The Mental Health & Wellbeing Showcase 2019

In partnership with a number of subject specialists, The ONE Group is hosting a showcase on World Mental Health Day. The event focuses on mental health and well-being as well as maximising employee health in every sense of the word.

This event will appeal to you if; you have been tasked with implementing a well-being strategy, you’re looking to improve the wellbeing of your employees or you would simply like to develop more of an understanding on how to approach the stigma associated with mental health and conversations around mental health.

Agenda

8:00am Registration, Refreshments & Networking

8:30am Marc Kent (The ONE Group) Introduction

8:40am Hayley Whitwood (Arm) Thriving at Arm: Our approach to wellbeing to enrich and retain our people

9:00am Graham Irons (Howes Percival) Managing mental health as a disability in the workplace

9:20am Kate Beed (Mind CPSL) Suicide Prevention

9:40am Refreshments & Networking

10:20am Jacqui Kemp & David Lynch (Your People Potential) Supporting mental health at work - from aspirations to implementation

10:40am Julian Hall (Calm People) Happy teams, engaged teams... happy organisation, productive organisation

11:00am Marc Kent (The ONE Group) Wrap up and questions panel with speakers

NETWORKING & EXHIBITIONS OPEN UNTIL 1:00PM

Did you know?

Across the UK, mental health problems in the workplace cost the economy approximately £70 billion annually, with a staggering 91 million working days lost due to symptoms of mental illness (forbes.com). To help combat this the UK Government has committed to spending an extra £2bn a year on NHS mental health services by 2023 (mind.org.uk) For now, this remains a key issue for the general population and employers alike, as many suffer in silence.
### An introduction to the speakers...

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<th>Speaker</th>
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<td><strong>Hayley Whitwood</strong></td>
<td>Hayley’s career in HR within tech companies began in 2007, straight out of university, where she studied Psychology. Hayley has occupied various HR Lead roles at CSR and Samsung and is currently Director of Employee Experience at Arm in Cambridge, focusing on strategic projects which span the breadth of the employee experience world.</td>
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<td><strong>Jacqui Kemp</strong></td>
<td>From 2001 Jacqui worked in HR management. Complementing her astute business demeanour, Jacqui trained as a therapist in 2008. She combined her HR and therapy skills to build Your People Potential with the aim of supporting organisations to manage and promote wellbeing at work. She is passionate about eradicating the stigma around poor mental health at work.</td>
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<td><strong>David Lynch</strong></td>
<td>David joined Your People Potential in 2015 bringing with him a broad spectrum of knowledge and skills from teaching to senior management. David is a skilled facilitator and has previously developed training programmes around dignity, discrimination and excluded communities. David combines person-centred learning and counselling skills with mindfulness core concepts to deliver robust programmes of training.</td>
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<td><strong>Kate Beed</strong></td>
<td>With more than 20 years experience of working in Learning and Development and Organisational Development, Kate joined Cambridgeshire, Peterborough and South Lincolnshire Mind in 2016. She is delighted to be taking up the new role of Head of Training and Consultancy at CPSL Mind in September 2019 in order to progress and continue the goal of improving mental health skills and awareness across our community.</td>
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<td><strong>Graham Irons</strong></td>
<td>Graham is an experienced employment lawyer and will share his thoughts on mental impairments as disabilities and how to comply with the Equality Act and the duty to make reasonable adjustments.</td>
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<td><strong>Julian Hall</strong></td>
<td>Armed with more than 20 years experience working in challenging corporate environments and an MBA Julian decided to train with the British Association of Anger Management. From there he set up Calm People who help organisations help their teams be more emotionally resilient. He will share with you a new model for emotional health.</td>
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<td><strong>Ryan Armes</strong></td>
<td>Ryan is the Mental Health &amp; Education Manager at YMCA Trinity Group and has a wealth of experience working with young people and adults to support wellbeing. His current role involves managing a range of mental health services for schools, organisations and corporates; focussing on preventative programmes such as training, campaigns, workshops and a self-help app, as well as counselling and therapy services for those in need.</td>
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Exhibitors of the day

Founded in 1978 under the name of CAMTAD, our mission is to reduce the impact of hearing loss on people’s lives across Cambridgeshire. Our dedicated team of 6 part-time staff and 115+ volunteers provide a range of services/activities to approximately 6,000 people with hearing loss, and their family and friends, each year.

We are a local charity that have been at the heart of community transformation in Cambridgeshire and Suffolk since 1852 and are part of the world’s largest youth charity. Above all, our focus has always been on building proactive and sustainable communities with an emphasis on supporting young people and helping them realise their full potential on their journey from dependence to independence. On the 10th October 2019, we want you to take a WHOLE HOUR to yourselves through our national #IAMWHOLE campaign, which builds on our local expertise in mental health, raises awareness of the stigma attached to the topic, and supports our wide range of local initiatives.

Promote Mental Health are experienced Mental Health and Wellbeing Specialists who deliver training & consultancy across Cambridgeshire. We have 20 years’ experience of working in the mental health sector. We offer evidence-based training, workshops, consultancy and strategy development, as well as bespoke design specialised to your needs. Our courses cover all areas of mental health and well-being including stress management, resilience, and self-care.

Caring4Elders workshops are designed to provide a distinct opportunity for employees to focus on their wellbeing as they support an elderly person who lives independently or becomes increasingly dependent on family members, friends and neighbours through changes in the final 15 years of their life. Established in Cambridge 7 years ago the organisation delivers the 3-hour programme in the workplace. Employees are networking on a topic that they may never have discussed with others in the workplace. Across the country our facilitators have worked for a range of organisations from construction, to Science and Technology, Higher Education and Hospital Trust. Our team are drawn from Education and Human Resources backgrounds with an emphasis on their ability to enable each participant to take resources and new ideas away from the workshops.

The Sweet Potato Consultancy Gives you the 12% happiness factor - the bespoke wellbeing programme that directly impacts productivity. With over 20 years of cutting edge experience we are able to make the difference with your employee wellbeing, motivation and mental health issues. Come to our stand and take part in our research.