

World Mental Health Week 2014

Bournemouth University is working in partnership with Dorset HealthCare University NHS Foundation Trust, Dorset Mental Health Forum, Richmond Fellowship and Borough of Poole to deliver a number of events throughout week commencing October 6 to mark World Mental Health Day **Friday 10 October.**



Programme at a Glance

All events will be held in the Talbot and Lansdowne Campus and are open to BU students, staff and the wider community.



See below for full abstracts, speaker biographies and stands

Talks and Stands

Monday 6 October
"Dorset Police/Dorset Healthcare University NHS Foundation Trust mental health street triage" talk. Lansdowne Campus. 10:00-11:00
"Hidden Talents – Lived Experiences of Dorset HealthCare University NHS Foundation Trust staff" talk. Lansdowne Campus. 12:00-13:00
Information stand: Lansdowne Campus: Healthwatch Dorset: Bournemouth University Carer & Service User Partnership (BUCSUP)
Information stand: Talbot Campus: Bournemouth Samaritans
Tuesday 7 October
"Switched off, Switched on I have had psychosis" talk. Talbot Campus. 12:00-13:00
Information stands: Talbot Campus: Future Roots: Bournemouth University Dementia Institute (BUDI): Steps to Wellbeing Service
Wednesday 8 October
"Understanding Schizophrenia" talk. Talbot Campus. 11:00-12:00
Finding 'Mike' talk. Talbot Campus. 13:00-14:30
"The diagnosis of Bipolar-disorder and the power of blogging" talk. Talbot Campus. 15:00-16:00
Information stands: Talbot Campus: Poole Community Mental Health Team: Dorset Mindfulness: Dorset Mind: Rethink Mental Illness (Kimmeridge Foyer)
Thursday 9 October
Dorset Time to Change meeting. Dorset County Council, Dorchester. 10:00-12:00
"Depression: Signs, Symptoms, and Support" talk. Talbot campus. 13:00-14:00
Information stand: Talbot Campus: Dorset Mental Health Forum: Bournemouth Churches Housing Association
Friday 10 October
"My journey" talk. Student Hall, Talbot House, Talbot Campus. 9:40-10:00
"The family experience of eating disorders" talk. Talbot Campus. 10:10-10:30
"Understanding Eating disorders: the challenges and opportunities" talk. Talbot Campus. 10:40-11:30
Time to Change pledge signing by Students Union Bournemouth University (SUBU). Talbot campus. 13:00-14:00
My own mental health story via music. Talbot campus. 14:00-15:00
Information stands: Talbot Campus: Rethink Mental Illness: Face2Face

Tuesday 7 October

Switched off, Switched on I have had psychosis

Student Hall, Talbot House, Talbot Campus, 12:00–13:00

Speaker: Rick Dyer, Peer Specialist, Dorset Mental Health Forum

As part of this talk Rick will:

- Discuss his entry into psychosis
- Describe his symptoms and how they affected him
- Explain what he has done to turn his life around
- Invite debate about how to approach psychosis

To book: Please follow the appropriate link: [EVENTS NOW CLOSED](#)

Wednesday 8 October

Understanding Schizophrenia

Student Hall, Talbot House, Talbot Campus, 11:00-12:00

Speaker: Dr Laurence Mynors-Wallis, Consultant Psychiatrist and Medical Director, Dorset HealthCare University NHS Foundation Trust, Registrar, Royal College of Psychiatrists

This talk will focus on the following areas:

- What is schizophrenia?
- How is it recognised?
- Strategies for support

To book: Please follow the appropriate link: [EVENTS NOW CLOSED](#)



Wednesday 8 October

Finding 'Mike' (in association with Rethink Mental Illness and Postcard Productions)

KG01, Kimmeridge House, Talbot Campus, 13:00-14:30

Speakers: Jonny Benjamin, Mental health campaigner; Richard Bentley, Postcard Productions; Natasha Coleman, Postcard Productions and Sam Forsdike, Postcard Productions

