executive South East Regional Office.

He has a long standing commitment to social inclusion and community engagement in mental health, particularly from a primary care perspective and has pursued this with a variety of research and policy organisations including the National Primary Care Research and Development Centre at Manchester University, where he is Research Fellow. David has a professional background in social work and worked as a social services manager in mental health in various local authority settings before joining the Health Service.

11:25 Q & A

11:35 Coffee

12:00 Group Work

including workshops on:

- Building Confidence – using mainstream services
- Building Confidence – the role of day centres
- Building confidence – can volunteering help?
- Skills training and help to find work
- Moving into a job
- Benefits.

13:15 Lunch

14:15 Question Time

An opportunity to raise questions and ask the borough's experts questions relating to getting back to the mainstream and the services you have access to or need. The panel will include Christina Conroy, Principal of Richmond Adult Community College, Bob Kitchin, Project Manager of Twinings, Pauline Hill, Citizens Advice Bureau (Benefits), Miles Rinaldi, Vocational Services Manager for SW London & St. George's Mental Health NHS Trust, Janet Kingston RBMind, Helen Robinson, Still Building Bridges.

15:25 Closing remarks and end of the conference

Places at this event will be limited so to make sure you don't miss out please either:

- Telephone Lucy Brazier on 020 8296 1974

- Or fax this form back to 020 8891 5027

- Or email Penny Lee at penny1dlee@hotmail.com

- Or fill in the form below and send it to:

Richmond Borough Mind, The Social Centre
The Richmond Healthcare Hamlet
Kew Foot Road, Richmond
Surrey TW9 2TE

Title Mr Ms Miss

First Name _____

Surname _____

Job Title/Role (if relevant) _____

Address _____

Post Code _____

Telephone No. _____

Fax No. _____

Email Address _____

- Tick here to receive more information about forthcoming events

- Tick here to receive more information about RBMind

