



Headroom

Future Proofing Your Mind

Central Hall

Saturday 3rd November 2012

www.mindandsoul.info/headroom



@mindandsouluk #headroom




Free to Be @ HTB



Saturday 3rd
November 2012

htb.org.uk/events

 Mercy Ministries UK
Living transformed hope restored

htb

1000 people think this is a good idea!!!



The Practicalities

- Coffee
- Fire exits
- Stands
 - Blank stand for your material
- Bookshop
 - List of titles available
- Twitter Feed:
 - @mindandsouluk
 - #headroom





Speaker Changes ;-(

- Kate Middleton Keynote
 - Extra Q&A at 1pm. Lunch now 1:15-2:15pm
- Andrea Wigglesworth Seminar
 - Now Lucy Cockayne on Addictions
 - Summary will be available on website later
- Assist Suicide Prevention Training
 - Book your own at www.chooselife.net/Training/assist.aspx



Space To Pray

- Pastoral Care:
 - Harris Room
 - Located towards the exit of the church, on the entry steps
 - Prayer ministry available at lunchtime and after conference



Welcome Message

- Revd Karl Martin
 - ...is Senior Pastor of Central and on the CLAN Leadership Team. @revkarlmartin





Time of Worship

Led by Jonathan Dean
and Howard Espie



Keynote 1

- Professor John Swinton
 - ...is Professor in Practical Theology and Pastoral Care at the University of Aberdeen, an ordained minister and worked as a nurse in psychiatry and learning disability
- One Head, Two Cures





And now for something completely different...

- Ian Smith
 - ...is a Writer and Service User from Glasgow whose work highlights the hidden issues that are often staring us in the face
- www.mindandsoul.info/comedy