On 14th January 2008 Jonny Benjamin, 20, went to Waterloo Bridge to take his own life. He had been diagnosed with schizoaffective disorder and was in hospital receiving treatment for it. He thought that his life was over and could see no hope for the future. He had climbed over the railings and was about to jump when a stranger who happened to be walking along the bridge at the time stopped and talked him down. It was the first time Jonny had been given any hope. He eventually decided not to jump that day and was subsequently taken by the police back to hospital. But that was the last he saw of the stranger who he nicknamed 'Mike'. Since then Jonny's life has completely changed. Six years later he's learnt to manage his condition and is now a successful blogger, mental health campaigner and ambassador for the charity Rethink Mental Illness. But he never had the chance to thank 'Mike' for what he did that January morning. That was until the beginning of this year. With the support of the charity Jonny launched a campaign to find the man that had made such a huge difference to his life. On 14th January 2014, the sixth anniversary of their meeting, he appeared on national television and began his search on social media, but what happened next exceeded everyone's expectations. The campaign to find 'Mike' went viral around the world. #findMike trended on Twitter in the UK, USA, Australia and South Africa. It was featured in the UK press with Jonny appearing on all the major news outlets and twice in a row on Daybreak. He was also invited to speak on CNN International and made additional appearances on television in Australia, Europe and America. Subsequently, Rethink Mental Illness commissioned a YouTube film to document this uplifting story (produced by Postcard Productions). This event will a Question & Answer session involving Jonny Benjamin and the producers of 'Finding 'Mike'.

To book: Please follow the appropriate link: **EVENTS NOW CLOSED**

The diagnosis of bipolar-disorder and the power of blogging

KG01, Kimmeridge House, Talbot Campus, 15:00-16:00

Speaker: Charlotte Walker, mental health writer

Charlotte will discuss how social media and blogs are powerful tools in helping others understand mental health – and for providing support to people with similar experiences. You can read Charlotte's blogs at:

<http://purplepersuasion.wordpress.com> and can follow her on Twitter @BipolarBlogger"

To book: Please follow the appropriate link: **EVENTS NOW CLOSED**

Thursday 9 October

Dorset Time to Change meeting

Dorset County Hall, Committee Room 3, Dorchester, DT1 1XJ, 10:00-12:00

Dorset HealthCare University NHS Foundation Trust has linked with a wide range of organisations across Dorset, including voluntary groups and charities, service user groups, Borough Councils and Primary Care Trusts to develop a group dedicated to a county wide campaign effort. The group has drawn up a wide range of exciting initiatives and activities to promote the campaign locally, among people in Dorset.

Please contact: David Corbin, Equality and Diversity Manager via email: David.Corbin@dhuft.nhs.uk if you wish to attend this meeting.

Depression: Signs, Symptoms, and Support

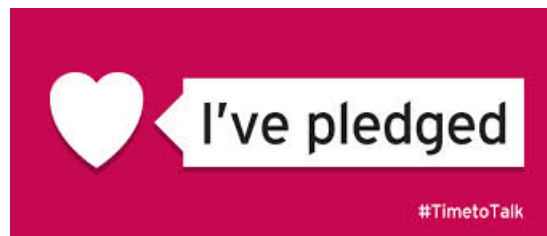
Student Hall, Talbot House, Talbot Campus, 13:00-14:00

Speakers: Sue Forber from Depression Alliance and Jane Carey from Dorset Mental Health Forum

The talk will cover:

- some facts and figures about depression, especially in relation to students, and an outline of signs and symptoms
- a personal account of depression and recovery
- an outline of support available from Depression Alliance (including the Friends in Need peer support initiative), Student Minds, Students Against Depression, and support available within BU.

