



**WORLD
MENTAL
HEALTH DAY
2008**

FRIDAY 10 OCTOBER
(10am – 5pm)

**ESSEX UNITARIAN CHURCH
112 PALACE GARDENS
TERRACE,
NOTTING HILL, LONDON W8 4RT**

**CHANGE
THROUGH
EMPOWERMENT**

#

10.00 Registration & refreshments
10.25 Welcome
10.30 – 11.00 Polly Canning, Rethink
– how to make a difference
11.00 – 11.30 Loud & Clear Advocacy
11.30 – 12.00 Monique Klang-Voves,
K&C Mental Health Carers Advocacy
12.00 – 1.00 LUNCH
1.00 – 1.30 Sound Minds
1.45 – 2.15 Relapse Prevention
2.15 – 2.45 Fatima El-Guenuni – Arab
& Muslim Family Service
2.45 – 3.15 Direct Payments
3.15 – 3.45 Diane Nestor – LINK's
3.45 – 4.15 Dzifa Benson – poetry with
a difference
4.15– 4.45 Sound Minds
5.00 Close and clear-up

Information stalls, inspiring
presentations, food, music – come
and celebrate World Mental Health
Day

For more information call Chris
Bumstead on 0203 214 5765 or email
c.bumstead@nhs.net