

**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**

**Monday 7<sup>th</sup>**

## Art Walk

**10:00-16:00, Meet outside  
ASDA (Main entrance), Holes  
Road**

Join ZooFish Arts and Richmond Fellowship for a leisurely walk along the Holes Bay cycle/footpath to Upton Country Park (approx 2 ½ miles). Learn how to make and photograph artworks from natural materials found on the route. All are welcome!

N.B. Please bring snacks and a drink for the journey, wear sturdy footwear and dress for the weather. Children must be accompanied at all times please. Bring a camera if you have one – all other art materials supplied.

Anticipated arrival time at Upton Country Park (Education Centre) around 13:30. We will continue making artwork on site until 16:00.

**Open to students, staff and the community**

Follow our progress in [Twitter](#) or find us on the day - [#PooleArtWalk](#)

**Enquiries: 07786 191 192**

**Led by: *the Richmond Fellowship***

**It's time to talk: 3  
short films about  
personal recovery  
from mental health  
issues**

**14:00-15:00, BG11, Bournemouth  
House, Lansdowne campus**

This presentation will feature three short films made by BU in conjunction with Dorset HealthCare University NHS Foundation Trust, Dorset Healthwatch and Dorset Mental Health Forum in support of the Time to Change campaign, challenging mental health stigma and discrimination.

The videos show people who live, work and study in Dorset sharing their stories of their personal recovery from mental health issues.

During this event we will also present the background to these films, discuss issues arising before, during and after the filming, and present the initial findings of a short online survey looking at attitudes to mental health.

**Speakers:** *Dr James Palfreman-Kay, Equality and Diversity Adviser, Bournemouth University and Dr Andy Mercer, Professional Lead for Mental Health, Bournemouth University*

**Please book here.**

**Mental health week 2013**

**Tuesday 8<sup>th</sup>**

**My own personal  
narrative of recovery  
and living with bipolar  
disorder**

**Speaker:** *Paul Scates, creative events director, mental health campaigner, peer specialist for Dorset Mental Health Forum and media presenter.*

**10:00-11:00 TAG31, Talbot campus**

'I recall my first episodes of psychosis aged nine and my journey continued when at age 16 I made an attempt to end my own life. I believe these experiences earlier in life were the originators of many triggers which eventually ignited my predisposition of a biochemical imbalance. My turning point came some years ago when I found the courage to speak out, and finally my voice was heard with no judgement cast by those around me.'

Paul will openly talk about the difficulties of living with his highs and his lows.

**Tuesday 8<sup>th</sup>**

## Bike Fun Ride

**10:00 for a 10:30 ride start,  
Meet at The Cycle Paths Gazebo  
ASDA car park, Poole**

Why not join us on this short 3 mile *FUN* cycle ride around Holes Bay taking in the beautiful Upton Park, Hamworthy Park and the new lifting bridge. Suitable for beginners.

Some bikes available for loan

**Open to students, staff and the community**

**To register please contact:**

Dave Humphriss

Tel: 01202 305062

Email: [d.humphriss@poole.gov.uk](mailto:d.humphriss@poole.gov.uk)

**Led by:** Poole Community Mental Health Team/Borough of Poole

## Tea and Talk workshop (Staff)

**12:30-13:30, TAG31, Talbot  
campus**

It's a one hour informal workshop that aims to raise mental health awareness and challenge stigma and discrimination. People are encouraged to realise that mental health is everyone's business, and by exploring their knowledge they are guided to think about their attitudes and behaviours. Participants are given the opportunity to reflect on their own experience and to think about how it is in everyone's interest to work together for mentally healthier communities.

Through personal pledges, people demonstrate that they understand the value of conversation and relationship in supporting both their own and the mental health of others. Our facilitators deliver a workshop which is informative, engaging, motivational and leaves a lasting impression. Staff will be available to answer any questions you might have.

## Drink, Drugs and Mental Health – the Highs and the Lows

**15:00-16:30, BG14,  
Bournemouth House,  
Lansdowne campus**

The talk will consider the following themes:

- Alcohol in the UK population;
- Drugs in The UK (and changing patterns of use);
- Mental health problems associated with alcohol use;
- Mental health problems associated with Drug use;
- Summary of starting point for accessing help if required.

**Speaker:** *Dr J P Stephens,  
Consultant Psychiatrist.*

**Please book here.**

**Mental health week 2013**

**Wednesday 9<sup>th</sup>**

## Tea and Talk workshop (Students)

**9:30-10:30, Student Centre,  
Talbot House, Talbot Campus**

**13:00-14:00, BG11,  
Bournemouth House,  
Lansdowne Campus**

For more details please see the 8<sup>th</sup> October event.