To book: Please follow the appropriate link: EVENTS NOW CLOSED



Friday 10 October

My journey

Student Hall, Talbot House, Talbot Campus, 9:40-10:00

Speaker: Abigail Balachandran, I-EAT

Abigail Balachandran suffered with Bulimia for 10 years and now as a recovered person works for I*EAT, a local eating disorders charity. She will briefly discuss her own journey and how her work offers a “recovered voice” for individuals in recovery and health awareness groups at Kimmeridge Court."

To book: Please follow the appropriate link: [EVENTS NOW CLOSED](#)

The family experience of eating disorders

Student Hall, Talbot House, Talbot Campus, 10:10-10:30

Speaker: Mrs Miranda Portwood, Carer

Mrs Portwood will talk about her own personal experiences of supporting her daughter with anorexia. She has written a short synopsis of the whole family experience of living with an eating disorder and the treatment they have received, which she will expand on in her speech as part of the World Mental Health Day event at the University on 10 October 2014.

To book: Please follow the appropriate link: [EVENTS NOW CLOSED](#)

Understanding Eating disorders: the challenges and opportunities

Student Hall, Talbot House, Talbot Campus, 10:40-11:30

Speaker: Susan Ringwood, Chief Executive, BEAT

Susan will talk about eating disorders, the research being carried out at BEAT with reference to supporting service users and carers generally and more specifically in pre-16 and Post-16 education.

To book: Please follow the appropriate link: [EVENTS NOW CLOSED](#)



Time to Change pledge signing by Students Union Bournemouth University (SUBU)

Dylans Bar, Poole House Talbot Campus, 13:00-14:00

SUBU is signing The Time to Change pledge to make a public statement of aspiration that as an organisation it wants to tackle mental health stigma and discrimination.

My own mental health story via music

Dylans Bar, Talbot House, Talbot Campus, 14:00-15:00

Speaker: Mark Storey, Musician and Peer Specialist

Mark Storey is a peer specialist for Dorset mental health forum and a professional musician. He has used his lived experience and many years of working in the music industry to tell his own mental health story via music.

<https://itunes.apple.com/gb/album/you-are-not-alone-ep/id881912714>

Information stands

Monday 6 October

Healthwatch Dorset, Reception, Bournemouth House, Lansdowne Campus. 10:00-15:00. The aim of local Healthwatch is to give citizens and communities a stronger voice to influence and challenge how health and social care services are provided within their locality.



Bournemouth University Carer & Service User Partnership (BUCSUP), Wollstonecraft Lecture Theatre. Bournemouth House, Lansdowne Campus, 10:00-13:00. Bringing life experiences to education, research and practice

Carer and Service User Partnership



Bournemouth Samaritans, Atrium, Poole House, Talbot Campus, 11:00-15:00. The Samaritans provide confidential emotional support listening service 24 hours a day, 7 days a week, 365 days a year, by telephone (08457 909090), e-mail and text.



Tuesday 7 October

Future Roots, Atrium, Poole House, Talbot Campus, 11:00-15:00. Future Roots use Dorset's farming heritage to create a therapeutic environment that can benefit children and adults of all abilities (at Rylands Farm, near Sherborne). Their work particularly focuses on providing alternative education for young people across Dorset with behavioural and emotional difficulties, who may be at risk of permanent exclusion from mainstream schools.



Bournemouth University Dementia Institute (BUDI), Atrium, Poole House, Talbot Campus, 11:00-15:00. BUDI is committed to working with others to help create an inclusive and supportive society for people affected by dementia.



Dementia Institute
(BUDI)

Steps to Wellbeing Service, Atrium, Poole House, Talbot Campus, 11:00-15:00. The Steps to Wellbeing Service is a free, confidential NHS service for people aged 18+, who are registered at Dorset GP surgery. They offer a range of treatments for people experiencing mild to moderate depression and anxiety disorders. Some of the problems people might access their service for include: Depression and low mood, problems with anxiety (including Social Anxiety and Generalised Anxiety), Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), Specific Phobia, Panic Disorder, and Stress. People can self-refer to this service (and can be referred by health professionals).



