

Lewisham Mental Health & Wellbeing Stakeholders' Day - October 21st

'Living Well in the Community'

The Mental Health and Wellbeing Stakeholders' Day is an annual event held by NHS Lewisham, London Borough of Lewisham and South London & Maudsley NHS Foundation Trust (SLaM). The aims of the day are to offer an opportunity for all 'stakeholders', i.e. people with an interest in mental health, to come together to become:

- **More informed about mental health services in Lewisham**
- **More able to contribute their views on the services and how they develop**
- **More aware of their own mental wellbeing**

You will be able to attend workshops on...

- changes to benefits & how it might affect mental health service users
- personality disorder
- direct payments - how has the pilot project worked and what can people use them for?
- Introduction to mental health first aid

- Service user involvement
- What we are doing to meet the savings targets

You will be able to hear about....

- How parents with experience of mental health services have been supporting the 'Think Family' work in Lewisham
- The new services for Attention Deficit Hyperactivity Disorder and Autism Spectrum Disorder
- The new dementia services in Lewisham
- Self help in GP and community settings
- Wellbeing Gardens
- How people with experience of mental health problems are supporting others to get out into the community

There will be an information and wellbeing room, lunch provided, and, by popular request we have been able to book stand up comedian **John Ryan** for the 3rd consecutive year.

For those of you who missed him for the last couple of years, this is your opportunity!!