

'Be the Change'

Conference Brochure

Monday

January 28th 2013

This conference is funded by



In Partnership with:



'Be the Change'

Welcome to 'Be the Change' – eliminating stigma surrounding mental health in our businesses & communities. This major conference on Monday January 28th is for businesses and non-profit organisations who wish to help reduce the stigma of mental health issues in Irish communities. We are delighted that The Community Foundation for Ireland (CFI) and See Change are collaborating and co-funding this event in partnership with AHEAD, Business in the Community Ireland, IBEC, Kanchi, Suicide or Survive (SOS) and The Equality Authority.

Context

Just as any one of us can experience a mental health problem, every single one of us has a role to play in challenging the associated stigma. Meaningful and enduring change in how we view and approach our own and others' mental health warrants concerted effort not just from individuals but should also transcend the communities and organisations that shape our daily interactions. The Community Foundation for Ireland and See Change have teamed up to gather voices from Irish business and civil society to put forward our shared vision for communities and workplaces where people can be open and honest about their mental health and help spark a discussion on how each of us as individuals can play a role in creating this open culture.

Invitation

We would like to invite you to register for our exciting and inspiring conference on how individuals, employers, managers and HR representatives can break down stigma in their communities and workplace. You will hear personal stories, learn how to be an ambassador and come away with practical tools to help you make changes. We want to especially thank our partners and supporters for their involvement with the conference. Look forward to seeing you on the 28th January.

A handwritten signature in black ink, appearing to read 'John Saunders'.

John Saunders, Director of See Change

A handwritten signature in black ink, appearing to read 'Tina Roche'.

Tina Roche, CEO The Community Foundation for Ireland

REGISTER HERE (Conference is free but please RSVP by 21st January)

Email conference@foundation.ie or telephone Galina Bulakh, Event Co-ordinator on 01 8747247. **Please note: In the afternoon 3 workshops will run at the same time, please indicate which workshop you would like to attend.**

Agenda Monday 28th January 2013, Hilton Hotel, Charlemont Place, Dublin 2

8.30 - 9.30am	Registration
9.30 - 9.45am	Opening Address/Welcome Robert Carley MC from Suicide or Survive, John Saunders Director of See Change Tina Roche CEO of The Community Foundation for Ireland.
9.45-10.45am	Plenary Session – ‘Is there anything you can do’ An interactive and engaging session highlighting the issues.
10.45 - 11.30am	Plenary Session – ‘Let’s talk -Newstalk presenter Dil Wickremasinghe will host a lively chat show with 3 See Change ambassadors chatting about their life experiences of mental health. The panellists are: Hazel Larkin, John Buckley, and Barbara Brennan. A Q&A session will follow.
11.30 - 12.00pm	Coffee Break - An opportunity to network and to view the exhibition area which will include arts, stands, videos and the Kanchi Ability Café.
12.00-1.00pm	Interactive Break Out Sessions - ‘Talk – Listen – Change’ These participatory sessions will look at the importance of communication, particularly listening and what people might consider prior to a conversation in order to prepare themselves to be good listeners.
1.00 -1.45pm	Lunch - An opportunity to network and to view the exhibition area which will include arts, stands, videos and the Ability Café. Exhibition remains open till 4:15 pm.
1.45 -3.15pm	‘Walk the Talk’ Series of Parallel Workshops Workshop 1 ‘How to foster a culture shift in your workplace - Facilitated by Kahlil Thompson-Coyle (See Change) and Kara McGann (IBEC), this workshop is aimed at employers and employees. The workshop provides a practical approach towards facilitating a cultural shift in the workplace so employers and employees can begin to feel supported and secure in starting a discussion about mental health problems, recognising the workplace as a key setting. Specifically, it will discuss IBEC’s newly published guide, Mental Health and Wellbeing: A line manager’s guide and See Change’s 6 step programme for organisations, See Change in Your Workplace, which is designed to give a practical and free road map towards creating this open culture.
1.45 -3.15pm	‘Walk the Talk’ Series of Parallel Workshops Workshop 2 ‘How to manage the conversation’ - Facilitated by Niamh Hayes (AHEAD, the Association for Higher Education, Access and Disability), this lively and interactive workshop is aimed at employers, HR Managers, line managers/ supervisors but all are welcome. The workshop will look at how to have a useful and appropriate conversation when someone tells you (a manager etc) about their mental health experience (whatever that may be). How do you handle it? What can you say and not say? What are your obligations to the person, to your organisation, to yourself?
1.45 -3.15pm	‘Walk the Talk’ Series of Parallel Workshops Workshop 3 ‘Using social media to break down stigma’ -This workshop facilitated by Darragh Doyle, an On-line Community Manager will look at how social media could be used, in particular what stigma exists online about mental health and why? What social media resources are out there- who uses it and what do they do. The workshop will also look at tools used by people as well as language and legal issues. You will go away with 5 simple steps. Suitable for everyone and for all levels of experience and engagement with social media. For further information see www.twitter.com/darraghdoyle
3.15 -3.30pm	Call to Action - What we all can do to break down the barriers. Be ambassadors for change.
3.30 -3.45pm	Close and Conference Finish / Exhibition open till 4:15pm

To Register -Contact conference@foundation.ie or phone Galina Bulakh, Event Co-ordinator on **01 8747247**. **In the afternoon 3 workshops will run at the same time, please indicate which workshop you would like to attend.** Note that the conference is free but please RSVP by 21st January.

The Venue – Hilton Dublin Hotel, Charlemont Place, Dublin 2

The Charlemont Suite will host the conference. We would encourage public transport as the venue is conveniently located right beside the canal. For further information on how to get there, see <http://www3.hilton.com/en/hotels/ireland/hilton-dublin-DUBDUHN/maps-directions/index.html>

Exhibition Area -An exhibition area will be displayed, featuring art, stands, resources. The Kanchi Ability Cafe will be available where business and disability experts will provide one-to-one guidance and feedback on the work which your organisation is currently undertaking or planning regarding mental health. Drop by the cafe before the event kicks off or during any of the breaks to speak with advisors from a range of the organisations involved in the conference.

Accommodation – Hilton Hotel, Charlemont Place, Dublin 2, offers an overnight rate of €179.00 BB for single occupancy, €199 BB for twin or double occupancy. Rooms are subject to availability. Contact Number is **01-402-9988**. Further information is available on <http://www3.hilton.com/en/hotels/ireland/>

At time of writing The **Burlington Hotel** is offering rates of €89.00 per room (breakfast not included) or €102.00 BB for single occupancy, €110 BB for double occupancy. Further information is available on <http://www.burlingtonhotel.ie/> The **Mespil Hotel** is offering rates for single or double at €70.00 per room (breakfast not included) or single € 81.00 per person (breakfast included) and double/twin €92.00 per person (breakfast included). Further information: <http://www.mespilhotel.com>

Dietary Requirements -A light lunch of soup and sandwiches will be provided on the day, however if you have any special dietary requirements, please contact Galina Bulakh on **01 8747247** or email conference@foundation.ie

Refreshments – Ballygowan Water will be available throughout the day. Sincere thanks to Britvic for their support to the conference.



About The Community Foundation for Ireland

The Community Foundation for Ireland seeks to inspire donors and support charities and community groups. Established in 2000 we have made grants on behalf of donors of over €11 million, mostly in Ireland. 'Connecting people with causes that matter'. See www.foundation.ie

About See Change

See Change is Ireland's national stigma reduction programme working in partnership with over 60 Irish organisations to change minds about mental health problems through a disruptive, community driven social movement to reduce the stigma and discrimination associated with mental health problems. See www.seechange.ie