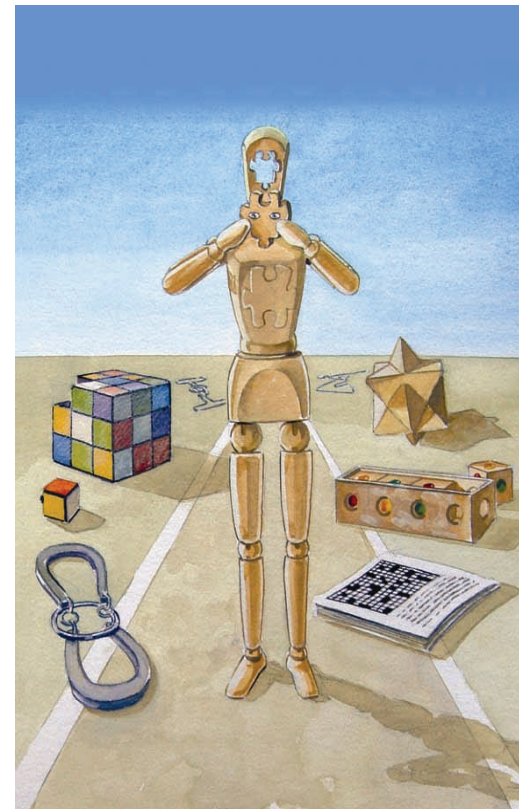


# Enter Poetry and Photography Competitions on Theme **Resolution**



# **Resolution**

## **Free festival Friday 10th October 2008**

To celebrate World Mental Health Day 2008

Chaired by Matt Harvey

Keynote speakers: Clare Allan, David  
Whitwell

Workshops: Matt Harvey, laughter, music,  
alternative therapies, & art

9.30am - 4.30pm

Friday 10th October 2008

Brewhouse Theatre, Taunton

All Welcome



# rethink



Mind in Taunton and West Somerset



Somerset Partnership



NHS and Social Care Trust

Supported by Somerset Participation and Care Services Improvement  
Partnership (CSIP) South West



***This is a free event open to everyone***

The **Resolution** event is a chance for you to share in an inspirational and informative day with speakers and workshops to help you discover ways of improving your well-being.

**Timetable**

**9.30 Arrival and Registration**

**10.00 Welcome** by Norman Webley, chairman of Speak Up Somerset

**10.10 Introduction** by Matt Harvey, chair for the day

**Keynote Speakers:**

**10.15 Clare Allan** will be talking about 'Discovering a new life'

**10.45 Recovery beyond psychiatry**—psychiatrist David Whitwell talks about recovery beyond psychiatry .

**11.20 Tea & Coffee break**

**11.45 Workshops:**

A) Drumming—Ronnie Spurr, Pardoes, 40 people

B) Discovering the artist in you—Rebecca Lucas, classroom, 30 people

C) Singing—Bronwen Harrison, Auditorium, 200 people

D) Complementary Therapies—Susan Russell de Clifford, Wilkins, 30 people

**1.00 - 2.00 Lunch** (slides from our competitions will be shown)

**2.00 - 3.15 Workshops:**

A) Spiritual strategies—Mary Ellen Coyte, Pardoes, 40 people

B) Sculpture—Richard Langford, Classroom, 25 people

C) Matt Harvey's blend of quirky humour, Auditorium, 200 people

D) Laughter—Joe Hoare, Wilkins Room, 30 people

**3.15 - Tea and Coffee break**

**3.35 Poetry and Photography competition winners**

**4.00 - 4.30 Finale and Farewell**

***Speaker Biographies:***

Clare Allan, spent ten years in the mental health system before writing *Poppy Shakespeare* which was described by *The Guardian* newspaper as 'Catch 22 meets *One Flew Over the Cuckoo's Nest* in a North London day hospital '

David Whitwell is a psychiatrist who argues that recovery should be adopted as the goal of mental health services. In his book *Recovery beyond psychiatry*, David writes that he is "particularly interested in the spiritual life of the unspiritual; the religion of the religionless" and goes on to describe ways we can regain our spirit.

***Please inform us by calling (01935) 850979 if you cannot attend as others may be waiting for a place.***

## Booking Form

Places are limited and are on a first come first served basis. Please assume you have a place unless you hear from us. To keep costs down we will only acknowledge places if a SAE is enclosed.

Name

Organisation:

Address:

Telephone:

Email:

Please state if you have any special requirements relevant to the day e.g. mobility difficulties, special diet, hearing difficulty, etc.

**Please choose your workshops for the morning & afternoon.**

*We will be allocating on a first come - first served basis. We will endeavour to place you in your chosen workshops - however this cannot be guaranteed. Lists will be available on the day showing which workshops you are booked for.*

***Morning***

***First choice***

***Second choice***

**Afternoon**

***First choice***

***Second choice***

**Please return to:**

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P.O. Box 3484  
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Telephone: (01935) 850979  
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