



Compassionate Mental Health

Coming Home to Ourselves 14-16 Nov 2022

Programme & Workshops

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

Mon 14 November

Optional early arrival from 2.00pm on Monday for residential guests. Take time to land at Coed Hills, relax and unwind. Nothing to do for arrival day, but relax and eat supper together at 6.30pm. Bring your warm clothes and boots, as there are lots of paths you can explore the 180 acres of woods and natural meadow land. Bring your swimming costumes if you want to enjoy Coed's wood-fired sauna, or sit around the fire pit and make new friends, and a towel too. If you are non-residential and would like to join us for arrival day, a quiet afternoon at Coed and supper, contact ask@compassionatementalhealth.co.uk

All of the programme is optional, so please please put your own wellbeing first - you are welcome to take time out if you need it, and we also have a wellbeing team on hand should you need some support.

Tues 15 November

7.00 – 8.00 **Optional early morning meditation and mindful movement**
8.00 – 9.00 **Breakfast** for those staying at Coed Hills. If you are non-residential and want to come to the early morning session and stay for breakfast, don't forget to book in

Or come early, bring your own flask of tea and enjoy the beautiful woods and relaxing surroundings

Plenary Sessions

9.30 - 10.00 **Register / Meet & Greet for non-residential** *in the circular barn*
10.00 - 10.15 **Welcome and Setting the Scene** **Malcolm Stern and Benna Waites**
10.15 - 10.30 **Compassion Pods & Deep Listening** **Benna Waites**

10.30 - 11.00 **Building Compassionate Communities** - Rex Haigh and Neil Palmer

11.30 - 11.45 **Pause & Refresh**

Experiential Workshops

11.45 - 1.30 **A. Telling our Stories** Malcolm Stern *in the Bothy*

11.45 - 1.30 **B. Transforming Relationships with Open Dialogue** Yasmin Ishaq, Cathy Thorley and Charmaine Harris *in the Jacobean barn*

1.30 - 2.30 **Eat & Enjoy** *in the circular barn*

Experiential Workshops

2.30 - 4.30 **D. Therapeutic Communities** Rex Haigh and Neil Palmer *in the Jacobean Barn*

2.30 - 4.30 **F. Introducing The Bottega Project** John Whitehead and Rawley Clay *meet outside the circular barn*

4.30 - 5.00 **Pause & Refresh**

Plenary Sessions

5.10 - 5.50 **Coming Home to ourselves after Suicide Loss** - conversations & reflections facilitated by Malcolm Stern

5.50 - 6.00 **Close of Day and Summing up** Benna Waites



Evening Programme

7.00 - 10.00 **Dinner followed by talk and community Be In** - Sue Ruben and friends **bring poems, stories, songs to share if you wish**

Wed 16 November Programme

- 7.00 – 8.00 **Optional early morning meditation and mindful movement**
- 8.00 - 9.00 **Breakfast** for those staying at Coed Hills.
If you are non-residential and want to come to the early morning session and stay for breakfast, don't forget to book in
- 9.00 - 9.30 **Register for new arrivals** *in the circular barn*

Plenary Sessions

- 9.30 - 9.45 **Welcome and introductions** *Benna Waites & Malcolm Stern*
- 9.45 - 10.15 **Compassion Pods & Deep Listening** *Benna Waites*
- 10.15 – 10.45 **Coming Home to Ourselves after Suicide Loss** *Malcolm Stern in conversation with Nuala Sheenan*
- 10.45 – 11.15 **Pause & Refresh**

Experiential Workshops *Or free time to enjoy Coed*

- 11.15 - 1.15 **A. Telling our Stories** *Malcolm Stern in the bothy*
- 11.15 - 1.15 **B. Therapeutic Communities** *Rex Haigh and Neil Palmer in the Jacobean Barn*
- 1.15- 2.15 **Eat & Enjoy**

Experiential Workshops *Or free time to enjoy Coed*

- 2.30 - 4.30 **E. Transforming Relationships with Open Dialogue** *Yasmin Ishaq, Cathy Thorley and Charmaine Harris in the Jacobean barn*
- 2.30 - 4.30 **F. Introducing The Bottega Project** *John Whitehead and Rawley Clay meet outside the circular barn*

Plenary Sessions *in the circular barn*

- 4.30 - 5.00 **Summing up and Saying Goodbye** *Malcolm Stern and Benna Waites*

Workshops

Telling our Stories

Malcolm Stern - Tues 11.45 & Weds 11.15

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'*

Therapeutic Communities Rex Haigh and Neil Palmer Tues 2.30 & Weds 11.15

Rex and Neil are both on the founding team of the Living Learning Experience Network, and for over 20 years, the LLEs have given an in depth experience for mental health professionals of a temporary therapeutic community, in order to encourage development of reflective practice, and group facilitation skills, in order to help grow emotionally intelligent practitioners who are skilled in relational care. Have an introduction into reflective practice for those aiming to provide therapeutic environments, and group facilitation skills. Understanding more about complex emotional dynamics accessible to all health workers, and grow appreciation of the use of relationships in all encounters. Welcome to all who want to find out more about TCS

Transforming Relationships with Open Dialogue Yasmin Ishaq, Charmaine Harris and Cathy Thorley Tues 11.45 & Weds 2.30

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.

Introducing Coed and the Bottega Project - John Whitehead and Rawley Clay Tues 2.30 & Weds 2.30

John Whitehead is an artist, engineer, designer, maker, and systems thinker with an extraordinary track record, some of which you can see brought to life at Coed Hills. He's a true original - former circus owner and imagineer, dedicated to working with others to create a more ecological future, where everyone can thrive. John will be joined by artist Rawley Clay - the founder and vision holder of Coed Hills.