

Programme

- 18.00-18.20** Arrival and Refreshments
- 18.20-18.30** Opening Speech
Dr Vish Retnasingham
Partner and Mental Health lead for The Groves
Ms Claire Knight
Deputy Head Teacher, Pastoral Care, Behaviour Management,
and Safeguarding Lead at Coombe Girls' School
- 18.30-18.40** Guest Speaker: **Dr Nihara Krause**
Consultant Clinical Psychologist and CEO stem4
BSc (Hons), Msc, PsychD, C.Psychol, CSci, AFBPSs
- 18.40-19.05** Guest Speakers
Dr Kathryn Hollins
Consultant Parent, Child and Family Psychiatrist and
Psychotherapist. MBChB MRC Psych MSc (Anthropology)
Dr Ed Burns
Consultant Psychiatrist & Clinical Director for Private
Outpatient and Wellbeing Centres. MBChB, MRCPsych, MSc
Vicky Bourne
Mind in Kingston: Counselling and Wellbeing Manager
Isabelle Haythorne
Fastminds
Cherry Rudge
Fastminds
Dr Nerida Burnie
GP with Extended Role (GPwER) in Dementia
- 19.05-19.15** Key Note Speaker: **Annette Brown**
Kingston Adult Education: Community Learning Manager
- 19.15-20.00** Raising Mental Health "Speed
Dating" Q&A
Six individual workshop areas for group discussions led by
guest speakers
- 20.00-20.10** Closing Speech
Dr Vish Retnasingham

Guest Speakers

Dr Nihara Krause

Supporting the Mental Health of Children and Young People

Dr Krause will provide a brief overview of children and young people's mental health focusing on early identification and intervention together with introducing the work of stem4.

Dr Kathryn Hollins

Empowering Parents

Dr Kathryn Hollins will share some key tips on how parents can create more satisfying relationships with their children and families. This is based on her knowledge and experience of working with families for over twenty years. Relationships are the foundation of our health and well-being and yet so many of us struggle every day with them, not believing change is possible. Dr Hollins wants to empower parents with more understanding of what works and share different ways of relating. This will increase the health and happiness of both parents and children.

Dr Ed Burns

Dr Ed Burns has worked as a Consultant Psychiatrist in South West London and St George's Mental Health NHS Trust before moving to Priory Roehampton. He is passionate about helping facilitate recovery for patients and involving families and carers in this process. He will reflect on how difficult it can be to recognise the signs of mental illness and ask for help.

Vicky Bourne

Vicky Bourne is a Counselling and Wellbeing Manager who will be sharing key information about the variety of Mental Health support services provided locally by Mind in Kingston and how to access them.

Isabelle Haythorne

Isabelle Haythorne works with Fastminds, a charity dedicated to supporting people with ADHD. She will be raising awareness of the transition to university with Neurodiversities.

Cherry Rudge

Executive Dysfunction, Clutter and the Hoarding Ice-Breaker Form

An ability to plan, organise, multi-task, make decisions and arrive at meetings on time are all things that society seems to expect people to be able to do as a matter of course. But is it that simple for people with mental illness or neurological disorders? Absolutely not! The result can be chaotic homes which can become unsafe, sometimes unhygienic, and can often affect a person's health. Reaching out for help and support used to be embarrassing – until now! Using the Hoarding Ice-Breaker Form is the place to start – it's easy to use – just download it from the internet, print it out, tick a few boxes and use it to start a conversation with your GP or other medical professional – simples!

Dr Nerida Burnie

Let's Talk about Dementia

Dr Nerida Burnie is the GP lead for dementia in Kingston CCG. She will be briefly outlining what dementia is, the fact that there are different types, some risk factors for dementia, and what anyone can do to help someone with dementia.

Annette Brown

Annette Brown from Kingston Adult Education will talk about the courses they offer that can help to improve mental health, increase resilience, and learn coping strategies when faced with challenges.

Workstations

Six workstations led by guest speakers shall be available for group Q&A sessions from 19.15. You will have the opportunity to engage with each session for five minutes.

There will also be an information table available with representatives from The Groves, Coombe Girls' School, Coombe Boys' School, and Dr Nerida Burnie.