

Compassionate Mental Health

Light the Lamps

23 - 26 October 2023 - Coed Hills, South Wales

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



Compassionate Mental Health





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 regenerative approach to mental health - one that relies less on diagnosis and prescription drugs, and more on empowering the person, engaging social networks and cultivating inner and outer resources. 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, access to healing environments and inclusive opportunities.

We're bringing people together for three days of conversation and workshops. The theme of this Autumn's gathering is **Light the Lamps**. We'll explore more compassionate and relational ways to meet our own and other people's distress, and create true safety in ourselves and the places we work.

Our key message remains that a mental health crisis can become a meaningful turning point and catalyst for change. 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.



Light the Lamps



WHERE'S IT HELD?

Each gathering has been held in a stunning venue that is therapeutic in its own way.

This time we are at **Coed Hills** in the heart of beautiful South Wales. Let's leave behind our professional and personal roles and labels, build community and connection, and move forward together to create positive change.

Coed Hills (pronounced Coyd) is a unique, off grid sustainable community. The on-site residents still work the land using ancestral methods and manage the 180 acres of unspoilt ancient woodland, man-made lakes and beautiful summer meadows. With elevated views reaching as far as the Jurassic coastline of Wales, yet just a stones throw from the Welsh capital, Cardiff, Coed is a hidden Utopia from modern life.

Coed has been the leading centre for low impact living in Wales since it was established in 1997. It has hosted many international events including the UK Permaculture Convergence, and has been internationally identified as a place for those who want to embrace an off grid way of living in harmony with nature or to explore and evolve their connection with themselves in tranquil and peaceful surroundings.



Light the La

FACILITATORS



ANDREA ZWICKNAGL

Andrea is an experienced peer support worker who works using principles of Open Dialogue and is part of the Swiss Hearing Voices Network. She is part of a global network of people advocating for human rights, healing focused mental health services.



MIKA MESKANEN

User experience designer and researcher, freediver, breathwork coach and sauna expert, Mika is passionate about integrating ancient practices with modern science to everyday, tech dominated and cognitively demanding lives.



REX HAIGH

Rex Haigh is a consultant psychiatrist, medical psychotherapist and group analyst. He has been a passionate believer in the power of therapeutic communities, green care, relational practice and enabling environments.



JONATHAN BISSON

Clinical Professor in Psychiatry at Cardiff University and Director of Traumatic Stress Wales.



CAI TOMOS

Dancer, Arts Psychotherapist and Somatic Experiencing Practitioner - helping people heal through movement and the Arts.



CHARMAINE HARRIS

Charmaine is a peer support specialist working in the NHS in London, and is also on the core training team of the Peer Supported Open Dialogue (POD) Training.



CATHERINE THORLEY

Systemic Family Psychotherapist, Cathy is Clinical lead for Open Dialogue at the North East London NHS Foundation Trust – one of the research trial sites comparing Peer Supported Open Dialogue (POD) with treatment as usual. She is also an EMDR consultant.



ANANDO CHATTERJI

Anando is a social architect, philosopher and group psychotherapist. He has been immersing himself in residential democratic therapeutic communities for over 20 years, and continues to create opportunities - in India and internationally - for others to experience the transformative power of community.



MEGAN BARKER

Megan is a writer with a background in theatre and performance. Her plays have been produced in theatres across the UK and abroad, and she has made numerous immersive experiences for neglected public spaces. Megan's debut novel KIT was recently launched to critical acclaim.

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

FACILITATORS



JULIEN GRYP

Co-founder of New Life Thailand and New Life Portugal – groundbreaking wellness centres for people recovering from addiction and mental health challenges. Julien is a former Buddhist monk and has his own powerful recovery story.



CHRIS SALWAY

Chris is a Consultant Psychiatrist and former GP. He has a wealth of experience in a variety of NHS settings, and has recently taken a step back from statutory work to focus on academic research and developing alternatives.



JOHN WHITEHEAD

John is an artist, engineer, designer, maker, and systems thinker, 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.



NEELAM KHAWANI-CONNETT

Neelam is a Lived Experience Specialist and TC international trainer. She has experience of being given a diagnosis of personality disorder and recovering through a therapeutic community.



WENDY LIU

Wendy is an architect, designer, yoga teacher, freediver and wellbeing coach. Along with her partner Mika, Wendy is the co-founder of The British Sauna Society.



