



media action
media action group for mental health

*The Stoke-on-Trent
Living Well Project
presents:*

***Healthy Thinking:
A positive approach
to Wellbeing***

*9.00am - 3.00pm
Thursday 15th May 2008
at the Hope Centre,
Garth Street, Hanley*

*A range of presentations and workshops
that highlight the important role that healthy
thinking plays in determining our lifestyles.*



**West Midlands
Regional Assembly**



LOTTERY FUNDED



About Us:

The Media Action Group for Mental Health (MAGMH) is a registered charity that works to eradicate the stigma of mental ill-health. We believe that through education we can dismantle the barriers of prejudice and move towards mental and emotional wellbeing.

About the Stoke-on-Trent Living Well project:

The Stoke Living Well project is a partnership between Stoke-on-Trent PCT, Changes 12 Steps to Mental Health and the Media Action Group for Mental Health. Stoke-on-Trent Living Well is one of fourteen projects in a portfolio of work that form the West Midlands Living Well programme, which is funded by the Big Lottery over the next three years.

The key themes of the Living Well Programme include:

Mental Health - people and communities having improved mental wellbeing

Physical Activity - people being more physically active

Healthy Eating - children, parents and the wider community eating more healthily

The Stoke portfolio will engage with local people and communities to build greater awareness about the benefits of a healthy lifestyle, to encourage participation in the physical wellness workshops, cook & eat programmes and lead health walks and to improve access to existing services.

About the conference

What is healthy thinking and how do our thoughts affect our health? Our thinking is key to who we are, how we feel and how we live our lives.

The mind can affect the body in various ways and our mental health also influences our physical behaviour, for example, being in the right frame of mind can mean the difference between going out to our local gym and exercising, or staying indoors and remaining within our comfort zone.

Adopting a positive frame of mind can raise people's expectations in terms of their wellbeing and the right attitude can affect our behaviour and life choices. Healthy thinking techniques will empower people to change their lives for the better. It encompasses having a positive outlook and maintaining the right mindset to remain motivated.

As part of the Stoke-on-Trent Living Well project, this conference will highlight the importance of healthy thinking in determining our lifestyles. It will also act as a platform for debate on how people view their own thinking and how it affects them. It will enable people to practise and take away techniques to improve their wellbeing and make positive changes to their lives.

The key themes

An overview of the various aspects of healthy thinking and a range of practical methods to use in everyday life, including:

- Self Talk
- Affirmations
- Self Image
- Positive Thinking
- Solution Focused Approaches
- Life Coaching

Who Should Attend:

The conference will be of interest to:

- Primary care professionals
- Early years e.g. children centre, parent practitioners
- PHSE facilitators, teachers
- Youth services
- Front-line staff working within a health & social care setting
- Other staff and volunteers with an interest in learning about practical healthy thinking techniques to apply to their own work.

Speakers and Workshops:

Sharon Taaffe is the Principal Health Improvement Specialist for Mental Health at Stoke-on-Trent PCT. In 'Affirmations' Sharon will look at this particular form of positive self-talk, which describes and help us to visualise and move towards our goals. This workshop will show you how to write effective affirmations and how to put them into practice.

Kate Edwards is a Senior Health Improvement Specialist for Mental Health at Stoke-on-Trent PCT. In 'Self-talk' Kate will look at how changing our self-talk is a key tool for changing our behaviour, with a workshop that will encourage you to become aware of your own self-talk and to control it so it works for you and not against you.

Dr. John Hegarty is a senior lecturer and head of department at Keele University. In 'Mind Matters' John will talk about the impact of thought on the physical body. He will discuss the influence of positive thought, using breathing techniques anecdotal evidence from his ongoing research projects and 20 years' experience running a cancer support group with Dr Jane Williams, which encourages cancer patients and relatives to take a positive, self-help approach.

Emma Brown delivers workshops for Changes 12 Steps to Mental Health. In 'Take Positive Action- Think Healthy!' Emma will look at how our thoughts direct our behaviour and will talk about thought patterns and taking steps to break a cycle of unhealthy thinking that shapes how we act and react to situations. The workshop includes techniques tailored to young people from the ages of 13 to 25, based on changes' work within schools and mutual support group meetings.

Steve Freeman is a Research Nurse/SFA Manager at the Clinical Effectiveness Support Unit. In 'Small Steps - Preferred Futures' Steve will be looking at the way in which taking a solution focused approach can be useful in achieving what we want for ourselves and others without stress and pressure.

Graham Bailey and **Mark Lowndes** are Wellbeing programme leads at Changes 12 Steps to Mental Health. They will be looking at how Self-image is a mental picture of who you are, (i.e. how you think about yourself), constructed from self-beliefs accumulated throughout your life. In this workshop they will help you to identify how you can gain a more positive and accurate view of yourself, the starting point for making real and positive changes in your life.

Jan Summerfield is Joint Service Manager at the Staff Support & Counselling Service. Jan will explain that the purpose of coaching is to help people to fulfil their true potential and to enable people to access the skills they need to manage change. This short bite-size session is designed to introduce the concepts of goal setting and planning in identifying and planning to achieve the goals identified by the individual.



'Health Thinking: A Positive Approach to Wellbeing'

Thursday 15th May 2008 at
The Hope Centre, Garth Street, Hanley.

Booking Form

There are a limited number of places available. To reserve your place please complete one form per delegate using photocopies where necessary and return to:

The Media Action Group for Mental Health, First Floor: The Goodson Building,
Goodson Street, City Centre, Stoke on Trent.ST1 2AT
Telephone: 01782 285800 **Email:** conference@magmh.org.uk **Fax:** 01782 264800

Please book me a place at the conference. I am a:

- | | |
|--|--|
| <input type="checkbox"/> Statutory Body Employee | <input type="checkbox"/> Voluntary Sector Employee |
| <input type="checkbox"/> Volunteer for a local group | <input type="checkbox"/> Interested Individual |

The event includes refreshments, lunch and a conference pack.

Name:

Organisation:

Address:

Telephone:

Email:

I confirm that I have read and agree to the stated terms and conditions

Signature **Date**

Terms & Conditions

Only pre-booked delegates will be allowed entry. Bookings must be received by 2nd May 2008. Places are not guaranteed until a letter of confirmation has been received by the delegate. All cancellations must be received in writing. Any cancellations received after 9th May will be subject to a cancellation fee of £25.00.

Should the stated delegate be unable to attend, we are happy to welcome a substitute delegate if notified prior to the event.

- Please tick this box if you have any specific dietary needs or may require assistance for any reason on the day of the event. Please provide further details below.

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- Data Protection Act: We may wish to contact you in relation to future projects. Please tick box if you do not wish us to do so.

For Office Use Only

Delegate Number:

Confirmation Sent: