



Compassionate Mental Health

Beginning is Now 20-23 March 2023

Programme & Workshops

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

Mon 20 March

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 and a towel if you want to enjoy Coed's wood-fired sauna, wild swimming pool, or the nearby beaches... Or sit around the fire and make new friends.

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.

Tuesday 21 March Programme

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

7:30 - 8.00 Optional meditation session

8:00 - 9:00 Breakfast for people staying onsite If you are non-residential and want to come to the early morning session and stay for breakfast, email ask@compassionatementalhealth.co.uk to book in, with breakfast as the subject. Or come early, bring your own flask of tea and enjoy the beautiful woods and relaxing surroundings

9:00 - 9:30 Register / Meet & Greet in the Circular Barn

Plenary Sessions

in the Circular Barn

9:30 - 9:40 **Welcome and Setting the Scene** Brigid Bowen & Malcolm Stern

9:40 - 10:00 **Compassion Pods & Deep Listening** Cathy Thorley

10:00 - 10:30 **Growing Relational Practice** Rex Haigh and Neelam Khawani-Connett

10:30 - 11:00 **Therapeutic Ordinairiness** Sarah Pagett

11- 00 - 11.30 Pause & Refresh *in the Circular Barn*

11.30 - 1.30 **Experiential Workshops**

A Telling our Stories Malcolm Stern *in the bothy*

B Transforming Relationships with Open Dialogue -
Cathy Thorley, Chris Salway *in the Circular Barn*

C. Communication through Art - Richard Manners *in the Jacobean Barn*

1:30 - 2:30 **Eat & Enjoy** *in the Jacobean barn*

2.30 - 4.30 **Experiential Workshops**

D Enabling Therapeutic Environments - Informing the Future - Rex Haigh, Neelam Khawani-Connett and Sarah Pagett *in the circular barn*

E Trauma Sensitive Equine therapy Katrina Lundgren *(meet outside the Circular Barn)*

F Introducing Coed and the Bottega Project - *in the Big Build with Rawley Clay and John Whitehead (meet outside the Jacobean Barn to walk down together)*

4:30 - 5:00 **Pause & Refresh** *the Circular Barn*

5:00 - 6.00 **Optional Walking Meditation** Robert Hirsch - **meet outside Big Barn**

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## Evening Programme *in the circular barn*

7:30 - 10:30 **\*Dinner followed by after dinner talk from Aidan Shingler & optional community be-in (you are welcome to bring songs, poems and stories to share)**

\*If you have a non-residential ticket and do want to stay for the evening programme, or go and come back, then please make sure to let us know [ask@compassionatementalhealth.co.uk](mailto:ask@compassionatementalhealth.co.uk) or WhatsApp Brigid 07711051241 so we have the right numbers for catering...

# Wednesday 22 March Programme

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

9:00 - 9:30 **Register for new arrivals** *in the Circular Barn*

## Plenary Sessions

*in the Circular Barn*

9:30 - 9:45 **Welcome** Brigid Bowen & Malcolm Stern

9:45 - 10:15 **Compassion Pods & Deep Listening** Cathy Thorley

10:15 - 11:00 **Valuing Our Vulnerabilities** Keir Harding and Hollie Berrigan

11:00 - 11:30 **Pause & Refresh** *in the Lodge*

## 11.30 - 1.30 Experiential Workshops

**A Telling our Stories** Malcolm Stern in the bothy

**B Transforming Relationships with Open Dialogue -**  
Cathy Thorley, Chris Salway in the Circular Barn

**C. Communication through Art -** Richard Manners in the Jacobean Barn

1:30 - 2:30 **Eat & Enjoy** *in the Jacobean Barn*

## 2:30 - 4:30: Experiential Workshops

**D Enabling Therapeutic Environments - Informing the Future -** Rex Haigh, Neelam Khawani-Connett and Sarah Pagett

**E Trauma Sensitive Equine therapy** Katrina Lundgren (meet outside the Circular Barn)

**F Introducing Coed and the Bottega Project -** in the Big Build with Rawley Clay and John Whitehead (meet outside the Jacobean Barn to walk down together)

4:30 - 5:00 **Pause & Refresh** *in the Circular Barn*

5:00- 6:00 **Optional Walking Meditation** Robert Hirsch (meet outside the circular Barn)

## Evening Programme *in the circular barn*

7:30 - 10:30 \* **Dinner followed by music from Joe Holtoway, & optional community be-in (you are welcome to bring songs, poems and stories to share)**

\*If you have a non-residential ticket and do want to stay for the evening programme, or go and come back, then please make sure to let us know [ask@compassionatementalhealth.co.uk](mailto:ask@compassionatementalhealth.co.uk) or WhatsApp Brigid 07711051241 so we have the right numbers for catering...

