Premier Mind & Soul Scottish Conference 2012

A conference for mental health workers, counsellors, pastoral workers, church leaders, service users and carers

#### Saturday 3rd November 2012

**Future Proofing Your Mind** 

## Central Hall, 2 West Tollcross, Edinburgh, EH3 9BP



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# **Conference Overview**

#### Date: Saturday 3rd November 2012 Location: Central Hall, 2 West Tollcross, Edinburgh, EH3 9BP

We often look to the past for answers to problems, especially when it's about our emotions. But more answers lie in the future. This is where the challenges lie. This is where hope is to be found.

Mind & Soul have teamed up with Scottish Churches and Charities to offer you this one-day conference on emotional health. It will equip, encourage, and empower the church to engage with mental health problems in the place that needs it most – the local community. The style will be hands on and practical, helping you get help when you need it.

Sessions will look at managing 21st century challenges, staying emotionally healthy and working in partnership with the NHS and local government; and will be delivered by recognised experts from counselling and health backgrounds. There will be a market place of exhibition stands as well as supporting electronic resources and time for networking and conversation.



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Mind & Soul is impressive. It helps link Christians together - to pray and

support each other as well as pointing them towards useful online resources.

Professor Chris Williams, University of Glasgow

### Headroom Conference Agenda

- 0830 Registration
- 0930 Welcome and Worship: Karl Martin
- 1000 Keynote One Head Two Cures: John Swinton
- 1030 Comedy Slot The CLOTS Guide: Ian Smith
- 1045 Coffee Break
- 1115 MORNING SEMINARS: focused on creating effective environments
   Faith and the NHS: Ewan Kelly, Rob Waller
   How to work well with others: Viv Dickinson, Alasdair Bennett
- Planning for the unexpected: Marion Carson, Murdo MacDonald 1230 Keynote – Living Life To The Full With God: Chris Williams
- 1300 Lunchtime and networking

Prayer will be available for those who wish it Mini-seminars will run on topics including suicide prevention, dementia, healing and addictions

- 1400 Keynote 21st Century Challenges: Kate Middleton
- 1445 AFTERNOON SEMINARS: focused on mental health in the 21st Century

**21st Century Wallets** – money and your mood: Helen Johnson

**21st Century Families** – friends you can choose: Pete English, CofS Youth Assembly

21st Century Sanity - walking in wellness:

Andrea Wigglesworth

- 1600 Mini-interviews and Panel for Q&A
- 1645 Closing comments
- 1700 Close

# **Speaker Biographies**



Karl Martin is Senior Pastor of Morningside Baptist Church and on the CLAN Leadership Team. @revkarlmartin



John Swinton is Professor in Practical Theology and Pastoral Care at the University of Aberdeen, an ordained minister and worked as a nurse in psychiatry and learning disability.



**Ewan Kelly** is Programme Director for Healthcare Chaplaincy and Spiritual Care, NHS Education for Scotland.



**Rob Waller** is on the leadership of Premier Mind & Soul and Consultant Psychiatrist in West Lothian. @robwaller



Viv Dickenson works for Crossreach as Head of Service for Mental Health and Homelessness, and is trained in counselling and psychology.



Alasdair Bennett has studied theology, social care, addictions and counselling. He has been managing Bethany Christian Centre, a residential recovery unit for homeless men, for 13 years.



**Murdo Macdonald** is Policy Officer of the Church of Scotland's Society Religion and Technology Project.



Marion Carson is an author of a book on Pastoral Care and is trained as a mental health nurse.



**Chris Williams** is Professor of Psychosocial Psychiatry at the University of Glasgow and developer of the leading online CBT site, www.llttf.com.



Kate Middleton is a Psychologist and Director of Care at Hitchin Community Church. @communik8ion



Helen Johnson is Director of Centre Development for Christians Against Poverty, a national debt counseling charity.



**Pete English** is CEO of This Way Up which supports young people affected by parental separation and bereavement.



Andrea Wigglesworth is Director of Vital Connexions (www.vitalconnexions. net) which is a Counselling Training and Consultancy business.

Book online at www.premier.org.uk/headroom before 30th September and claim your early bird discount!

# Who should attend?

Mental health workers, counsellors and pastoral workers, church leaders, service users, carers.

#### What will I learn from the Conference?

Keynotes will give you the background and vision for helping make a difference in your church and community. A choice of seminars giving you the opportunity to receive teaching and information on your key areas of interest. More information can be found online about the speakers, seminars and publicity material at www.mindandsoul.info/headroom, and audio from sessions will be hosted here after the event.

# Refreshments

Refreshments served mid-morning. Church cafe to purchase drinks and snacks open all day. Please bring your own packed lunch or buy from the many local shops.

# The Venue

Central Hall, 2 West Tollcross, Edinburgh, EH3 9BP

email people two weeks before the event to find out which

are looking most popular, but you can still choose on the day

# Bookings

Three ways to obtain your Headroom Conference ticket:

- 1. ONLINE BOOKINGS PREFERRED AT www.premier.org.uk/headroom
- 2. **BY POST** complete the booking form and send with payment (cheques should be made payable to Premier Christian Radio) by 20th October to: Headroom Conference, Premier Christian Radio, FREEPOST

LON17866, London, SW1P 4YS

3. **ON THE DOOR** a limited number of tickets will be available on the door

#### **Ticket Prices**

Early Bird booking (before 30th September), Service Users and Carers, Unwaged £20 Standard booking (after 30th September) £25 A limited number of tickets will be available on the door

Booking Form	<b>Postal Payment Details</b>
	Please complete the form below to order your entrance ticket in advance When booking for more than one person please complete a separate form for each person (you may photocopy this booking form)
Delegate/Booking Contact	
Title: (Rev/Dr/Mr/Mrs/Miss/other)	
First Name:	_ Early Bird booking (before 30th September) £20
Surname:	Standard booking (after 30th September) £25
Organisation:	- How to pay
Role:	
Address:	BY CHEQUE:
Town:	<ul> <li>I enclose my cheque for £ payable to Premier Christian Radio</li> </ul>
County:	BY CREDIT CARD:
Postcode:	<ul> <li>Please debit my Credit/Debit card the sum of £</li> <li>Visa MasterCard Amex Maestro Solo</li> </ul>
Tel Day:*	
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	Security Code: Last 3 digits on the signature strip of your card
	– Signature: Date:
Only complete if you are happy to be contacted in this way.	-
There is no need to make seminar choices now. We will	- Terms & Conditions: All bookings are non-refundable. Due to unforeseen circumstances the programme

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