ELAINE NOBLE

Elaine is an Equine Assisted Therapist and sanctuary care farmer. She is passionate about how horses can help gently guide people back to their true selves.



ROBERT HIRSCH

Robert has worked as a psychiatrist and psychotherapist in Germany and the UK. He spent a decade as a Buddhist monk in France. He is trained in a variety of somatic psychotherapeutic approaches, and is interested in the growing field of psychedelic research.



BARRY ROWLES

Barry is a wise and valued core member of the Coed Hills community. He is a bushcraft facilitator, outdoor instructor, former paratrooper, Navy officer, and long term foster carer. Barry has worked for many years using nature connection and outdoor activities to help Veterans who have experienced trauma to rebuild confidence.



SAM CRIBB

Sam works as a lived experience practitioner in the NHS and with Growing Better Lives, aiming to co-produce the compassionate services and relational approach they wish they'd been offered. Sam enjoys sharing in nature, and building inclusive LGBTQ+ initiatives.

WORKSHOPS

Transforming Relationships with Open Dialogue

Andrea Zwicknagl, Cathy Thorley, Charmaine Harris & Chris Salway

Tue 2.30 / Wed 3.30

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.

Trauma Sensitive Equine Therapy

Elaine Noble

Tue 2.30 / Wed 3.30

Join Elaine Noble and Coed Hill's resident herd of Welsh Cobs to explore a gentle introduction to equine assisted therapy, informed by mindfulness, psychodynamic, humanistic and transpersonal approaches. The workshop will include time spent outdoors, in the field with the family of cobs, so bring wet weather gear and boots if you'd like to take part. Horses are able to read and mirror back your behaviour revealing clearly and without agenda how you are in the moment and change when you change. They reward authentic behaviour, faith and trust, and working therapeutically with horses can be transformative.

Enabling Therapeutic Environments Informing the Future

Rex Haigh, Neelam Khawani-Connett Anando Chatterji & Sam Cribb

Tue 11.30 / Wed 11.30

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.

Bushcraft & Archery

Barry Rowles

Tue 2.30 / Wed 11.30

Join former paratrooper, Navy officer, foster carer and outdoor instructor Barry, for archery and bushcraft in the woods. Barry is one of the core community at Coed, and has worked for many years with veterans who have experienced trauma. He has fostered over 40 children, worked with social services and has his own story of recovery from acute trauma and distress. You will sit around the fire, learn some new skills and make some new friends. Bring wet weather gear and boots if you want to take part in this nourishing workshop with Barry.

Benefits of Sauna for Mental Wellbeing

Wendy Liu & Mika Meskanen

Tue 11.30

This workshop will explore the remarkable mental health and wellbeing benefits of regular saunas. Wendy and Mika will be your guides as they take you through the science and history behind sauna bathing, and why you should do more of it. Bring a bathing costume and towel if you would like to experience the wood fired sauna as part of the workshop too.

The Listening Body

Cai Tomas

Wed 3.30

This is a workshop open to all who are curious to use movement and materials to guide our listening. There is an inherent grace that appears in movement when we begin to source and trust our own dance. The workshop focuses on simple processes that support creative dialogues between our sensation, imagination and our moving bodies.

Drop in to see John and find out more about the Bottega project, upstairs in the circular barn throughout the three days.

Light the Lamps

Monday 23 October

Optional early arrival from 3pm 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 7.30pm.** 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 supper, contact ask@compassionatementalhealth.co.uk to book a place.**

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 24 October Programme

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

7:00 - 8.00 Optional Mindful Movement with Wendy & Mika

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 of Coed Hills.

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

Plenary Sessions in the Circular Barn

9:30 - 9:45 Welcome and Setting the Scene
Brigid Bowen & Andrea Zwicknagl

9:45 - 10:30 Compassion Pods & Deep Listening
Cathy Thorley & Charmaine Harris

10.30 - 11.00 Mindful Walking
Rob Hirsch meet outside Big Barn

11.00 -11.30 Pause & Refresh in the Circular Barn

11.30 - 1.30

Experiential Workshops

A Benefits of Sauna for Mental Wellbeing
Wendy Lui and Mika Mika Meskanen
(Bring bathing costume & towel)

B Enabling Therapeutic Environments - Informing the Future
Rex Haigh, Neelam Khawani-Connett, Sam Cribb and Anando Chatterji
in the Circular Barn