Wednesday 8 October

Poole Community Mental Health Team (CMHT), Atrium, Poole House, Talbot Campus, 11:00-15:00. Poole CMHT provides support to individuals between 18 and 64. It aims to provide a needs-led community mental health service for people with a severe mental disorder, that gives advice on the management of mental health issues.



Dorset Mindfulness, Atrium, Poole House, Talbot Campus, 11:00-15:00. The Dorset Mindfulness Centre is a safe space for personal growth, stress reduction and wellbeing. The centre is also a platform for research and collaborative coming together of practitioners for the purpose of promoting mindfulness as a therapy, a technique and as a lifestyle.



Dorset Mind, Atrium, Poole House, Talbot Campus, 11:00-15:00. Mind provides a wide range of support services for people over 16 in Dorset who are experiencing depression, anxiety or a common mental health problem.



Rethink Mental Illness, Kimmeridge House, Foyer, Talbot Campus. 12.00-16:00. Rethink is a national mental health charity which provides information, services and a strong voice for everyone affected by mental illness - challenging attitudes and changing lives. Staff will be available to answer any questions you might have.



Thursday 9 October

Dorset Mental Health Forum, Atrium, Poole House, Talbot Campus, 11:00-15:00. Dorset Mental Health Forum is a local peer led charity, which exists to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery. Staff will be available to answer any questions.



Bournemouth Churches Housing Association (BCHA), Atrium, Poole House, Talbot Campus, 11:00-15:00. BCHA can help you to straighten out some of the mental and emotional tangles you may currently feel caught up in, especially if you feel they are stopping you dealing with other challenges too.



Friday 10 October

Face 2 Face, The Atrium Balcony, Poole House, Talbot campus, 10:00-15:00. Face 2 Face is a Time to Change funded project managed by Richmond Fellowship in partnership with ZooFish Arts CIC and the Borough of Poole Arts Service. Face2Face volunteers with lived experience of mental health problems deliver a series of arts-based activities and workshops at various locations around Dorset. These fun, creative workshops provide a safe and suitable environment where our volunteers can engage with members of the public in 1:1 conversations about mental health.



Rethink Mental Illness, Atrium, Poole House, Talbot Campus. 11.00-15:00. Rethink is a national mental health charity which provides information, services and a strong voice for everyone affected by mental illness - challenging attitudes and changing lives. Staff will be available to answer any questions you might have.



Speakers' Biographies

Jonny Benjamin, Mental health campaigner, writer and presenter (8 October)

Jonny is a mental health campaigner, writer and presenter. At the age of 20 he was diagnosed with schizoaffective disorder, a combination of schizophrenia and depression. During his recovery, he started making YouTube films about the condition that have been watched by hundreds of thousands of people. Jonny now speaks publicly about living with mental illness and has given various interviews on TV, radio and in print around the world to help educate and break stigma. He was awarded the first Janey Antoniou award from Rethink Mental Illness to recognise the achievements of his mental health campaigning and was subsequently made an ambassador for the charity. Last year he presented a BBC Three documentary for their mental health season, *It's A Mad World*, and recently authored a piece about male suicide for BBC Radio Four's *World At One*.

Richard Bentley, Executive producer, Postcard Productions (8 October)

Richard has ten years' experience in broadcast television having produced and directed observational documentaries for all the major broadcasters including *Junior Doctors: Your Life in Their Hands*, *Police Missing Persons Unit*, *The Sex Clinic*, *Party Paramedics* and *Doctors Are Human Too* as well as a series of films for *The One Show*. His filming has taken him across the globe from Australia to Europe. He was also shortlisted for the BBC Fresh Director scheme with his film for the *It's A Mad World* season. Richard also produced and directed the online content for the *Chris Evans Breakfast Show*, working alongside presenter Chris Evans and well known sporting personalities. Richard now splits his time between directing charity and education films for Postcard Productions as well as developing and producing content for broadcast television.

