



Compassionate Mental Health

By the Well

Programme
& Workshops



By the Well

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

Mon 17 March

Optional early arrival from 2pm 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 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 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 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 18 March Programme

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

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, contact Brigid or Rob to let us know. 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
Brigid Bowen, Malcolm Stern and Rob Sage

9:45 - 10:15 Compassion Pods & Deep Listening

10.15 - 11.00 Kindling the Inner Fire: Self & Community
Beatrice Birch

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

11.30 - 1.30

Experiential Workshops

11:15-1:15 Choice of Experiential Workshops

A. Cutouts - *Arnaud Vallet*

B. Sharing our Stories - *Malcolm Stern*

C. Bushcraft & Archery - *Barry Rowles*

D. Creative Approaches to Psychosis:- *Karen Taylor*

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

2.30 - 4.30 Whole group session in the circular barn

Sara Trevelyan and Victoria Tischler
- The transformative power of Art

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

5:00- 6.00 *Close of day Reflective Circle*

Evening Programme

in the circular barn

7.00 - 9.30

*Supper in the Jacobean Barn followed by a talk by *andrea zwicknagl*, and Taize singing with *Rev Andrew Sully*

*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 19 March Programme

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

7.00 - 8.00 optional 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

10:15 - 11.00 - Introducing The Bottega Project
John Whitehead and Rob Sage

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

11.30 - 1.30 Experiential Workshops

11:15-1:15 Choice of Experiential Workshops

A. Telling Our Stories - *Malcolm Stern*

B. Bushcraft & Archery - *Barry Rowles*

C. Creative Approaches to Psychosis - *Karen Taylor* and *andrea zwicknagl*

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

2:30 - 4.30: Experiential Workshops in the circular barn

D. Clay and Conversation - *Beatrice Birch*

E. Cutouts - *Arnaud Vallet*

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

5:00- 6.00 Close of day Reflective Circle



Evening Programme in the circular barn

7:00 - 10:30

*Talk by Arnaud Vallet followed by 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 or **WhatsApp** Brigid 07711051241 so we have the right numbers for catering...



Thursday 20 March Programme

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 let Brigid or Rob know, 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 - 10.15 Compassion Pods and Deep Listening

10.15 - 10.45 Creating safe spaces for Recovery:
Karen Taylor

10-45 - 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. 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 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 & 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'

Creative approaches to Psychosis - exploring visions, voices and other unusual experiences

Karen Taylor - Tues 11.30 & Weds 11.30 with andrea zwicknagl

Explore and use of a number of tools to help engage better and more effectively with people who are experiencing visions, voices and unusual experiences - 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.

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. Meet Barry outside the big barn to walk through the woods to his outdoor classroom. be different for people to access help that meets their needs.

Massage with Mathu

Massage sessions with Mathu can be booked for an extra cost - sliding scale £30 - £40 hour. If you would like to book a session with Mathu, please email brigid.bowen@compassionatementalhealth.co.uk There will be sign up sheets in reception if you would like to book a session with Mathu. There are a few slots for bursary ticket holders so please contact Brigid if you would like to book one.

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.

CONFERENCE CONTACTS

Wellbeing team - Chris Salway, andrea zwicknagl, Karen Taylor, Elizabeth Fitzgerald and Richard Manners

Hosting and Welcome Team - Brigid Bowen and Rob Sage

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](https://www.whatsapp.com) or text to arrange a callback or email brigid.bowen@compassionatementalhealth.co.uk



VENUE MAP





Compassionate Mental Health



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