C Trauma Sensitive Equine Therapy
Elaine Noble
Meet outside the Circular Barn

1.30 - 2.30 Eat & Enjoy in the Jacobean barn

2.30 - 4.30

Experiential Workshops

D Transforming Relationships with Open Dialogue
Cathy Thorley, Andrea Zwicknagl, Charmaine Harries & Chris Salway
in the Bothy

E Bushcraft with Barry
Barry Rowles
meet outside the Circular Barn

Light the Lamps

Tuesday 24 October (cont)

4.30 - 5.00 **Pause & Refresh** the Circular Barn

5.00 - 6.00

Open Space for Reflections on the Day
In the Circular Barn **facilitated by the TC Crew**

Evening Programme in the Circular Barn

7.00 - 7.45 *Pre-Dinner Talk exploring the
Psychedelic Renaissance with
Chris Salway and Rob Hirsch

8.00 Dinner followed by **Anando's & Andrea's**
Dreaming Space - bring poetry, songs
and stories to share (optional)

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



Light the Lamps

Wednesday 25 October Programme

7.30 - 8.00 Optional Sitting & Mindful Movement Session with **Rob Hirsch**

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 of Coed Hills.

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 & Andrea Zwicknagl

9.45 - 10.30 Compassion Pods & Deep Listening
Cathy Thorley & Charmaine Harries

10.30 - 11.00 Mindful Walking
Rob Hirsch meet outside Big Barn

11.00 - 11.30 Pause & Refresh
in the Lodge

11.30 - 1.30 **Experiential Workshops**

A Enabling Therapeutic Environments - Informing the Future
Rex Haigh, Neelam Khawani-Connett, Sam Cribb and Anando Chatterji
in the Circular Barn

B Bushcraft & Archery
Barry Rowles
meet outside the Big Barn

C Trauma Sensitive Equine Therapy
Elaine Noble
meet outside the Circular Barn

1.30 - 2.30 Eat & Enjoy
in the Jacobean barn

2.30 - 3.00

The Power of Community: Shining a Light
Team from St Vincent de Paul Centre
Ely Bridge Cardiff

3.00 - 3.30

Relational Practice : The Golden Thread?
panel reflection with **Jon Bisson**

3.30 - 5.00

Experiential Workshops

D Transforming Relationships with Open Dialogue
Cathy Thorley, Andrea Zwicknagl, Charmaine Harries & Chris Salway
in the Bothy

E The Listening Body
Cai Tomos
in the Circular Barn

5.00 - 5.30 Pause & Refresh
in the Circular Barn

5.00 - 6.00

Open Space for Reflections on the Day
In the Circular Barn facilitated by the TC Crew

Evening Programme in the Circular Barn

7.00 - 7.30

Lessons from New Life Foundation
pre dinner talk with **Julien Gryp**

7.30 - 10.30 *Dinner

followed by **Megan Barker** reading from Kit, along with **Cai Tomos** movement medicine followed by 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 be sure to let us know ask@compassionatementalhealth.co.uk or **WhatsApp Brigid 0771105124** so we have the right numbers for catering.

Light the Lamps

Thursday 26 October Programme

7.30 - 8.00

Optional Sitting 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 - 9.45 Welcome

If you are staying at Coed, please make sure to check out of your accommodation - strip the beds and bring your bags up to the main barn.

9.45 - 12.15 Stepping into the Field of the Future - Co-Presencing

This final session will bring us together as a group to sense some of the questions that have emerged from our two days together, and to hear from some pioneering projects that are emerging in North Wales and Italy. How can we meet complex challenges and let go of patterns and habits that are no longer valuable. How can we collectively imagine a future fit mental health service? What are the ingredients of compassionate, relational mental health care and what is our part in helping initiate that future?

If you don't want to participate, you can take time for yourself to sit and read, or sign up for alternative activities including bushcraft, drumming - 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: Closing Community Meeting Summing Up, Saying Goodbye and Staying in Touch
facilitated by the TC crew

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.