Abigail Balachandran, I*EAT (10 October)

Abigail Balachandran suffered with Bulimia for 10 years and now as a recovered person works for I*EAT, a local eating disorders charity. She is a qualified health and lifestyle coach with a nutrition background. Her work now involves delivering eating disorders awareness training and offering a "recovered voice" at for patients in recovery and health awareness groups at Kimmeridge Court."

Hannah Blunt, Mental Health Nurse, Dorset HealthCare (6 October)

Hannah was born and raised in Poole and now lives in Southbourne. She works as a mental health nurse. Her role is to support people to move out from hospital and support them with transition in the community. She enjoys doing sport particularly endurance sports such as open water swimming, cycling and also enjoys circus skills. She used to also ski race and spent time in Europe training. She loves socialising and has a great family and friend network nearby. She has worked in health care since 17 and has worked for a rest home some charitable organisations in schools in people's own homes and in hospital and other supported settings. She used to work in retail prior to this while at school.

Jane Carey, Dorset Mental Health Forum (9 October)

Jane Carey lives in south Dorset near the beach where she loves to spend time with her family and walking her Husky. She also enjoys cooking, visiting the New Forest and cuddles with her new grandson. Having worked as a training manager for the John Lewis Partnership in her twenties and later a Montessori teacher and business manager, Jane found her anxiety related OCD and suicidal depression increasingly difficult to live with and in 2008 found herself as a patient in an acute setting here in Dorset. She has rebuilt a happy and fulfilling life with the help and support of her local CMHT and uses coping strategies and self-management techniques daily. Using her initial career as a trainer, combined with her lived experience, Jane works as a Peer Specialist Trainer for the

Dorset Mental Health Forum helping others to manage and live fulfilling lives. In "giving back" Jane feels her work and the support she receives at the Forum keeps her well. She believes her role is very important in challenging stigma and discrimination through acceptance, change and opportunity.

Sarah Clark, Support Worker and Occupational Therapy student, Bournemouth University (6 October)

Sarah is a 3rd year Occupational Therapy student at Bournemouth University, and works as a bank support worker for Dorset Healthcare where she has worked across all the wards at St Ann's hospital. Last year she took part in the Time to Change videos at Bournemouth University where she spoke openly about her recovery from mental illness. Recently, she wrote a blog for time to change about how speaking up about her illness has helped her recovery from anorexia nervosa. Her past experiences have made her who she is today and would not have chosen to be an Occupational Therapist if it wasn't for that experience. She now sees her mental illness a positive thing, it has inspired her to help others, support them in their recovery journey and reduce the stigma that exists within people experiencing mental health problems. She is recently married, loves running and cycling, and animals.

Natasha Coleman, Rethink Mental Illness (8 October)

Since graduating with first class honours in English and a diploma in journalism, Natasha has worked in the charity sector for over ten years producing both written and film content to educate and campaign on mental illness for charities including Rethink Mental Illness, MindWise, Mind Australia, Royal College of Psychiatrists, Schizophrenia Commission, CALM and SGI International. Most recently she's worked as producer on the Finding 'Mike' documentary in association with Postcard Productions, as well as various community based film projects to promote wellbeing in the community.

Rick Dyer, Peer Specialist, Dorset Mental Health Forum (7 October)

Rick is a Peer specialist with the Dorset Mental Health Forum he co-delivers mental health courses for the Dorset Recovery Education Centre, is part of the BAEM (Black, Asian, Ethnic Minority) directive, which is about driving forward, Social Justice/inclusion-Equality/Diversity, this being not just for the BAEM community but to anyone and everyone, Mental Health issues or not. He is involved in a number of streams of Actions-Projects-initiatives, which are linked to NHS-DHC, and is a Great believer in the principal of Co-Production, early days, but it will happen. He was diagnosed with psychotic depression (bordering on schizophrenia) in 2008. This period was the most-Bleak/Desolate time of his Life. He survived and has rebuilt/reshaped/refound RICK. He has captured most of what has happened to him in his Mental Health, and it is this that he will be talking about in mental health week.

