

LONDON'S LIVING ROOM

9th Floor via public lifts

ROOM 4

Lower Ground Floor

ROOM 5

Lower Ground Floor

MAP AREA

Lower Ground Floor

12:00



WELCOME AND INTRODUCTION

Hakeem Onibudo

13:00

WORKSHOP

Urdang's meditation session

13:05 - 13:50

Led by: **Brenda Shankey**
(Mindset Performance Coach)

Discover about how to train your mind to tap into your inner dialogue, the importance of breathing and how to come out of the 'thinking mind' and into 'the breathe', which is great for coping with nervousness, fear, or even panic attacks.

PANEL DISCUSSION

How can participation in sport benefit individuals and communities?

14:00 - 15:00

A panel discussion on the benefits of participating in sport, movement and physical activities on health and wellbeing and our communities.

Chair: **Jim Harper** (School of Hard Knocks)

Panel members: **Annie Nicholson** (The Fandangoe Kid), **Javaun Bance** (youth boxer and City Hall Peer Outreach Worker), **Mayoor J** (personal trainer and Forever Stronger Coaching podcast contributor), **Andrea Corbett** (Wellbeing Coach and Mentor for Young People)

LIVE MUSIC

Here, Queer and Mentally Unclear

15:00 - 15:30

@mentallyunclear

A semi-verbatim musical about mental illness in the LGBTQIA+ community, followed by a Q&A.

WORKSHOP

Introduction to mindfulness in everyday life

15:30 - 16:00

Led by **Mirna Šmidt** and **Lucy Nightingale**
 @SLVGlobal

SLV.Global facilitator, Mirna Šmidt, will introduce mindfulness techniques, based on ancient methodologies that have been proven to help people cope with the stress of modern-day life and help bring more enjoyment to everyday moments.

PANEL DISCUSSION

Social media: a blessing or a curse?

16:00 - 16:50

A panel discussion on the impact of social media, trolling and cyber bullying on young Londoners' mental health and wellbeing.

Chair: **Michael Keating** (Head of Digital, The Samaritans)

Panel members: **Nikki Mattocks** (mental health advocate, @ducksdietcoke), **Phoebe** (PAPYRUS Prevention of Young Suicide Champion), **Justyn 'Being Brave Scar' Hollett** (scar survivor and body positive advocate, @justynhollett), **Mia 'MIMS'** (20:20 PODCAST contributor)

WORKSHOP

Mental Health First Aid - Taster session

13:00 - 14:00

Led by: **MHFA England**
 @MHFAEngland

Would you know whether your friends or family were showing signs of stress or poor mental health?

Join a taster session with Mental Health First Aid (MHFA) England to learn the skills and confidence to guide someone towards the support they need and also how best to manage stress, including your own, with MHFA England's 'stress container activity'.

WORKSHOP

Digital Health Ambassadors

14:00 - 15:00

Led by: **Partnership for Young London**
 @PYL_London

More than 1,000 young people told the NHS they wanted better and easier access to health and wellbeing services.

Young people said navigating NHS services was a challenge and that they didn't know what their rights were when accessing health.

This workshop explores how young people's ideas and thoughts are being used to shape digital health services so that they are relevant, accessible and useful to young people.

WORKSHOP

SP-ARK a conversation about suicide prevention

15:00 - 16:00

Led by: **Papyrus**
 @PAPYRUS_tweets

Join Papyrus for an introduction to **Suicide Prevention - Awareness, Resources, Knowledge (SP-ARK)** exploring how we can work together to reduce young suicides in London, how we can develop hope for a suicide safer community and understand the importance of self-care.



WORKSHOP

Spoken word and poetry workshop

16:00 - 17:00

Led by: **Rakaya Fetuga**
 @rakaya_esime

Join poetry slam winner Rakaya Fetuga for a spoken word workshop on home and belonging.

Winner of the Last Word Festival 2018, with a solo show in 2019 Last Word Festival, Rakaya has headlined for various spoken word events such as BoxedIN, as well as commissioning work for brands such as Rimmel.

