

# Keynote Speakers



## **Amelia Womack – Key Note Speaker**

**Deputy Leader of The Green Party  
of England and Wales**

Amelia's three years as Green Party deputy leader have seen her work across the country, visiting hundreds of local campaigns, events and organisations. She works to raise awareness of local issues while campaigning for change on a national level. She was elected in 2014 at the age of 29, while still a member of the Young Greens, and has used this platform to highlight problems affecting young people, from tuition fees to zero hour contracts. She holds a BSc in Environmental Biology and MSc in Environmental Technology. She works across a wide range of social and environmental issues, with a particular focus on women's rights, flooding, climate change and community resilience.



## **Paul McGregor – Facilitator**

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

Public Figure, Founder of MFM and Short Course Lecturer at University Arts of London Paul is a mental health advocate, author and Founder of MFM MensFashionMagazine.com Paul lost his Dad to suicide 9 years ago, a loss that was completely unexpected. On paper Paul's Dad had 'everything', but very quickly fell into depression, got sectioned into a mental health unit and took his own life a few months after. At 19, Paul personally struggled to deal with it, overworking, chasing "success" and distracting himself from the grief. And shortly after his Dad's suicide, Paul too found himself in a dark place, suffering with depression and fearing he'd follow in his Dad's footsteps. Luckily he found a way to recovery, and now runs an online fashion magazine, lectures short courses at University Arts of London and has spoken openly about his story and mental health in the UK, US and Dubai. He's also married to Amy, a Dad of 2, but he's still terrible at DIY. [www.pmcgregor.com](http://www.pmcgregor.com)



## **Nicholas Morgan**

**Participation officer – Anna Freud National Centre for  
Children and Families**

Nick is the Youth Participation Officer at the Anna Freud National Centre for Children and Families. He gets young people involved in projects including: media, training, clinical services and research. A youth worker for 16 years Nick has been working in the field of youth mental health and participation since 2005 for various charities across the UK. He is co-director of a CIC in his spare time. Nick will talk more about the work of the Anna Freud National Centre for Children and Families, and how young people and parents/carers engage in the Centre's work.

A keen fundraiser and musician, which he says are key when managing his own mental health on a day to day basis. He is doing a 100k race in support of the the Centre. You will meet some of the Champions from the Centre telling their stories during the summit.



## Nick White

Director of Creative Social Change Company GEEYOU

Nick is the Director of Creative Social Change Company GEEYOU. that specialises in using media and the arts to benefit community cohesion. Nick is also Chair of Guildford First, a business consortium that promotes better Mental Health for businesses and young people in Guildford Borough. He also sits on the steering committee of InterMediaUK to promote diversity and better LGBT+ integration in the creative industries and works freelance as a lecturer, writer and blogger.

[www.geeyou.co.uk](http://www.geeyou.co.uk)  
@wearegeeyou



## 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 05/05/2012 a relatively new organisation with a big voice making big strides in the local community and nationwide. This lead 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



## Tom Wavre

Founder – The Working Mind & 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!



## 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.





## 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](http://www.teenyogafoundation.com)  
[www.teenyoga.com](http://www.teenyoga.com)



## Janie Fox

Events Director and Co-Founder –  
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. Red Rocket Events take your event to another level!

## “There is no body that is not mind, no mind that is not body”

(When the Body says No; Gabor Mate M.D)

**Mental ill health can affect anyone, any time, anywhere – just as physical ill health can.**

Time To Change Surrey is a campaign and programme to raise awareness and reduce stigma around mental health.

We reach out to businesses, colleges and communities, to people from different backgrounds, cultures, faith, across age, gender and sexuality.

### What we do:

Over the years Time To Change Surrey has reached thousands of people and provided information and expertise to raise awareness of emotional wellbeing and mental health.

### Some of the ways we do this are:

- Workshops, presentations and conversations about mental health with members of the public, from our team of Mental Health Champions – all people who live directly or indirectly (e.g. carers) with mental ill health.
- Live dramas created and performed by professional actors from Acting Out Productions
- Drama based training sessions that include practical guidelines on spotting symptoms of mental ill health, helping someone and signposting to appropriate organisations and resources.

The Time To Change Surrey Hub Partnership (TTCsyHP) is a cooperative of organisations from statutory, voluntary and private sector and individuals who are passionate about mental health and reducing stigma. Membership is wide and growing – from small charities to medium and large county, borough and district councils and businesses and to individuals who have the drive and determination to make mental health matter to everyone, everywhere.

There are resources and ideas to help – see [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

And if you are in Surrey, we'd love to hear from you.

**Find out more. Contact Megan Aspel, Project Lead for more details:**  
[megan.aspel@sky.com](mailto:megan.aspel@sky.com) / 07824 364703