Sue Forber, Depression Alliance (9 October)

Sue Forber lives in north Dorset where she loves to spend time in the countryside with her family, running, going to Zumba, and practising mindfulness. Sue has experienced episodes of severe and suicidal depression since her teens, and lives a happy and fulfilling life using recovery and self-management approaches. She worked for Dorset Mental Health Forum from 2002 to 2013, and is now employed by Depression Alliance, the UK's leading charity for people affected by depression. She is a lived experience advisor on the senior management group of Time to Change, and has a particular interest in self-stigma and how it can be overcome.

Sam Forsdike, Director, Postcard Productions (8 October)

Sam graduated from Oxford University and started his broadcast career at the award winning South Bank Show where he worked as a researcher and associate producer on a number of programmes including profiles of Michael Sheen, the RSC, Dame Judi Dench and Ian McEwan. He then worked as a freelance documentary Producer on films including Love on the Transplant List (BBC3), Class and Culture (BBC2) and God Save The Queens (Sky Atlantic). Sam has also worked as a Development Producer for a number of independent production companies securing documentary commissions for the BBC, ITV, C4, and Sky. Sam co-founded Postcard Productions in 2010 with Richard Bentley and has produced and directed a wide range of films for the charity sector including Rethink Mental Illness, Mind, Mission Aviation Fellowship, Royal College of Psychiatrists, Time To Change and Prison Reform Trust.

Donna Jenkins, Administrator for the Recovery Education Centre with Dorset HealthCare (6 October)

Donna is involved in the Hidden Talents project. She has participated in a number of roles during her working career ranging from YTS Trainee, Administration/ Secretarial work, Social Work Assistant within a Child Care Team, Youth Work (gaining part-time qualification in 1994). She experienced a first episode of Mental Illness in 1998 and had a succession of episodes until 2009, where she has remained well ever since. Her current job role is Administrator for the Recovery Education Centre with Dorset HealthCare University NHS Foundation Trust which is run in partnership with the Dorset Mental Health Forum. Her mental illness and recovery journey has been an asset within her life and is so beneficial to her role as REC Administrator. Her main hobby is playing saxophone and singing in local SKA band called Ratrace.

Mike Oates, Chaplaincy, Dorset HealthCare (6 October)

Mike was ordained in the Church of England for twenty two years and is a qualified counsellor; working for fifteen years in parish work, then as school chaplain, with young offenders, in drug and alcohol advice and as a school counsellor. He has been Co-ordinating Chaplaincy for the Trust since late 2011. He has lived experience of mental health problems. He is married with three children, supports Wolves and enjoys art, guitar, poetry, the outdoors and his logburner.

Mrs Miranda Portwood, Carer (9 October)

Mrs Portwood is the parent of a young lady who has been with YPEDS (Young People Eating Disorders Service) since she was 16 and diagnosed with anorexia. Mrs Portwood has been very hands on with the team in helping her daughter through her treatment and journey and has written a short synopsis of the whole family experience of living with an eating disorder and the treatment they have received, which she will expand on in her speech. She is also a member of our parent forum which is a recently established, independently run group of parents with young people with an eating disorder who are meeting monthly and, using their experiences and opinions, helping us to move the service forward to achieve even better outcomes for our service users.