WORKSHOP

Stars for Stigma

13:00 - 14:00

Led by: **Time to Change**
 @TimetoChange

Learn how to make origami stars out of paper, to demonstrate how simple craft activities can gently open the door for conversations about mental health and bring people with shared experiences together. Often the stigma and silence about mental health makes people feel like they are the only one. Help create a beautiful piece of art to demonstrate that mental health is everyone's business and we're all stars.

WORKSHOP

Creative Superpowers

14:00 - 15:00

Led by: **Tom Philipson**
(Co-founder & Managing Director, Your Studio)
 @Your_Studio

An interactive workshop that explores how creativity is not only good for your mind but good for your future. Learn the creative process, why creativity makes us feel good and how it can change your life.

WORKSHOP

Without people there is no purpose

15:00 - 16:00

Led by: **Cephas Williams**
 @CephasWilliams

Join Cephas Williams, founder of The 56 Black Men campaign and Drummer Boy Studios, to learn how, at his lowest point, he imagined a world with just him in it and the process Cephas went through towards the realisation that without people there is no purpose. Using this notion, this interactive workshop will encourage participants to connect with someone new and share their stories.

WORKSHOP

Sharing experiences through rap: record and write your own

16:00 - 17:00

Led by: **Kenny Baraka**
 @Iamkennybaraka

Join Kenny Baraka, an artist, public speaker and engineer of youth solutions, to record and write your own lyrics and music. As a group you'll identify common areas of interest and with Kenny's support develop responsive lyrics.

SCREENINGS AND SHORT PLAYS

Into Your Light

12:00 - 12:45

Directed by **The Fandangoe Kid (Annie Nicholson)** and **Tara Darby**

Into The Light by the The Fandangoe Kid looks at different rituals that help unpack and change the way we talk about trauma and grief, and the film is also meant to be a prompt to come together and have a unifying dance.

Workshop

12:50 - 13:10

Directed by **Joseph Archer**
Produced by **Conrad Pollock, Joseph Archer** and **Window Zebra Productions**

Four young men fighting different mental health conditions reveal their greatest fears and challenges as they play drama games during a weekly therapy workshop. The short, written by Sam Toller, was filmed with actors and crew from the National Youth Film Academy.

Stand Up Don't Man Up

13:45 - 14:00

Directed by **Zack Pitcher**
Produced by **Henry Jones**

Created by **students at Middlesex University**, it is a short campaign film which draws attention to the way in which banter among young men can discourage honest and supportive interactions in male friendships. This film turns perceived banter into something much more serious to help us reconsider the language we use.

Talk it Out

14:30 - 15:00

Directed by **Neil Avery** and **Nigel Planer**
Produced by **Jon Salmon**

Talk It Out is taken from the debut mini album Commit No Nuisance, due to be released later in the year. The music video explores personal experience of discussing mental health between friends.

Being Brave Scar: WHAT MAKES US BRAVE?

15:00 - 15:45

Directed and produced by **Justyn 'Being Brave Scar' Hollett**

'Being Brave Scar' is a mental health campaigner, scar survivor, and body positive advocate. WHAT MAKE US BRAVE? is a short film which asks young people across London three questions around the theme of being brave and existing in an often pressured world. The film is offers insight into what young people are facing and also what make them powerful and able to overcome pressures.



13:00

14:00

15:00

16:00

17:00

Friend-Ship

16:00 - 16:15

Produced by **Youmanity**

Friend-Ship is part of Youmanity's suicide prevention campaign to fight human isolation. The campaign invited photographers, amateur and professional, to submit a celebratory portrait of a person embodying a special connection.

Have a bath, it'll wash it all away

16:30 - 17:00

Directed and produced by **Shima Gohrji**

This black and white video is a reel of photographs taken by Shima Gohrji, MA Fine Art Finalist at Middlesex University, set in a bath of milk, on the topic of mental health.