



Compassionate Mental Health



Compassionate Mental Health

Uncharted - Freeing Up the Future

25-26 Sep 2019 - Brecon Beacons, Wales, UK

A two day, experiential event designed to inform, inspire and empower people
living and working with mental distress

compassionatementalhealth.co.uk

#CompassionMH





'Uncharted - Freeing up the Future' is our eighth gathering designed to inform, inspire and empower people living and working with mental distress

Who's it for?

The event is for anyone curious about a compassionate approach to mental health. We bring together people and families with personal experience, front-line staff, commissioners, managers, clinicians, GPs, policymakers and Third Sector staff, to explore what works for people recovering from a mental health crisis

What's it about?

Compassionate Mental Health is part of a growing worldwide movement calling for a more integrative approach to mental health - one that relies less on diagnosis and prescription drugs, and more on empowering the person and engaging their social networks. At the heart of the project is a belief that it is possible to begin to heal oneself and others through the power of community, connection, self care and solidarity.

Our key message remains that a mental health crisis can become a meaningful turning point and catalyst for change. We believe a culture of compassion and collaboration must replace over medicalisation, coercion and restraint.

We are living in uncertain times, but they are also times of possibility when we have the power to shape the future. Along with many other critical voices we are calling for a radical shift in the way we understand mental illness, changing the script, challenging stigma and raising expectations.

This is a gathering and unconference, but there are key learning outcomes associated with service transformation, moving towards a more co-productive, psychosocial approach. All our speakers and facilitators believe that with the right support recovery can happen and a mental health crisis can be a transformative process.

Each gathering is held in a stunning venue that is therapeutic in its own way. This time it's beautiful Buckland Hall. Lets leave behind our professional and personal roles and labels, build community and connection, and move forward together to create positive change.





Speakers

We've gathered influential speakers and facilitators who are passionate about changing the script around mental health, challenging stigma and raising expectations



Eddie Stern

Yoga teacher, author and lecturer from New York City. He is known for his multidisciplinary approach to furthering education and access to yoga



Yasmin Ishaq

Social worker/psychotherapist and Open Dialogue lead for NHS Kent working with the whole family/network, rather than just the individual



Shantum Seth

Peace builder, social activist, mindfulness teacher & pilgrimage guide, teaching skills that can help develop stillness, calm and ease



Michael Schwammberger

Former monk, helping bring the social medicine of mindfulness, heart connection and deep listening to the communities that need it most



Chloe Goodchild

International singer, author, and educator - empowering people to discover their authentic, inner voice to uncover and transform difficult feelings



Malcolm Stern

Director and co-founder of Alternatives - a world renowned platform for leading spiritual teachers and alternative thinking



Ewan Hilton

CEO of Platfform (formerly Gofal) - Wales' leading mental health and social change charity, supporting people and communities create a greater sense of connection, ownership and wellbeing



Charlotte Waite

Social worker and Director of Transformation & Systems Change for Platfform, Charlotte has pioneered trauma informed approaches in Wales



Josephine NwaAmaka Bardi

Founder of RAMHHE, the global campaign to Raise Awareness of Mental Health in Higher Education, Josephine is passionate about informal community mental health services



Speakers

You can see full bios of all speakers with at www.compassionatementalhealth.co.uk/speakers



Kareem Ghandour

Mentor & mindfulness in education trainer & facilitator with Heart Based Living Initiative - founding member of a grassroots mindfulness community for young adults



Karen Taylor

Trained psychiatric nurse and Director of Working to Recovery, providing innovative mental health training internationally and pioneers of recovery communities



Andy Bradley

International trainer and speaker on a mission to bring compassion into health and social care settings, and encourage the compassion captain in us all



Benna Waites

Consultant Clinical Psychologist and Joint Head of Psychology, Counselling & Arts Therapies, for Aneurin Bevan Health Board in South Wales. Benna has a longstanding commitment to compassionate care



