

Conference 'Improving the mental well-being of people living in Oxfordshire: knowledge for practice'

11 March 2010

Unipart House, Cowley, Oxford, OX4 2PG
9.30am - 4.30pm

Do you work in Oxfordshire? Do you want to help local people lead happier lives?

This conference will focus on practical experience and will showcase successful local and national projects. On the day you will gain a good understanding of:

- What mental well-being is
- Evidence based methods to improve mental well-being
- Methods for measuring the effectiveness of mental well-being projects
- How you and your organisation can contribute

Keynote speeches will take place in the morning, followed by workshop presentations in the afternoon. The workshops will cover:

- children and young people
- older people
- BME groups
- stigma and discrimination
- workplaces
- how to look after your own mental well-being

Keynote speakers include:

Dr Lyn Friedli, Mental Health Promotion Specialist for UK Department of Health and the World Health Organisation.

Dr Friedli works across Europe to support the development of public mental health. She is a consultant for public mental health to the Mental Health Foundation and the Scottish Development Centre for Mental Health and an honorary member of the Faculty of Public Health. She wrote *Making it possible: improving mental health and well-being in England* on behalf of the National Institute for Mental Health in England and contributed to the *Bamford Review* of mental health promotion in Northern Ireland and the UK Government's Foresight programme *Mental Capital and Wellbeing*. Her report for WHO Europe and the Mental Health Foundation on *Mental health, resilience and inequality* was published last year.

Louise Aston, Director, National Director, Business Action on Health Business in the Community.

Louise Aston has led high profile public sector campaigns including 5 A DAY, 'Don't Give Up Giving Up' and FRANK. Since joining Business in the Community as Business Action on Health's Campaign Director in February 2007, she has produced groundbreaking research, developed practical tools, by business for business, forged partnerships with Government Departments and secured the commitment of UK's top companies to boardroom reporting on employee health and wellbeing by 2011.

This conference is **free** and places will be allocated on a first come first served basis.

To book please complete the booking form overleaf →→→

Improving the mental well-being of people living in Oxfordshire: knowledge for practice

Booking Form

Name:		
Organisation:		
Department & Directorate:		
Address:		
Tel. No:		
Email:		
Job Title:		
Workshop Choices (please circle)		
1st Choice	2nd Choice	3rd Choice
<ul style="list-style-type: none">• Children and young people• Older people• BME groups• Stigma and discrimination• Workplaces• How to look after your own mental well-being	<ul style="list-style-type: none">• Children and young people• Older people• BME groups• Stigma and discrimination• Workplaces• How to look after your own mental well-being	<ul style="list-style-type: none">• Children and young people• Older people• BME groups• Stigma and discrimination• Workplaces• How to look after your own mental well-being
What would you like to have learnt by the end of this event?		

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