Susan Ringwood, Chief Executive, Beat (10 October)

After initially training as a teacher, Susan has spent more than 30 years working in the charity sector. She became Beat's Chief Executive September 2002. Susan was a member of the National Institute of Health and Care Excellence guideline development group for the treatment of Eating Disorders. She is a Fellow of the Academy of Eating Disorders and Chaired the Academy's Patient and Carers' Committee. She led the development of the World Wide Charter for Action on Eating Disorders, and was the 2008 recipient of the AED Meehan/Hartley award of Leadership in Advocacy and Public Service. Susan is a member of the Royal College of Psychiatrists Eating Disorders Faculty Executive Committee, and on the Advisory Board of global advocacy group FEAST. She is a Non-Executive Director of the South Norfolk Clinical Commissioning Group. Susan lives with her husband in South Norfolk, where she enjoys cultivating her organic vegetable garden. She is also an adventurous cyclist, undertaking wilderness journeys into mountains and deserts.

Stan Sadler, Team Lead and Mental Health Practitioner, Mental Health Services (6 October)

Currently, Stan is responsible for the operational management of the CJLDS inclusive of the street triage initiative and a registered Mental Health Nurse. He has extensive experience as a healthcare professional within acute inpatient care, community settings and more recently within the areas of Criminal and Youth Justice. Since 2012 he has lead Dorset Healthcare's Liaison and Diversion service during the implementation of service expansion within Criminal and Youth Justice settings as part of the national evaluative model.

Mark Storey, Musician and Peer Specialist, Dorset Mental Health Forum (10 October)

Mark Storey is a peer specialist for Dorset mental health forum and a professional musician. In 2001 Mark suffered a life changing accident, a high speed head on car crash that left him with a brain injury and Mental health problems. Over the year's Mark has had to come to terms with his disabilities and learn to live again. In 2013 Mark found music again having lost his music career in 2001, and started writing about his lived experience of mental health. Having now created Mental Health Music, Mark's songs are going round the world and are reaching people in a new way. You can hear him on iTunes or Amazon and YouTube or follow him on twitter @markstorey65

Simon Thorneycroft, Mental Health Co-ordinator, Dorset Police

Simon was formerly a Police Officer with Dorset Police and has a great deal of operational experience across varied roles including the officer responsible for Custody and operational Mental Health issues. This included overall responsibility for liaising with partner agencies to ensure the effective and appropriate management of individuals coming into contact with the Police whether through the embedded Mental Health Practitioners within the Custody environment or 'on the street'. Since September 2014 he has taken on the role of Mental Health Coordinator for Dorset Police.

Dr Laurence Mynors-Wallis, Consultant Psychiatrist and Medical Director, Dorset HealthCare NHS Foundation Trust, Registrar, Royal College of Psychiatrists (8 October)

Dr Mynors-Wallis is a Member of the Royal College of Physicians and a Fellow of the Royal College of Psychiatrists. He is the Registrar of the Royal College of Psychiatrists and, in that role, has lead responsibility for policy, public education and the revalidation of psychiatrists. Laurence has a Doctorate of Medicine from Oxford University and has published widely in the areas of brief psychological treatments, common mental health problems and mental health management.

Charlotte Walker, mental health writer, activist, trainer, and researcher (8 October)

Charlotte is a mental health writer, activist, trainer, and researcher. She was winner of the Mind Digital Media Award 2013. Her talk will focus on her experiences of being diagnosed with bipolar disorder, how she manages the condition, and how blogging has helped her express what living with mental illness is like (for her). Charlotte will discuss how social media and blogs are powerful tools in helping others understand mental health – and for providing support to people with similar experiences. You can read Charlotte’s blogs at: <http://purplepersuasion.wordpress.com> and can follow her on Twitter @BipolarBlogger”

To find out more about Dignity, Diversity and Equality at BU please contact:

Dr James Palfreman-Kay, Equality and Diversity Adviser

Telephone: 01202 965327

E-mail: diversity@bournemouth.ac.uk

URL: www.bournemouth.ac.uk/diversity



Look out for #WMHDBU14 hastag for updates about the programme and updates on the week.

SPEAKING UP.
TIME TO CHANGE | DORSET