Sarah Stone

Executive Director for Samaritans in Wales and former Deputy Commissioner for Older People in Wales. Sarah has a long history of championing the rights of vulnerable people and group



Brigid Bowen

Founder and curator of Compassionate Mental Health, Brigid is a freelance journalist and writer whose personal journey with psychosis and recovery is the driving force behind this event



Compassionate Mental Health

About Us

Compassionate Mental Health is a Community Interest Company (number 11938822) working with people across the UK and internationally, who have experienced difficulties with their mental health; their families and support networks; those who work within the field of mental health, and the wider public. We promote compassionate approaches to mental health, and aim to be part of radically changing the conversation around mental illness.

We run a series of gatherings that showcase a range of compassionate approaches to mental health and wellbeing. These provide accessible opportunities for people to have transformational learning experiences, and model an environment of safety and community for people to step back from their lives and recover a sense of purpose and wellness.

Directors: Brigid Bowen, Sir Stephen O'Brien and Dr Sangeet Bhullar (company number 11938822)

Thank you to our sponsors

Our vision is to inspire people so that they can live well after a mental health crisis. Our sponsors share our ethos of a compassionate, recovery focused approach to mental health.



Wed 25 September Programme

Our programme offers an exciting mix of plenary sessions and workshops, with plenty of opportunities for participation, reflection and networking.

- 7:00 - 7:30

Two optional early morning meditation sessions
Michael Schwammberger
- 7:30 - 8:00
- 8:00 - 9:00

Breakfast
for people staying at Buckland Hall
in the Dining Room
- 9:00 - 9:30

Register / Meet & Greet
in the Main Hall

Plenary Sessions

in the Grand Hall

- 9:30 - 9:45

Welcome and Setting the Scene
Sarah Stone & Malcolm Stern
- 9:45 - 10:45

Compassion Pods & Deep Listening
Andy Bradley & Benna Waites
- 10:45 - 11:15

Pause & Refresh
in the Library

Experiential Workshops

11:15-1:15 Choice of Experiential Workshops	
A	Telling our Stories Malcolm Stern
B	In the Body of Your Voice Chloe Goodchild
C	Joyful Path Shantum Seth

- 1:15 - 2:15

Eat & Enjoy
in the Dining Room

Plenary Sessions

in the Grand Hall

- 2:15- 2:45

Wake Up Together
Shantum Seth

Experiential Workshops

2:45-4:45 Choice of Experiential Workshops	
D	Introduction to Heart Based Living Michael Schwammberger and Kareem Ghandour
E	In the Body of Your Voice Chloe Goodchild
F	Creative Approaches to Psychosis Karen Taylor

- 4:45 - 5:10

Pause & Refresh
in the Library

Plenary Sessions

in the Grand Hall

- 5:10 - 5:50

Group Gatherings
conversations facilitated by
Malcolm Stern
- 5:50 - 6:00

Close of Day and Summing up
Sarah Stone



Evening Programme

in the Dining Room

- 7:30 - 10:30

***Dinner & After Dark Talk with Eddie Stern**
*Pre-booked **OR** for people staying at Buckland Hall only



Thurs 26 September Programme

Please also keep an eye on the noticeboard in the Hall for any updates. If you have any questions please just ask Jenny, Brigid or a member of the Wellbeing Team.

- 7:00 - 8:00

Optional Mindful Movement
Eddie Stern
- 7:30 - 8:00
- 8:00 - 9:00

Breakfast
for people staying at Buckland Hall
in the Dining Room
- 9:00 - 9:15

Register for new arrivals
in the Main Hall
- 1:30 - 2:30

Eat & Enjoy
in the Dining Room
- 2:30 - 3:00

Mindful Walking
Shantum Seth
in the Rhododendron Walk

Plenary Sessions

in the Grand Hall

- 3:00 - 3:10

Freeing Up the Future
Brigid Bowen
- 3:10 - 4:10

The Science and Practice of Embodiment
Eddie Stern
- 4:10- 4:30

Pause & Refresh
in the Library
- 4:30 - 5:20

Group Gatherings
gathering insights from the two days
Malcolm stern & the hosting team
- 5:20 - 5:30

Close of Day and Summing up
Benna Waites & Sarah Stone

Plenary Sessions

in the Grand Hall

- 9:15 - 9:30

Welcome and introductions
Benna Waites & Malcolm Stern
- 9:30 - 10:00

Compassion Pods & Deep Listening
Benna Waites
- 10:00 - 10:35


All Aboard Change
Charlotte Waite & Ewan Hilton
- 10:35 - 11:00

Dragon Café - Measuring what Matters
Josephine NwaAmaka Bardi
- 11:00 - 11:30

Pause & Refresh
in the Library

Experiential Workshops

11:30-1:30 Choice of Experiential Workshops	
A	Open Dialogue Yasmin Ishaq
B	Creative Approaches to Psychosis Karen Taylor
C	Telling our Stories Malcolm Stern
D	In the Body of Your Voice Chloe Goodchild



"I'd like to imagine a future where whoever you're in contact with sees your distress as a way to facilitate your growth, and their growth too."

PSYCHIATRIST DAN FISHER AT THE COMPASSIONATE GATHERING



Workshops

Telling our Stories

Malcolm Stern - Weds 11.15 & Thurs 11.30

Malcolm holds a safe, non-judgemental space where individuals can speak their own truths aloud. The power of giving voice and being witness to situations we've survived touches a place of profound and shared authenticity for the whole group.

"I don't really understand what went on in that room - in which most of us had not met before, and from which we emerged with a sense of camaraderie, and having communed on a deeper level - but I knew that we had touched upon some archetypal experiences that resonated with all of us and graced us with a sense of intimately shared humanity."
~past participant in 'Telling our Stories'

Creative Approaches to Psychosis

Karen Taylor - Weds 2.45 & Thurs 11.30

Explore and use of a number of tools to help you engage better and more effectively with people who are experiencing psychosis - including voice dialogue, externalisation techniques, re-remembering strategies, developing formulations and coping strategies. We'll focus on a person centred and narrative approach to recovery action and planning.

Open Dialogue

Yasmin Ishaq - Thurs 11.30

Open Dialogue is a compassionate approach that involves working with families and social networks, rather than just the individual. It equips staff of all disciplines with the tools to effect change at deeper levels, and discover how we can reshape a social response to psychosis and emotional crisis. Open Dialogue was developed in Western Lapland in Finland over the last 30 years. It has attracted widespread international attention. Results consistently show that it reduces hospitalisation, the use of medication, and results in less crisis recurrence compared with other approaches. Yasmin is Open Dialogue lead for NHS Kent, and will introduce key principles and how it differs to "treatment as usual".

Joyful Path

Shantum Seth - Weds 11.15

Shantum will share tools to transform suffering into a path of joy and awakening. He will explore his understanding of inter-connectedness and the practices of breathing mindfully to help us calm our mind, look more deeply into our emotions and train ourselves to overcome anxiety and mental stress to develop joy. This workshop is both practical and informative with questions and answers and some practicing together.

In the Body of Your Voice

Chloe Goodchild - Weds 11.15 & Weds 2.45

Chloe will introduce sound and self-inquiry practices rooted in meditative energy movement. She'll explore how our emotional expression can help restore, heal, and reconnect the disconnected or forgotten voices of our past narrative, with the authentic voice of our present life. As we start to open up and embody this vast field of aliveness, with it comes the acknowledgement that every trauma, every moment of suffering that we have endured, or battled with, was an essential and integral moment in the evolution and realisation of what Chloe calls our "naked voice".