**Open to students only.**

**Please book here.**

**Mental health week 2013**



**1 in 4 OF US  
WILL EXPERIENCE  
MENTAL HEALTH  
PROBLEMS  
IN OUR LIFETIMES.**

**BUT WHO IS IT?**



**Wednesday 9<sup>th</sup>  
October**

## Eating Disorders Myths and Truths

14:30-16:00, BG11,  
Bournemouth House,  
Lansdowne Campus

This lecture will consider some of the myths, causes, treatments and what you might do to help someone with eating disorders.

**Speaker:** *Dr Ciarán Newell, Dorset HealthCare Consultant Nurse/ Associate Director of Nursing at Dorset HealthCare University NHS Foundation Trust.*

**Open to staff, students and members of the community.**

**Please book here.**

**Mental health week 2013**

## Football Tournament

12:30-15:30, Littledown Centre

£10 a team to register.

**To register please contact:**

Doug Low on 07786 191192 or email:

[doug.low@richmondfellowship.org.uk](mailto:doug.low@richmondfellowship.org.uk)

**Led by:** *the Richmond Fellowship*

## Increasing Motivation to Change in Eating Disorders: Interactive Workshop

12:00-14:00, Studland House,  
S103 Lansdowne Campus

We have developed the motivATE website for eating disorders – an evidence-based resource offering personal guidance, stories from others and interactive activities to help people to prepare for recovery from their eating disorder. Making the decision to change eating disorder behaviours can be difficult and the website aims to help people think through their experiences and increase their motivation to change by increasing their control and confidence about the recovery process.

**Facilitators:** *Dr Sarah Williams, Kathy Walker, DEC.*

**Open to members of the public, particularly those with lived experience (past or present) of eating disorders.**

**Thursday 10<sup>th</sup>**

## It's time to talk: 3 short films about personal recovery from mental health issues

12:00-13:00, Student Centre,  
Talbot House, Talbot campus

This presentation will feature three short films made by BU in conjunction with Dorset HealthCare University NHS Foundation Trust, Dorset Healthwatch and Dorset Mental Health Forum in support of the Time to Change campaign, challenging mental health stigma and discrimination.

The videos show people who live, work and study in Dorset sharing their stories of their personal recovery from mental health issues.

During this event we will also present the background to these films, discuss issues arising before, during and after the filming, and present the initial findings of a short online survey looking at attitudes to mental health.

**Speakers:** *Dr James Palfreman-Kay, Equality and Diversity Adviser, Bournemouth University and Dr Andy Mercer, Professional Lead for Mental Health, Bournemouth University*

**Thursday 10<sup>th</sup>**

**Representation of mental health within the media: my own personal perspective**

**13:30-14:30, Student Centre, Talbot House, Talbot Campus**

Paul Scates will be telling his journey so far and advising the audience on how they should approach and represent the sensitive matter of mental health and the welfare of their contributors'.

The presentation will follow the do's & don'ts when documenting such intimate topics and how they can protect their organisation as well as the participants.

Furthermore, Paul will present his own case studies of positive and negative experiences of working in TV and pose the question: why does a production company wish to produce a programme on mental health vs. the aims and objectives of the commissioning channels.

**Speaker:** *Paul Scates, creative events director, mental health campaigner, peer specialist for Dorset Mental Health Forum*

**Friday 11<sup>th</sup>**

**Let's get physical**

**10:00, Jazz café, Shore Road Poole**

Wellbeing Beach Walk- Walk to Bournemouth Pier from Jazz Café Sandbanks (approx 3 miles).

Please dress appropriately for walking and inclement weather.

**Open to students, staff and the community**

**Led by:** *the Poole Community Mental Health Team and Borough of Poole*

**To register please contact:**  
Dave Humphriss  
Tel: 01202 305062/  
Email: [d.humphriss@poole.gov.uk](mailto:d.humphriss@poole.gov.uk)

**Friday 11<sup>th</sup>**

**I Told You I Was Ill: Spike Milligan and the Media**

**12:00-13:00, Coyne Lecture Theatre, Talbot campus**

A sideways glance at the life and career of author, poet and humourist Spike Milligan (1918-2002). The creative force behind the Goons, a prolific writer and campaigner for human and animal rights, Spike was also dogged by darker periods of illness that peppered his career. Join us to consider the media reflection of 'genius-madness' in a friendly forum through Spike's work and life. Featuring readings of favourite Milligan literature and the debut of performed excerpts from the forthcoming Spring 2014 simulcast radio/theatre production of 'Ying Tong' by Roy Smiles, produced by Jo Tyler. Featuring performances and readings from: Justin Sellick, Stuart Glossop and Paul Nelson.