CONFERENCE CONTACTS

Wellbeing Team

Robert Hirsch
Charmaine Harris
Andrea Prevett
Cathy Thorley
Chris Salway

Hosting and Welcome Team

Brigid Bowen
Rob Sage
Barry Rowles
Andy Chyba

Chief Nourishers

Kemi Nevins
Alex Vines

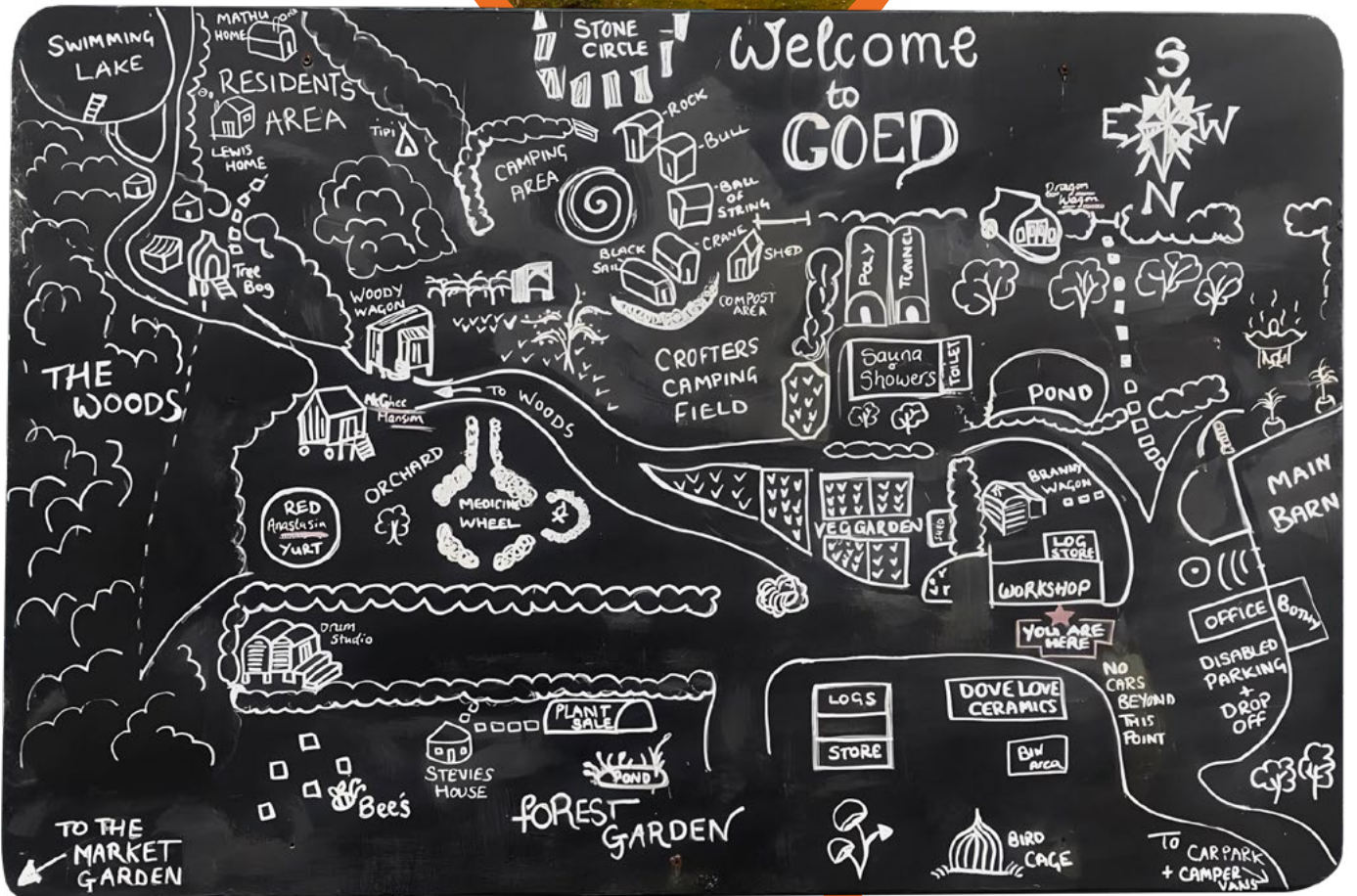


If you have any worries or concerns while you are onsite please don't hesitate to reach out, and for questions before the event please contact **Brigid Bowen (07711 051 241)** on WhatsApp or text to arrange a callback or email brigid.bowen@compassionatementalhealth.co.uk

Brigid, Rob and the Wellbeing Team will be on-site throughout the gathering.

Light the Lamps

Map of the Venue



Light the Lamps



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