Break and Coffee

- Served at multiple points around the church
 - Browse stands

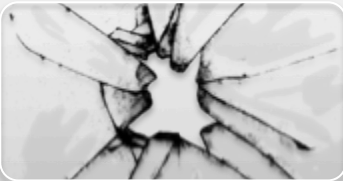


Seminar Locations - morning



Auditorium - Faith and the NHS

- Dr Rob Waller



St Michaels - Planning for the unexpected

- Marion Carson and Murdo MacDonald

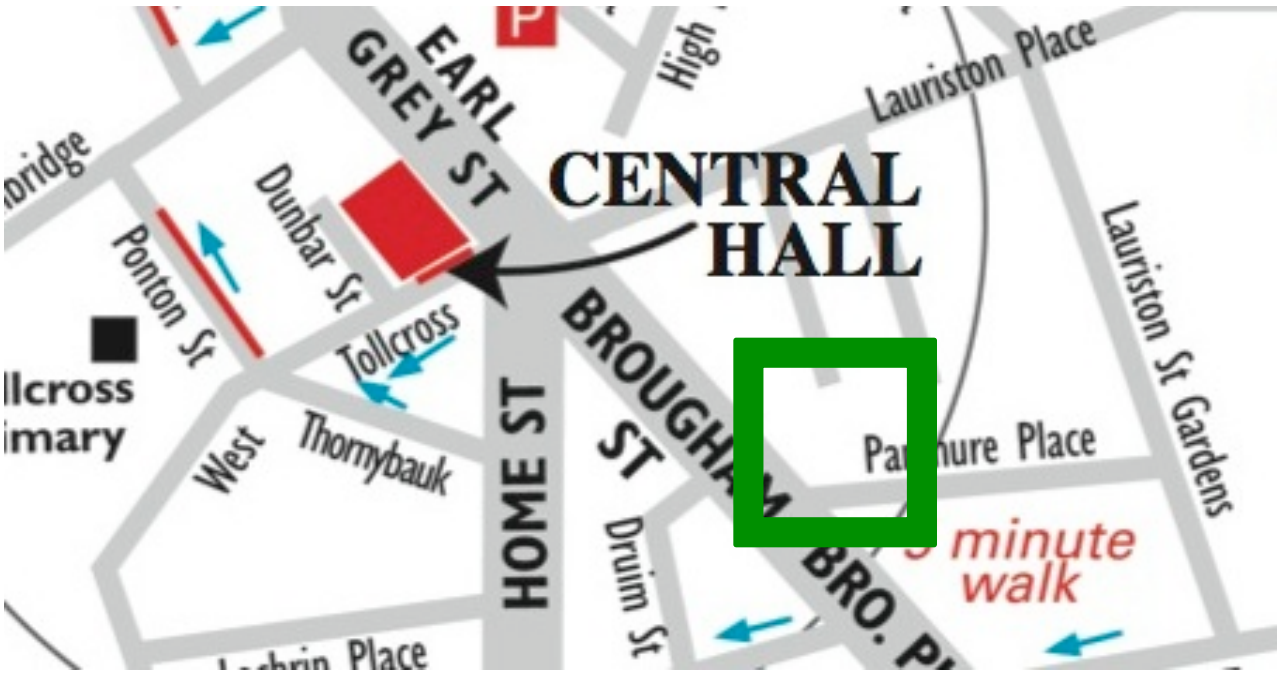


Hall - Working well with others

- Viv Dickenson and Alastair Bennett



St Michaels and All Saints





Keynote 2

- Professor Chris Williams
 - ...is Professor of Psychosocial Psychiatry at the University of Glasgow and developer of the leading online CBT site, www.lltff.com
- Living Life To The Full With God
 - www.mindandsoul.info/lltffwg





Keynote Q&A

- Professor Chris Williams
 - ...is Professor of Psychosocial Psychiatry at the University of Glasgow and developer of the leading online CBT site, www.lltff.com
- Professor John Swinton
 - ...is Professor in Practical Theology and Pastoral Care at the University of Aberdeen, an ordained minister and worked as a nurse in psychiatry and learning disability



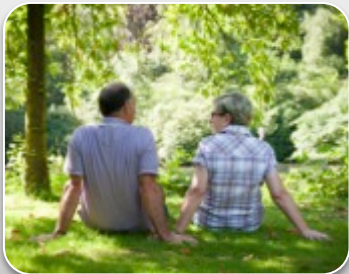


Lunch and Networking

- Buy from local shops
- Buy from venue
- Café open
- Question Box
- Stands
- Space to Pray



Lunchtime Mini-seminars 2nd Floor



Recognising and Supporting Dementia

- Islay
- Pamela MacKay



Transforming our Struggles: and experience of healing

- Skye – at 1:20, 1:35 and 1:50
- Jenny Williams



Mini-seminar Detail

- Recognising and supporting dementia
 - An introduction to dementia, and how to support sufferers and carers, including spiritual aspects
 - Islay
- Transforming our struggles
 - Find quick and easy ways to help listen and learn from anger and fear. Simple healing practices.
 - Skye
 - 1:20, 1:35, 1:50



Keynote 3

- Dr Rob Waller
 -is on the leadership of Premier Mind and Soul and Consultant Psychiatrist in West Lothian. @robwaller
- 21st Century Challenges
 - A brief introduction





Interview

- Dementia in the 21st Century
 - Pamela MacKay with Viv Dickenson





Seminar Locations - afternoon



Auditorium – 21st Century Addictions

- Lucy Cockayne



St Michael's – 21st Century Wallets

- Helen Johnson



Hall – 21st Century Families

- Pete English



Mini-interviews

1

- Clive Beech, with Susanne Beitan
- **Learning To Listen**

2

- Joni McArthur, with Rob Waller
- **The Church experience**

3

- Tess Hutchison and Lynda McQuillan, with David Thompson
- **Faith and Recovery**



Premier Lifeline

0845 345 0707

www.premier.org.uk/life





Next Mind and Soul Event

FAITH IN HEALTH AND HEALING

Integrating the church with health services

CONFERENCE 24-25 APRIL 2013 BIRMINGHAM UK

www.anglicanhealth.org >> conference

www.mindandsoul.info/anglican



Next Steps for You

Run a LLTTFWG course in your church or community

- www.mindandsoul.info/lltffwg
- www.fiveareas.com





Panel and Q&A

- Question Box
- Roving Microphone
 - Ground Rules



Closing Comments and Prayer

- Revd Howard Espie
 - ...is Associate Minister at Barclay Viewforth Parish Church in Edinburgh

- Space to Pray
 - Harris Room
 - Available till 530pm

