



The staff and students of the Department of Nursing Studies invite you to an open event

World Mental Health Day

Living with Schizophrenia

Friday 10 October 2014, 9.30 – 4.00pm
at UCS Waterfront Building, Neptune Quay, Ipswich IP4 1QJ

This event is open to the public, to staff and students of UCS and to organisations that support people with mental illness and their families and carers

Get involved in a variety of ways:

- Listen to and take part in a series of Seminars will be held by UCS academic staff
- Watch short films about people's experiences with mental illness, and get your questions answered about the films by the filmmakers Alpha films
- Listen to Poetry from Inside Out
- Take part in our **Tea & Talk** session – sharing the nation's favourite remedy 'the cuppa' and talking about mental health issues. Tea & Talk is a national campaign developed by the **Mental Health Foundation** to help raise awareness, reduce stigma and support fundraising
- Browse various Stalls from Service user and carer organisations including voluntary services and charities including:
 - ◆ Mid Suffolk Voluntary and Statutory Partnership
 - ◆ Mental Health Research stall
 - ◆ Norfolk and Suffolk NHS Foundation Trust (NSFT)
 - ◆ LockARTS - unlocking arts and minds (The Puppet Project)



Programme of events

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|--------------|-----------------|---|
| 10 am | David Jay - | Film showing – “ <i>Behind the curtains</i> ”
Early signs and Living with mental illness |
| 11 am | David Burgess – | Seminar- <i>Living with schizophrenia 1: diagnosis, distress and disability</i> |
| 12 pm | David Jay - | Film showing- “ <i>Beryl’s Journey</i> ”
An account of Bipolar disorder through poetry |
| 1pm | Kevin Moran – | Seminar- “ <i>Behind the Headlines</i> ”
an exploratory discussion around violence, risk and mental health |
| 2pm | David Jay - | Film showing- “ <i>Behind the curtains</i> ”
Early signs and Living with mental illness |
| 3pm | David Burgess - | Seminar- <i>Living with schizophrenia 2: coping, meaning and recovery</i> |

The day is being supported by UCS Student Support ‘All about me week’

For more information contact: Vickie Glass, Lecturer in Mental Health Nursing
v.glass@ucs.ac.uk 01473 338592