

Other events happening locally around World Mental Health Day

What	Organisation and Lead Person	When	Where/Who for
Occupational Therapists event: A range of events for mental health service users e.g. Colour Me Beautiful, tea dance, craft workshops.	Suzanne Steele (028) 4461 3311	During week beginning Monday 8 October	Across a range of venues for Mental Health Service users
Lunch time event with Dorothy Rowe, world-renowned psychologist and writer called Resilience across the lifespan	EDRCN: Pauline O'Flynn and Lise Curran (028) 4461 2311	Monday 8 October 1pm - 3pm	The Ballymote Centre Downpatrick Everyone
Carers event: Presentation to carers about looking after themselves	Joan Scott Carers Development Officer (028) 9756 5456	Tuesday 16 October	Venue to be confirmed Carers
Emotional Wellbeing fair – taster sessions and information on ways to relax and improve emotional wellbeing	Niamh Wallace Downpatrick Surestart (028) 4483 9967	During week beginning Monday 8 October	Parents of children 0 - 4 years and registered child minders
Infant Mental Health Workshop	Niamh Wallace Downpatrick Surestart (028) 4483 9967	During week beginning Monday 8 October	Parents of children 0 - 4 years, carers, registered child minders and early years staff
Information session from Community Pharmacist	Paul Ennis Rethink Downpatrick (028) 4461 7964	During week beginning Monday 8 October	People who suffer from mental health problems, their carers, family, relatives and friends aged 18 - 65 years
Eating Disorders Network - Training and information session on Eating Disorders for workers concerned about these issues	Eva McAlea Eating Disorders Network (028) 4377 2835	Thursday 11 October 12noon - 6pm	Venue to be confirmed Workers who would like to learn more about this issue
Sofa Day – Opportunity to have a chat about local services and eat some food which is good for your mood	Annette McCann Colin Neighbourhood Partnership (028) 9062 3813	Tuesday 9 October 10am - 3pm	Dairy Farm Centre Everyone
Dunmurry Safe and Well Project – Carers event	Mary Barnes (028) 9030 1029 Joan Scott (028) 9756 5456	Thursday 11 October 10.30am - 12.30pm	Balmoral Hotel Carers
Carers groups - a range of events organised by local groups	Joan Scott (028) 9756 5456	During week beginning Monday 8 October	A range of local venues Carers
Mind Matters Public Speaking Competition for Schools Final and Royal College of Psychiatrists Public Speaking Competition	Esther Lynch (028) 9756 3129	Wednesday 3 October at 7pm Wednesday 10 October	Great Hall, Downshire W5 For school pupils and their supporters
Tea Dance	Jenny Laverty Flying Horse Ward Community Forum (028) 4461 9632	Monday 8 October 11.30am - 12.30pm	The Ballymote Centre Downpatrick Everyone
The Lottery Winner - Play by service users and staff from Rethink, AMH Downpatrick and Down Community Arts	Paul Ennis Rethink (028) 4461 9632	During week beginning Monday 8 October	Venues to be confirmed Anyone
Conference: Mental Health in a Changing World: The impact of culture and diversity	Fiona Molloy (028) 9151 0182	Monday 8 October 9.30am - 4.30pm	Londonderry Room, Town Hall, Newtownards Everyone

World Mental Health Day

2007

Mental Health in a changing world: Building Resilience Across Diverse Settings

A conference and afternoon workshops for anyone interested in learning more about how to promote resilience at home, in school, in the community and at work.

Resilience describes a person's capacity to cope with changes and challenges and to bounce back during difficult times.

**Wednesday 10 October
9.30am – 4.30pm**

**The Great Hall, Downshire Hospital
Ardglass Road, Downpatrick**

World Mental Health Day

2007

A conference and afternoon workshops for anyone interested in learning more about resilience and how to promote it.

Wednesday 10th October
9.30am – 4.30pm:
The Great Hall, Downshire Hospital
Ardglass Road, Downpatrick

This conference is taking place to mark World Mental Health Day 2007. It forms part of a longer term approach to promoting mental health and preventing suicide in the South Eastern Health and Social Care Trust area.

Registration:

To ensure your place please register as soon as possible. As you will see there are 2 parts to this day so please indicate if you wish to attend the whole event or just the morning. There is no fee for this event but places are limited.

To register contact:

Claire Black at the Health Development Department indicating your attendance and workshop preferences on (028) 9756 3129.

Summary of the Conference Programme

Morning session: 9.30am – 1.00pm

Presentations from:

- **Ed Sipler** on promoting resilience at home
- **Kim Scott** on promoting resilience at school
- **Trudy Arthurs** on promoting resilience at work
- **Gillian Gibson** on promoting resilience in the community

Refreshments and lunch will be provided

Afternoon session: 1.45pm – 4.30pm

Each speaker will facilitate a skills development workshop focusing on promoting resilience in these different settings:

- **Home**
- **School**
- **Work**
- **Community**

Please register for only one workshop.
There are a limited number of places.