# Thursday 23 March Programme

7:30 - 8.00 Optional deep relaxation session

8:00 - 9:00 Breakfast for people staying onsite If you are non-residential and want to come to the early morning session and stay for breakfast, email [ask@compassionatementalhealth.co.uk](mailto:ask@compassionatementalhealth.co.uk) to book in, with breakfast as the subject. Or come early, bring your own flask of tea and enjoy the beautiful woods and relaxing surroundings

**9:00 - 9:30 Register / Meet & Greet in the Circular Barn**

## Plenary Sessions

*in the Circular Barn*

9:30 - 9.45 **Welcome** *Brigid Bowen & Malcolm Stern*

9.45 - 12.15 **Introducing the Homestead Network** - take part in a reflective conversation about an exciting new project - Homestead - a pioneering network of truly therapeutic environments as an alternative to hospitals that can help people thrive and reclaim their futures after a serious mental health crisis.

How can we fill the gaps in the current treatment approach so people are supported and empowered to stay well and stay out of hospital, while accessing the help they need. We aim to ignite a new network of therapeutic places that are nourishing places of connection, purpose and belonging for all who stay or work in them, and the communities and ecosystems that surround them ...we'll think together with our friends from the [Soteria Network](#), [Bottega Project](#) and others interested in developing future compassionate, non coercive models of care and connection. Come and be part of the conversation, and let's get serious about developing alternative models of care.

If you don't want to sit and talk, why not sign up for alternative activities including bushcraft, drumming or guided nature connection walk - look for sign up sheets in the circular barn. Or take time for yourself to sit and read, or enjoy the beautiful surroundings at Coed Hills

12.15 - 12.30 **Pause & Refresh** *in the circular barn*

12:30 - 1:30 **Group Gatherings: Summing Up, Saying Goodbye and Staying in Touch**  
*Malcolm Stern and team*

1.30 **Eat & Enjoy** *in the Jacobean Barn (please let us know if you are staying for lunch so we can be accurate with our numbers)*

# Workshops

## **Telling our Stories**

**Malcolm Stern - Tues 11.30 & Weds 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'

## **Transforming Relationships with Open Dialogue Cathy Thorley and Chris Salway - Tues 2.30 / 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. Both Cathy and Chris have been involved with the roll-out of peer supported Open Dialogue in the NHS. Cathy is

## **Trauma Sensitive Equine therapy Katrina Lundgren Tuesday 2.30 / Weds 2.30**

TS-EAM is designed to take participants, step by step, through how to create a solid and individualised base for mindfulness & meditation practices. It has experiential learning, trauma sensitive mindfulness (TSM) and creative mindfulness and meditations as its building blocks and incorporates what we know about the benefits of bringing in elements of nature and animals (in this case horses) into relaxing, grounding, resource creating, supportive, reflective, and therapeutic processes. Katarina has her own lived experience of the psychiatric system and she will be working with a herd of Welsh Cobs that live on the land at Coed Hills

## **Enabling Therapeutic Environments - Informing the Future - Rex Haigh, Neelam Khawani-Connett and Sarah Pagett Tues 2.30 / Weds 2.30**

Meet with some of the key pioneers in the therapeutic community field, to explore how the values and practices found in the world of therapeutic communities can help shape and inform future models of compassionate care. Explore reflective practice, and group facilitation skills, and think together about the ingredients that can help people grow and thrive through relationship centred practice.

### **Introducing Coed and the Bottega Project - JohnWhitehead and Rawley Clay Tues 2.30 / Weds 2.30**

Meet JohnWhitehead - 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. They'll be introducing the living laboratory that is Coed Hills, a low impact rural eco arts community, and exploring how the Bottega Project aims to generate a model for change to a sustainable, compassionate way of life at city scale too.

### **Communicating through Art Richard Manners Tues 11.30 / Weds 11.30**

Richard is an art psychotherapist with over 43 years experience, both in the NHS and the private and independent sector. He has recently retired from his last role as a Consultant Art Psychotherapist with Elysium Healthcare (Formerly Priory Healthcare). Richard is passionate about putting the person at the centre at all times. This workshop will be a gentle exploration of communicating through art, and working in a group - no art experience necessary. Come ready to explore your creative process alongside an experienced guide.

**Wellbeing team - Kareem Ghandour, Robert Hirsch, Claire Beloved, Chris Salway**  
**Hosting and Welcome Team - Brigid Bowen, Ruth Hay, Barry Rowles, Andy Chyba**

**Chief Nourisher - Mary Shuldham**

If you have any worries or concerns while you are onsite please don't hesitate to reach out, and for questions before the event please contact Brigid Bowen (07711 051241) on WhatsApp or text to arrange a callback or email [brigid.bowen@compassionatementalhealth.co.uk](mailto:brigid.bowen@compassionatementalhealth.co.uk)