

Keynote Speakers



Paul McGregor – Facilitator

Public Figure, Founder of MFM and Short Course Lecturer at University Arts of London

Paul 28, lives just outside London (Essex), married to Amy, dad of two, Liverpool FC supporter, soon to be published author. Mental Health Campaigner, Shaw Mind Ambassador, Writer for The Huffington Post, Digital Consultant, YouTuber, lover of Peroni (beer), avid reader, passionate to inspire others with his story. Paul lost his dad to suicide nine years ago and he hid how he felt and chose to bury the grief and pain, like most 18-year olds would and chased what he thought would make him happy. Since then he has been on a journey to become a better man and he is able to document and share his story for all to see.



Carol Jordan

Samaritans' Services for Children & Young People

Carol leads on all aspects of Samaritans' outreach and support to educational and youth settings, including support in the aftermath of a suicide. Her professional background is in education and children's services, where she has held posts as a teacher, interim head-teacher, advisor and director of integrated children's services in a local authority.



Jennifer Taylor

Head of Children and Young People, Time to Change

Jenny has worked in the voluntary sector for over 18 years both in the UK and Canada with a focus on education, public health, leadership and employment. She has worked for Time to Change since 2013 and has been Head of the Children and Young People's team since 2016. Time to Change is run by the charities Mind and Rethink Mental Illness and aims to change how we all think and act about mental health. The Children and Young People's programme has been running since 2011. They run an evidence based and insights driven programme targeting young people (11-18) through social marketing and work with schools and youth sector organisation. They want to inspire and equip schools and youth organisations to deliver anti-stigma activities with young people.

Previous roles have included managing the Employment, Leadership and Youth Services team at Shape Arts and working in both the Health and Wellbeing team and in External Affairs for the think tank The Work Foundation. In Canada Jenny worked at the Alberta Children's Hospital Foundation and The School of Dance in Ottawa.



Tom Wavre

Founder – I am 1 in 4

Tom has a track record of driving change and a new approach to mental health in organisations in the UK and across Europe. His passion is around helping make this change possible, through consultancy, wellbeing surveys, coaching, public speaking or staff training.

Through his consultancy practice The Working Mind he fights to reduce the stigma surrounding mental health. Through nurturing a healthy environment where individuals can thrive and reach their full potential both the individuals and the business profit.

Tom's online anti-stigma campaign, I Am 1 In 4 exists to challenge the stigma that surrounds mental health, both in the workplace and in life in general, this initiative is followed by over 75,000 globally, encouraging individuals to speak up about their mental health and normalise the conversation. Speaking saves lives!



Sarah Brennan OBE

Chief Executive of YoungMinds

Sarah started at YoungMinds in 2007. She's spent her career in the charity sector and before joining us worked with young offenders and those at risk of offending as CEO of Motiv8 and at Centrepoin where she was Director of Services. In the 2017 New Years' Honours list, Sarah was awarded an OBE for services to children and young people. Away from work Sarah's sense of adventure has taken her to Everest base camp, Macchu Picchu and countless places nearer to home with her dogs.

Sarah's advice to her younger self? Adventure more, travel more and believe that you can.



Charlotta Martinus

Founder – Teen Yoga

Charlotta is the leader in the field of yoga as a mental health intervention in secondary schools. She is one of five people involved in setting up the APPG on yoga in society and advises government on yoga in schools. She is also leading the Westminster University Research Project measuring the impact of yoga on 1,000 teens across the UK.

Through the charity, Teen Yoga Foundation, she has trained 750 professionals to share yoga and mindfulness with young people in different sectors, such as education, social work and healthcare. In turn her graduates reach an estimated 75,000 teens across the world.

She is a regular contributor on the BBC and represents the school sector in the APPG in society. Her book will be published 21st August 2018 on this topic by Hachette Publishers in the US and the UK.

www.teenyogafoundation.com www.teenyoga.com



Mary Clair Kelly

Ad Dip PC, MNCS, MBACP – School Counsellor

Mary Clair worked as a Special Educational Needs Learning Support Assistant in a mainstream state secondary school while undergoing her training as an Integrative Psychotherapeutic Counsellor. Now she provides therapy for children and young adults from a variety of backgrounds aged 5-18 years in private practice and as a School Counsellor at a state-run boarding school where she has developed and delivered a highly successful counselling service from scratch. She has also consulted on provision of in-school support and reducing school refusal in other schools.