**Screening of 'The Life and Legacy of Spike Milligan'**

**14:00-16:00, Cinema W241 Media School, Talbot campus**

Voted the funniest person of the millennium in a BBC poll, the late, great Spike Milligan remains an inspiration to a new generation of comedians. 'The Life And Legacy Of Spike Milligan' is the extended version of director Cathy Henkel's 2005 documentary featuring interviews with family, friends, and colleagues who reveal Spike as a brilliant but tortured man, treading a thin line between genius and debilitating illness. Contributions from the likes of Michael Palin, Eddie Izzard, and Eric Sykes all help to paint an intimate and deeply personal portrait of the man widely considered to be the godfather of alternative comedy. A rare chance to view a screening of this exclusive footage.

**Led by:** *Jo Tyler, Lecturer, Radio Production & Programme*

We're supporting

**time to change**

let's end mental health discrimination

**Time to talk.  
Time to Change.**



**I've pledged**

#TimetoTalk

**Monday 7<sup>th</sup>**

### HealthWatch Dorset

12:30-15:30, Reception,  
Bournemouth House, Lansdowne  
campus

Healthwatch is the new consumer champion for health and social care. Tell us what you want, what you like and dislike. We want to hear the good and the bad. We will tell services about your experiences of health and care and hold them to account. Staff will be available to answer any questions you might have.

### Let the sunshine in

11.00-15:00, University Crest  
Table, Poole House, Talbot campus

Caroline Carr is a formally trained life skills coach. She runs an inspirational group, using laughter yoga as a therapy for a range of mental health conditions. She also runs a professional hypnotherapy service.

### Bournemouth University Dementia Unit (BUDI)

11.00-15:00, Atrium, Poole House,  
Talbot campus

BUDI are committed to working with others to help create an inclusive and supportive society for people affected by dementia.

**Tuesday 8<sup>th</sup>**

### Barnardo's

11.00-15:00, Atrium, Poole House,  
Talbot campus

Transforms the lives of vulnerable children across the UK through the work of projects, campaigning and research expertise. Locally, Barnardo's hold the franchise for four(pre-school) children's centres across Bournemouth.

### Poole Library

11.00-15:00, University Crest Table,  
Poole House, Talbot campus

Library staff will be available to provide information about the services available within the community such as the Books on Prescription scheme.

### Dorset Clinical Commissioning Group (DCCG)

13:00-16:00, Reception, Bournemouth  
House, Lansdowne campus

DCCG plans and develops health services in Dorset, Bournemouth and Poole. We are a membership organisation and include all GP practices previously members of the Bournemouth and Poole and Dorset clinical commissioning groups. Staff will be available to answer any questions you might have.

**Wednesday 9<sup>th</sup>**

### People's Emotional Health and Wellbeing Service (CAMHS)

11.00-15:00, Atrium, Poole  
House, Talbot campus

Children and Young People's Emotional Health and Wellbeing Service, provides assessment and treatment to children and young people aged up to 18 years.

### Future Roots

11.00-15:00, University Crest  
Table, Poole House, Talbot  
campus

Using Dorset's Farming heritage to create a therapeutic environment that can benefit children and adults of all abilities. 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.

**Wednesday 9<sup>th</sup>**

### Rethink

13:30-16:00, Reception,  
Bournemouth House,  
Lansdowne campus

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 10<sup>th</sup>**

## **Samaritans**

**11.00-15:00, University Crest  
Table, Poole House, Talbot  
campus**

Provide confidential emotional support listening service 24 hours a day, 7 days a week, 365 days a year, by telephone, e-mail and text.

## **Dorset Mental Health Forum**

**11.00-15:00, Atrium, Poole  
House, Talbot campus**

Dorset Mental Health Forum is a local peer led charity, who exists to improve the lives of everyone affected by mental illness by promoting wellbeing and recovery. Staff will be available to answers any questions.

