

Keynote Speakers



Paul McGregor – Facilitator

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

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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



Debbie Brown

HR Director, Canon UK & Ireland

Canon (UK) Ltd is the UK & Ireland marketing and sales operation which is part of the global corporation, Canon Inc. With a corporate philosophy of Kyosei – 'living and working together for the common good', Debbie has ensured that this is further supported by a strong Wellbeing agenda which Mental Health is very much a part of. Debbie recognises that people are the greatest asset a company has and it is therefore essential to ensure a supportive, collaborative and happy environment is created in the workplace to enable people to perform at their best. Supporting employee's mental wellbeing is just as important as supporting their physical wellbeing. Debbie and her team have therefore spent the last 2 years training and developing Mental Health champions and first aiders within Canon.

Debbie is a mother of 2 teenagers, Lily & Dan, and understands the challenges and pressures that young people face growing up in the world today. She is delighted that Canon are able to support this important event and looks forward to a continued partnership.



Daisy Crump

Corporate and Community Officer –
MQ: Transforming Mental Health

MQ: Transforming Mental Health are the first major charity funding much-needed scientific research to transform the lives of everyone affected by mental illness. Right now, one in four people in the UK is living with a mental health condition, and 75% of these conditions begin to develop before the age of 18. Despite extraordinary advances in treating physical health conditions, progress in understanding mental illness is nowhere near equal. By funding this vital research, we aim to create a world where mental illness is understood, treated and eventually prevented.



Professor Judith Pratt; PhD

Professor of Systems Neuroscience, Co-Director of
Psychiatric Research – Institute of Neuroscience in
Glasgow, Ambassador – MQ: Transforming
Mental Health

Judith is an Ambassador for MQ: Transforming Mental Health and a Research Professor, Professor of Systems Neuroscience, PhD (Institute of Psychiatry). Co-Director of Psychiatric Research Institute of Neuroscience in Glasgow www.psyring.co.uk a collaboration between the Universities of Strathclyde and Glasgow and NHS Greater Glasgow, PsyRING has engaged in major collaborations with Pharmaceutical companies to provide translational solutions for drug discovery and development in Psychiatric disease. Her research interests are focussed on understanding the molecular and neural systems that underpin behaviour in mental health and disease.



Sarah Kessling

Training Team Leader & Specialist Trainer Harmless;
Let's Talk Training

After achieving a BA (Hons) degree in Primary Teaching, Sarah began her career teaching at the Royal National Institute for the Blind. This role sparked an interest in pastoral support and led to her completing an MSc in Psychological Well-being. Consequently, Sarah implemented this further education within her role as Student Development Officer at a Secondary School in Buckinghamshire. She has delivered training for Harmless since 2015 and is a Master ASIST Instructor.

Sarah has an interest in teaching, a passion for mental health, and personal experience of self-harm, suicide and mental health problems. This has led to her current role creating, delivering and managing Harmless' training department. Her aim is to equip everyone with the confidence and skills to respond to and support someone in distress.



Clarke Carlisle

Principle Trustee – Foundation for Dual Diagnosis

As a professional footballer for 17 years, the last 13 of those whilst suffering with Complex Depressive Disorder, Clarke has encountered many social and personal difficulties. The combination of an undiagnosed illness and being emotionally illiterate, meant he developed coping strategies that were totally destructive and compounded his depression.

Whilst being extremely successful in his profession, he lived a duplicitous life of external lauding and internal loathing, a quite disgusting concoction. It was only after 2 suicide attempts that he was admitted to psychiatric hospital, where he finally received an accurate diagnosis. His recovery is on-going, "Small Steps" being his and the charity's motto, and it is with increasing self-awareness that he is able to manage his illness and not allow it to manage him.

He subsequently set up the Clarke Carlisle Foundation for Dual Diagnosis foundation in order to fund a purpose-built Dual Diagnosis treatment facility.



Geoff McDonald

Global Advocate, Campaigner and Consultant –
Mental Health at Work

Geoff has devoted energy and effort to leading ground breaking work in HR, transforming Unilever's business model with embedding PURPOSE at its core, driving growth and profitability in a complex business.

Geoff is a Senior Advisor to the Global PR firm Buson-Marsteller and its Purpose Practice. He also consults to organisations in the area of mental health with the aim of inspiring and provoking organisations to put purpose and wellbeing at the centre of everything they do. Geoff's vision is to "see purposeful companies with purposeful individual's commonplace one day" for the overall benefit of society. Geoff is married with two girls and loves the outdoors, he is a passionate cyclist and swimmer and has completed a number of ultra-cycling events both on and off road. Geoff recently left Unilever after 25 years.



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 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



Andy Martin

Programme Manager, Children & Young People's
Programme, Healthy London Partnership

Healthy London Partnership is the collaboration between all 32 London clinical commissioning groups and NHS England London region to support the delivery of better health in London. It is currently comprised of 13 transformation programmes that will see London achieve the vision set out in 2014 by the NHS Five Year Forward View and the London Health Commission's Better Health for London report. The children and young people's programme is one of these transformation programmes.

The Healthy London Partnership children and young people's transformation programme is designing easier access to more streamlined and reliable care with the aim of reducing variation across London.

“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

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 / 07824 364703**





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
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!



“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

