



Compassionate Mental Health

Turning towards Making New Maps

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 7 October

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, and orientation and option of a pre supper sauna, or simply read, relax, enjoy the surroundings.**

Bring your warm clothes and boots, as there are lots of paths you can explore the 180 acres of woods and natural meadow land, and if the forecast says rain, make sure you're prepared for that too.

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. Please make sure you have let us know about any dietary or access requirements.

Tuesday 8 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 Sitting and Mindful movement 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, Setting the Scene and introductions**

Malcolm Stern and Brigid Bowen

9:45 - 10:15 **Compassion Pods & Deep Listening** *Charmaine Harris*

10.15 - 11.00 **Living Deliberately: an existential journey beyond madness**

Emmy van Deurzen

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

11.30 - 1.30 Experiential Workshops

A **Telling Our Stories** - Malcolm Stern

B **Cutouts** - Arnaud Vallet

C. **Bushcraft & Archery** - Barry Rowles

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

2,30 -4.30 Experiential Workshops

D- **The Four Worlds Map and the Compass of Our Emotions** Emmy van Duerzen

E- **Bushcraft & Archery** - Barry Rowles

F. **Transforming Relationships with Open Dialogue** - Charmaine Harries

4.30 -5.30 close of day reflective circle with **Digby Tantum**



Evening Programme *in the circular barn*

6.30 -9.30

*Pre **Dinner talk**

*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 or WhatsApp Brigid 07711051241 so we have the right numbers for catering...

Wednesday 9 October Programme

Please also keep an eye on the noticeboard in reception for any updates. If you have any questions please just ask Brigid, Rob or Elizabeth

7.00 - 8.00 option sitting meditation and mindful movement session

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

Plenary Sessions

in the Circular Barn

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

9:45 - 10:15 **Compassion Pods & Deep Listening** Charmaine Harris

10:15 - 11.00 - **Alternatives to Psychiatric Hospital Admission** Rita Long

11:00 - 11:30 **Pause & Refresh** *in the circular barn*

11.30 - 1.30 Experiential Workshops

A Telling Our Stories - Malcolm Stern

B. Cut Outs - Arnaud Vallet

C. Transforming Relationships with Open Dialogue - Charmaine Harries

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

2:30 - 4.30: Experiential Workshops

D Making New Maps - Keir Harding and Hollie Berrigan

E The Four Worlds Map and the Compass of Our Emotions Emmy van Duerzen

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

5:00- 6.00 **Close of day Reflective Circle** with *Digby Tantum*

Evening Programme *in the circular barn*

7:00 - 10:30 * **Eating together and after dinner talk with the Amanda and Komal from Psycare followed by optional community be-in (you are welcome to bring songs, poems and stories to share), dancing and deep relaxation**

*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 or WhatsApp Brigid 07711051241 so we have the right numbers for catering...

Thursday 10 October Programme

7:00 - 8.00 Optional morning sitting and moving meditation

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 Malcolm Stern and Brigid Bowen**

9.45 - 10.00 Compassion Pods and Deep Listening

10.00 - 10.45 How to relate to your Psychiatrist **Digby Tantum**

10-45 - 12.15 **Stepping into the Field of the Future - *Co-Preencing***

This final session will bring us together as a group to sense some of the questions that have emerged from our two days together. We will have a combination of dialogue and journaling to connect our self reflection and knowledge to create concrete actions around the best possible future we want to create. 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 for mental health service? What are the ingredients of compassionate, relational mental health care and what is our part in helping initiate that future?

This workshop will include some time outside, weather depending, so bring your boots!

If you don't want to participate, you can take time for yourself to sit and read, or sign up for alternative activities - 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 **Reflective closing circle**

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)

End of programme - thanks so much for joining us and please stay in touch

Workshops

Telling our Stories

Malcolm Stern - Tues 11.30 & Tues 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'*

The four worlds map and the compass of emotions Emmy van Duerzen Tues 2.30 / Weds 2.30

Our feelings are fundamental to the way in which we connect to the world at all levels. They are how we make sense of our life and find our direction. If you suppress your emotions, you may become detached and disengaged from the values and aspirations that make life worthwhile. If you get overwhelmed by emotions you may end up confused and life may seem chaotic to you. In this workshop I will present my compass of emotions and map of the four worlds to help you find your way with greater clarity and understanding. There will be plenty of opportunities for participants to work on their own experience and to learn to make connections between their sensations, feelings, thoughts, intuitions and most deeply held values. The objective is to help you to become more aware of the meaning of your feelings and of the values that guide your life.

Transforming Relationships with Open Dialogue Charmaine Harris Tues 11.30 / Weds 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. Charmaine Harris 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

Cut Outs Arnaud Vallet Tues 11.30 / Weds 2.30 Inspired by Tristan Tzara and the Dada art movement, and further developed by William Burroughs and Bryon Gysin in the 50's and 60's, *cut-ups* are a way of freeing language and our inner critic. A lot of artists took hold of

this idea, from the Beatles to the Clash, from Zappa to Genesis P-Orridge, from Ian Curtis to Patti Smith and David Bowie. *“On the Adamant, we are not into art, we are not into therapy, we just create the situations, this kind of collective or singular workshops, to help everyone to unfold his psyche, to map his internal world, to explore and reappropriate his carta incognita.”*

Bushcraft & Archery - Barry Rowles - Tues 11.30 / 2.30

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 also facilitates forest school

Drumming Sessions - Book a drumming session with **Iolo Whelan** in his Drum Studio - sign up sheets in reception - various times available throughout our time at Coed

Massage with Mathu - Massage sessions with Mathu can be booked for an extra cost - sliding scale between £30-£50 per hour. If you are a bursary ticket holder and would like to book a session with Mathu, please email bridg.bowen@compassionatementalhealth.co.uk

Wood Fired Sauna - signup sheets to book the sauna will be available in the reception area. Please bring extra towel, bathing costume if you'd like to book in.

Please bring Slippers / Indoor shoes or thick socks for main barn space

Wellbeing team - Catherine Collin, Andrea Prevett, Charmaine Harris, Keir Harding, Hollie Berrigan

Hosting and Welcome Team - Brigid Bowen, Rob Sage, Elizabeth Fitzgerald

Chief Nourishers - Kemi and Patrick Nevins

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 or Rob Sage 07907 022818

on WhatsApp or text to arrange a callback or email bridg.bowen@compassionatementalhealth.co.uk