

Summary Report

World Mental Health Day Event

**“Saving Lives with Mental
Wellness - Let’s talk about it”**

14th October 2019

My Network for Women

+ The Mac Group

Healthwatch Doncaster

Engage, inform, influence

1 Introduction

1.1 Details of activity

To hold a high-profile event to celebrate and get people talking about World Mental Health day. The event should include relevant speakers, a panel discussion and stalls for therapists and mental health practitioners to exhibit their services. The event would charge an admission fee to the general public and attendance would enable them to engage with the themes and topics and raise awareness of mental health wellness.

1.2 Acknowledgements

We would like to thank members of My Network for Women and the Mac Group who assisted with the organisation, pre-event promotions and marketing of the event.

The speakers at the event who showcased different personal journeys through mental health problems and highlighted their experience of engagement with the public health authorities.

To Olga Geidane who hosted the event and chaired the panel discussion.

Volunteers at Armthorpe Community Centre who helped set up the event on the day.

2 What was the purpose of the activity/session?

2.1 Purpose

My Network for Women (MNFW) have previously held several successful events in the past to celebrate World Mental Health Day. Some of The Mac Group (TMG) members have been involved in these events as speakers and as a group TMG supported these events with practical help on the day. Also, MNFW and TMG have recently collaborated in hosting and event to celebrate International Women's Day in March 2019.

MNFW and TMG strongly believe in promoting health and wellbeing through education and informed presentations with an emphasis on creative therapy through practical demonstrations and workshops.

It was planned to work together again to hold a high-profile event in conjunction with World Mental Health day in October 2019. This would include topics and themes to raise awareness of Mental health issues and in particular how to work on Mental Wellness and start discussion around the topic of suicide prevention which was the main theme of World Mental Health day in 2019.

Holding such an event would enable local businesses, organisations in the public health sector and the general public engage with speakers and discussions on the subject of Mental Health and wellbeing and to find out more about services that are available in the local community.

By both organisations collaborating on the event it was hoped to maximise the audience and interest in the event.

2.2 What did you do?

The plan was to host a high-profile event with keynote speakers on various topics of mental health wellbeing:

Prior to the event it was promoted heavily to both networks via social media and email updates. A PR release was sent out to a local radio station.

It was decided to charge an entrance fee of £5 to cover the cost of refreshments, (free to stall holders who had paid a stall holder fee).

The event was held at Armthorpe Community Centre on Monday 14th October 2019.

The agenda was as follows:

Welcome & Introduction from:

Our event host Olga Geidane of New Life Kick Start
Catherine Wainwright from The Mac Group



1st Speaker: Chris Bingley, Joanne Bingley Memorial Foundation: “The Stigma of Suicide”

2nd Speaker Paula Thompson, NHS: “Access to Mental Health Services”

Followed by: Panel Discussion:

How do we get people talking about mental illness?

How can Mental Wellness save lives?

What pathways to wellness would you recommend?



After Lunch we had 3 breakout sessions which delegates could choose to attend and which were repeated once.

Taz Faruqi - The neurology of feeling good: Boosting mood through diet and lifestyle

Lynda Cooper – Dealing with Traumatic Emotions

Julie Hampshire – The Magic of Mindfulness

Final keynote Speaker - Ian Walker, Gamblers Anonymous – Living with Addiction



Thanks & Close – Judy Chan of MyNetwork for Women

During the day and lunchtime there was the opportunity for networking and to visit the 14 exhibitor stands.



2.3 Results of the activity/session(s)

The event attracted over 50 people who dropped in during the day or stayed for the whole duration. This event gave both groups an opportunity to raise awareness of mental health issues and how both our groups can help those who are working in the mental health and wellbeing sector as micro businesses.

The breakout sessions in particular were well attended, and great feedback was received. Each session provided opportunities for the delegates to take away self-help ideas and techniques for relaxation or reducing stress, to improve confidence about talking about mental wellness and tips on how nutrition information can assist with mental wellness. The fact that we included speakers with “real life experiences” was particularly positively commented on. The theme of “talking about mental health” obviously came through as a number of feedback comments on the key takeaways from the day mentioned how important it is to “talk about mental health”.

Feedback from people who took part

21 Feedback forms were received on the day and were overwhelmingly positive:

Feedback scores	Average score out of 5
Overall Satisfaction	4.8
Relevance	4.2
Content	4.6
Venue	5
Stalls	4.8

Comments included:

“Very well organised event, well attended”

“Alternative food was great!”

“A lot of info to take home and use”

“Wonderful and well organised”

Feedback from staff/volunteers who took part

All of our members felt it was very well organised event and that the quality of the speakers was high.

2.4 Conclusion

My Network for Women strives to provide a welcoming, friendly, safe and supportive environment to empower women interested in starting and running their own business. It is important to inspire and motivate women in business and support a collaborative approach to networking. Having run previous events for World Mental Health day with the aims of showcasing various services and providing opportunities for holding creative workshops and informative speakers and demonstrations, this recent event has underpinned our reputation of holding high profile, well organised and relevant events for our current members and a potentially wider network of women in business.

The Mac group is a group of trusted and experienced self-employed complementary therapists, life coaches and counsellors, our aim is to provide a holistic approach to health and wellbeing to vulnerable individuals and groups.

The event has helped our group to potentially grow our membership (we received several requests for new membership) and it has provided some interesting contacts to follow up regarding individuals who would benefit from our therapies. We were happy with how we were able to increase the awareness of the work that TMG does in the mental health sector in Doncaster and made some useful connections with local self-employed therapists who hopefully may join our group in the future.

Working in collaboration continued to strengthen the links and synergies between our two organisations.

Prepared by

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My Network for Women



MyNetwork
for *Women* in business.