Plus - Training Facilitator for Jigsaw South East and training young people in peer support for 11-25-year olds for mental health charity, Mindful. More recently she has written and delivered an accredited diploma-level course for other therapists on counselling children and young people and runs Inset sessions on various subjects.



David Boswell

Managing Director, Definitive PSA Ltd

T/A TSG, Secure24

David Boswell, Managing Director and Safeguarding Lead at Secure24 is a security professional with diverse experience across many fields. David launched Secure24 (S24) in 2014, a front-line service dedicated to supporting organisations and families who care for persons effected with Mental Health and or whose behaviour is challenging. David maintains a hands-on role and personal involvement within Secure24, leading on its design, management and development, ensuring services are maintained at the highest of standards throughout the year. Secure24 is fast becoming recognised nationally for its professional capacity to respond to and manage diverse situations and the needs of service users including children and Young Persons, a result of the brands continued investment into its staff, training, equipment and specialist ambulance services.



Megan Aspel

Producer, Acting Out Productions, Director, Let's Link

Alongside her role as director for Let's Link, Megan has set up an independent mental health and wellbeing training and learning facility with partners from the acting world, Louisa Lawrenson and Jeremy Beckman. Using the power of live drama and audience interaction Acting Out Productions portray the image and reality of mental illness, its impact on individuals and on those around them. Acting Out Productions is a company of professional actors, writers, directors, trainers and facilitators. They bring innovation, excellence and passion to imparting learning about something that affects us all - mental health and wellbeing.



Louise Clarkson

Mind, Head of Children & Young People's Programmes

Louise joined Mind in September to drive forward Mind's work with young people across England and Wales. Louise has over 8 years' experience of working within children and young people's mental health space. Her experience spans from working directly with young people, managing multiple services focusing on early intervention and prevention to influencing local young people's mental health provision.

At Mind Louise has been working alongside young people and colleagues locally and nationally to develop Minds children and young people's strategy.



Nina Clarke

Deputy CEO & National Programme Development

Manager - Papyrus

Operational planning and management specialist Nina has 12 years' experience working at strategic, commercial and technical levels. A Fluent communicator and influencer, commercially astute, analytical and pro-active. She has managed and worked in cross-functional teams in Scandinavia, UK and North Africa. BSc, MBA and PGCE, fluent English, French and Norwegian. Nina joined Papyrus as Deputy CEO and National Programme Development Manager in January 2018. Nina lost her 14 year' old son Daniel to suicide in April 2016.



Jenny Rayner

Principal Trustee Lucy Rayner Foundation, Co-Founder
and Commercial Director of Red Rocket Events

Jenny and her family and friends formed the Lucy Rayner Foundation after the death of Lucy Marie Rayner on 5th February 2012, a relatively new organisation with a big voice making big strides in the local community and nationwide. This led to collaboration with other charities with the same objectives; MIND, Samaritans and the YMCA. The foundations objectives are; to stop young people committing suicide, to raise awareness of the signs and symptoms of depression in young adults through education and campaigning, to facilitate change in the way mental health is perceived by society. Jenny has strong business acumen and entrepreneurial skills with over 30 years' experience within the service industry b2b, corporate and public sector.

Achievements: Running the London Marathon 2014, Awarded the British Citizens Award – for service to the community 2016, Regional Finalist – Pride of Britain Award 2016



Janie Fox

Co-Founder & Events Director, Red Rocket Events

Janie has a proven track record in developing and implementing strategy, inspiring a team to achieve results. She is proficient at presenting at a senior level. She is a self-motivated, creative individual with a genuine commitment and desire to succeed and to influence change. Consciously striving to improve communication to provide the highest quality of service delivery and recovery.

Interesting facts: Janie ran the national show for intimate apparel for ten years and took part in competitive show-jumping as a child.



Learning to manage your emotions is as important as learning to read and write. These events will help us understand how we give young people the best chance to flourish as adults.

Ruth Sutherland, CEO, Samaritans

