

Keeping Mentally Well and Getting Through Difficult Times



Saturday 8 July, 10am to 1pm

The event will be held at Manor Surgery, Osler Road, Headington, and is open to all.

Talks

10.10. Manor Surgery GP: What help can you expect from your local surgery?

10.40 Roy Peach from Relax Kids: Helping develop calm, confident kids, improving their concentration, sleep, and self-esteem

11.10 Mary Zacaroli: How tracking, measuring and sharing your mood scores with an innovative on-line card game can help with your ups and downs.

11.40 Rachel Stancliffe from the Centre for Sustainable Healthcare: The benefits of green spaces for us all.

12.10 Glen Clayton 'Lead Tutor of ORC' and Bill Harrington-Stewart 'Expert by Experience' tutor: Helping people find new ways in making and maintaining their recovery in an informal educational environment

There will also be tabletop information and advice available from:

Oxfordshire MIND

Rethink

RelaxKids

Oxfordshire Recovery College