## **Dorset Mind**

**11.00-15:00, Atrium, Poole  
House, Talbot campus**

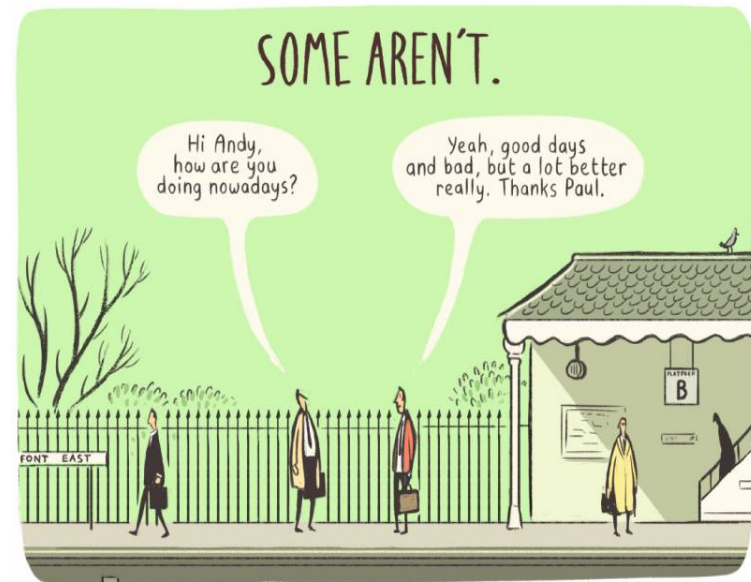
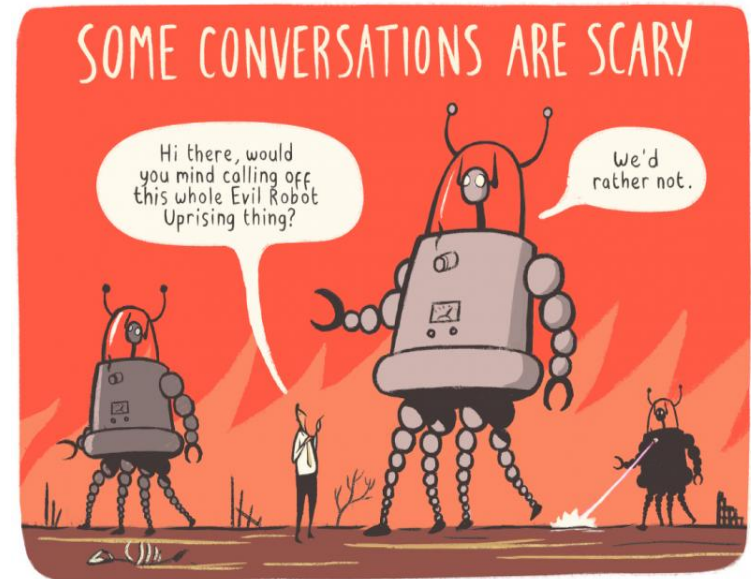
Provides a wide range of support services for people over 16 in Dorset who are experiencing depression, anxiety or a common mental health problem.

**Friday 11<sup>th</sup>**

**Royal Society for the  
Protection of Birds  
(RSPB) and Bournemouth  
Borough Council**

**11.00-15:00, University Crest  
Table, Poole House, Talbot  
campus**

In November, Bournemouth Borough Council will be opening the new visitor centre at Hengistbury Head. As part of that new venture, the council is working with RSPB to provide opportunities for people with physical and mental health difficulties to work at the centre as part of their 'therapy'. It is anticipated that this will help people re-engage with work, social, and interpersonal activities as part of their recovery. Several key staff across BU will be working with the Borough/RSPB to plan and evaluate these programmes.



**Don't be afraid to talk about mental health.**

## Speakers' biographies

### Dr Andy Mercer (7<sup>th</sup> and 10<sup>th</sup> October)

Andy Mercer is Professional Lead for Mental Health & Learning Disabilities at BU. His background is in nursing and he worked in acute mental health care before moving into education. His principal interests are in nursing philosophy and the ethics of caring, and in mental health policy; his PhD explored professional autonomy and advanced nursing practice. Andy is involved in the delivery and management of education programmes, research supervision, and research and practice development activities in mental health; he undertakes reviews of nurse education programmes on behalf of the Nursing & Midwifery Council and is an active member of the Mental Health Nurse Academics UK group.

### Dr James Palfreman-Kay (7<sup>th</sup> and 10<sup>th</sup> October)

Equality and Diversity Adviser, Bournemouth University. Dr Palfreman-Kay has worked in a number of roles within the equalities field including responsibility for specific services, working at a strategic level and in partnership with the local community to raise greater awareness of equality and diversity matters. His research interests have focussed on exploring the experiences of disabled students enrolled on access to HE programmes which was the focus of his PhD. Dr Palfreman-Kay has also worked with a number of schools and Local Authorities within the South-West to raise awareness of the support for disabled students wishing to progress onto higher education.

