

**Mental Health & Wellbeing Conference**  
**Thursday 23 May 2019, 9am-5pm**  
**West London Synagogue**

**Communities that  
Care Initiative**

Please select a morning and afternoon workshop when you are completing your online registration form. Workshops will be allocated on first come first served basis.

<b>MORNING WORKSHOPS</b>		
M1	<p><b>Self-Care</b>            Looking after our own mental health is a challenge for us all, particularly when we are also supporting others with their mental health. How can we look after ourselves first, so that we are also able to help others?</p>	Jonny Benjamin MBE Mental Health Campaigner
M2	<p><b>Beyond Shiva</b>            When a person is bereaved they will experience a range of emotions. Looking at how these emotions may affect a person's mental wellbeing and explore some practical ways in which communities can help people through their bereavement and beyond.</p>	Jo Michaels Lynette Sunderland Sharon Daniels RJ Care Initiative Team
M2	<p><b>'Sing for your life!'</b>            We'll share a taste of the kind of singing done in Singing for the Mind, Companion Voices and services, feeling how quickly and deeply the songs can affect us and create a sense of community and connection.            Judith will talk a little about some of her experiences with groups and singing, and there will be some time for sharing your own experiences and reflections.</p>	Judith Silver Singing for the Mind and Companion Voices
M4	<p><b>'It could never happen to me?' - a family and community perspective on drug and alcohol misuse.</b>            Exploring the underlying factors that can lead to substance and alcohol misuse, its impact and what family and community can do to help.</p>	Joe Sheerer and Jane Winehouse Amy Winehouse Foundation
M5	<p><b>Bounce Back Resiliency Training</b>            Bounce Back is a programme used in two Reform nurseries to develop emotional literacy and resilience in very young children. Understand the basic principles and core values and see how the activities work in practice.</p>	Cindy Summer, Apples and Honey Nightingale Nursery and Tor Alter, Alyth Kindergarten
M6	<p><b>Rabbis and Cantors Workshop: Emotional Resilience in The 21st Century.</b>            How can we help equip our congregants with the tools that will allow them to thrive in the context of multiple 21st century challenges to mental health: digital technology, attention economy, increasing loneliness, breakdown of traditional support networks and frameworks of meaning as well as Brexit and anti-Semitism?            This bespoke workshop for Clergy will help us reflect on current and future challenges to our peace of mind, providing insight and tools to help empower our congregants.</p>	Louis Weinstock, Psychotherapist

## Communities that Care Initiative

AFTERNOON WORKSHOPS		
A1	<p><b>End of Life Care</b></p> <p>This will be a flexible, open session looking at cases in small groups and discussing resources available to help support members of the community at the end of life.</p>	Dr Rachel Craig, Palliative Care Consultant
A2	<p><b>‘I’ll be there for you: How to connect with a friend, colleague or family member who is struggling with their mental health’.</b></p> <p>With the numbers of people in the UK struggling with their mental wellbeing, often friends, family, colleagues and community members can feel helpless. It’s true, we can’t fix them, any more than we could if they had a broken leg, but that doesn’t mean we cannot provide valuable help and support. This is a workshop for anyone who has ever felt ‘afraid to say the wrong thing’, worried they might ‘make it worse’ or known someone is struggling and just doesn’t know what to do.</p>	Natasha Devon MBE Mental Health Campaigner
A3	<p><b>Supporting LGBT + people’s mental health</b></p> <p>This workshop will explore how discrimination and exclusion effects LGBT + people’s mental health and how organisations can respond creatively to empower LGBT + people experiencing mental health difficulties.</p>	Neil Levitan and Daniel Marcon - Keshet UK
A4	<p><b>People with mental illness in distress: maintaining the community connections</b></p> <p>People who are distressed due to mental illness may appear as highly stressed and anxious. Come and discuss how we can sustain meaningful community connections with people in similar situations. This will also be an opportunity for us to reflect on our boundaries and what we can do that might help.</p>	Mark Willis Recovery Education Coordinator, Jami Head Room
A5	<p><b>CBT Café</b></p> <p>A taste of our CBT (Cake Before Therapy) Café, which aims to create a safe environment where people feel comfortable to learn and talk openly about mental health and try and break through the stigma and fear associated with it, in a relaxed environment over tea and cake.</p>	Emma Levenson - Unravelling Minds
A6	<p><b>Mindfulness, Meditation and Spirituality</b></p> <p>Experience the power of mindfulness and meditation, how it links to Jewish spirituality and consider how we can use these ideas in our communities to promote wellbeing.</p>	Maxine Levy Yoga teacher, Jewish Mindfulness and Meditation, Alyth Synagogue