Introduction to Heart Based Living

Michael Schwammberger & Kareem Ghandour
Weds 2.45

Michael and Kareem will introduce Heart Based Living Initiative - a UK non-profit growing a movement for bringing more heart and connection into society. The workshop will include an introduction to the three foundational practices of mindfulness, heart coherence and listening spaces, followed by short practice sessions. The aim is to experience more wellbeing and connection within ourselves and others, by exploring simple practices to help reconnect with our innate capacity for happiness, connection, resilience and self-understanding.

Wellbeing and Organising Team

Any of these workshops and group discussions may include distressing content being presented or discussed. Please put your own wellbeing first - you are welcome to take time out if you need it. Please don't hesitate to make yourself known to the Wellbeing Team if you feel overwhelmed at any point, or need support.

Karen Taylor, Katy Bergson, Kareem Ghandour and Gitanjali Varma Seth are our Wellbeing Team for the gathering. Brigid, Jenny and Michelle are the Organising Team. All are on-site throughout the day for any support you need.



Venue Information

Venue

Buckland Hall, Bwlch, Brecon Beacons,
Powys, Wales LD3 7JJ +44 (0)1874 730330

www.bucklandhall.co.uk

One hour from Cardiff and the M4 Severn Bridge, two hours from Birmingham, under 3 hours from London. Set within the magnificent Brecon Beacons National Park, Buckland Hall is a Victorian mansion in 60 acres of beautiful grounds overlooking the River Usk.

Getting here

compassionatementalhealth.co.uk/getting-to-buckland-hall

Buddy Up - use our Facebook Group to buddy up and share www.facebook.com/groups/CMHcommunity/



Parking & Accessibility

There is a level car park next to the mansion with generally smooth tarmac. There are three steps to the front door and a permanent ramp to garden entrance. Ground floor is level with wide doorways and wheelchair accessible toilet. Lift to first floor and portable loop system. Full info at compassionatementalhealth.co.uk/venue

Accommodation

On-site Accommodation at Buckland Hall

Buckland Hall has 29 bedrooms on the first and second floors all with en-suite bathrooms. Most have beautiful views of the gardens, the River Usk and the stunning peaks of the Brecon Beacons. One twin room has an accessible en-suite bathroom.

Single occupancy room £105 per person /per night
King-size bed with en-suite. Includes breakfast and three-course evening meal

Shared twin room £75 per person /per night
Single Bed in shared twin room with en-suite. Includes breakfast and three-course evening meal

Shared dorm room (single sex) **£55** per person /per night
Single bed or mattress in 5 Bed Dormitory with en-suite. Includes breakfast and three-course evening meal

Off-site Accommodation

See our list of local accommodation online at compassionatementalhealth.co.uk/venue



Facilities

A truly restorative setting

The gathering has exclusive use of Buckland Hall and its beautiful grounds, with access for participants to all facilities.

Buckland is the ideal setting for us - a truly restorative venue with roaring fires and river walks. Large meeting and break-out rooms, a library, several lounges, yoga & meditation room and games rooms, mean there's plenty of room to spend time building community and connection. The landscaped gardens are perfect for quiet time and reflection among the lakes, arbo-retum and sweeping lawns reaching down through meadows to the river.

Eat & Enjoy

Buckland has a fantastic reputation for its wholesome and nurturing food. Meals are exclusively vegetarian and vegan, using local and organic produce and served home-style to give a welcoming, relaxed feel.



"There's 'Them' and there's 'Us'. We are well, happy and safe. They are mentally ill and dangerous. Is this really true? Or is the uncomfortable truth that there's a continuum, a scale along which we all slide back and forth during our lives. When we separate ourselves we hurt those labelled as sick, ill, even mad, but we also hurt ourselves..." ~ Only Us Campaign ~



Photography and filming policy

There will be discreet photography and filming taking place during the event which we will use for public information and publicity purposes. Please let us know at registration if you do not consent to be filmed or photographed.

Conference Contacts

Brigid Bowen, ask@compassionatementalhealth.co.uk, 07711 051 241. Brigid, Jenny, Michelle and the Wellbeing Team will be on-site throughout the event. Buckland Hall, 01874 730 330.