### Dr Sarah Williams and Kathy Walker (9<sup>th</sup> October)

Dr Sarah Williams is a lecturer in Psychology in the School of Design, Engineering and Computing. Her PhD research explored the lived experiences of those with eating disorders, highlighting the strong motivational factors involved in eating disorder recovery. She has also worked previously to lead a team of health psychologists to develop online interventions for behaviour change. She now works closely with local eating disorder services to develop online resources to enable early intervention for people at various stages of their eating disorder.

Kathy Walker is a Psychology student in the School of Design, Engineering and Computing. She fought off tough competition to gain a research apprenticeship during this summer to work on the MotivATE project. Her dissertation project will also explore the use of the internet (e.g. blogs) by those with eating disorders.

### Dr John Stephens (8<sup>th</sup> October)

John is a Consultant Psychiatrist who works in Bournemouth. He is the Lead Consultant for Adult Mental health in the community. Dr Stephens trained at St Mary's hospital in Paddington and later undertook psychiatric training at St George's Hospital Medical

School in Tooting. He moved to Dorset in 1999. As a Consultant with Dorset Healthcare University NHS Foundation Trust, he has held leadership roles for prescribing, ECT, Early intervention in psychosis and inpatient treatment. Dr Stephens has previously worked closely with the joint Homelessness Team in Bournemouth and with the Assertive outreach team since this was set up in 2001. He is not a researcher but a clinician with a particular interest in improving



### **Paul Scates (8th, 9th, 10th October)**

Paul is a creative events director, mental health campaigner, peer specialist for Dorset Mental Health Forum and media presenter. During 2012 Paul appeared on Channel 4's The World's Maddest Job Interview and the recent BBC programme concerning Frank Bruno. He is also working on further TV projects and is undertaking public speaking roles at leading clinical conferences throughout the UK.

Paul has a strong passion to influence systematic change to current mental health services and to inspire those experiencing mental health issues.

As a person who lives with bipolar disorder, yet is fortunate enough to live a fulfilling and enlightened life, I know only too well how pivotal the role of my friends, partners and family is in supporting my health.

## *Speakers' biographies*

# SPEAKING UP.

## TIME TO CHANGE | DORSET

### **Dr Ciarán Newell (9<sup>th</sup> October)**

Ciarán is a mental health nurse by training and has worked in the field of eating disorders(ED) for 20 years. He is a consultant Nurse and clinical lead for the ED service in Dorset and has contributed to the development of a comprehensive service providing a range of treatment options. Ciarán worked on the NICE guidelines group which produced the guidelines for the NHS in 2004 and is currently on the National Clinical reference group for ED looking at commissioning specialist services nationally. He was awarded a PhD for his research into recovery from Anorexia Nervosa. His current research includes how emotions are processed by individuals with an ED and the use of digital technology to support treatment. He is a visiting Fellow of the University and a member of the University Department of Mental health.

### **Jo Tyler (11<sup>th</sup> October)**

Lecturer, Radio Production & Programme Coordinator. Jo Tyler worked for BBC Local Radio, in archival research for radio and as development producer for BBC 6 Music. She is the Programme Leader for MA Radio Production and has a vested interest in sound, radio comedy and storytelling and has convened radio projects for the Northern Children's Book Festival and schools UK wide. Her PhD research includes investigating adaptive radio spaces and aurally Hitchhiking around the Galaxy and currently she is writing adapted radio performances for Edinburgh Festival 2014.

We hope the range of events will encourage students, staff and the public to start talking openly about mental health.

The mental health awareness events at BU 2013 have been organised and supported by over 17 organisations across Bournemouth, Poole and Dorset



**During this exciting week you will also have the opportunity to:**

- Make a pledge towards challenging stigma and discrimination at one of the events. You will be able to do this by making a written pledge.
- See the [Time to Change Dorset videos](#) which are a collection of 3 short films featuring people who live and work/study in Dorset sharing their stories of their personal recovery from mental health issues via the BU Youtube channel.
- See the [supporting you and your mental health video](#) which details the university and community services that provide support for people concerned about mental health issues via the BU Youtube channel.
- **Win £40 Argos vouchers** if you are able to answer correctly the questions from the [Time to Change Mental Health quiz](#) [this is open to students and staff]. The quiz will be open from 7<sup>th</sup>-11<sup>th</sup> October. Completed entries should be returned by email to: [diversity@bournemouth.ac.uk](mailto:diversity@bournemouth.ac.uk)
- See **Time to Change** publicity throughout the BU estate and receive a goodie bag.

