



## EVENING PROGRAMME

Thursday 11<sup>th</sup> October 2018

19:00-20.30

Art work by Emily Jakob

### Raising Mental Health Awareness Evening Programme

In support of World Mental Health Day and Emfest, a family run charity event raising money for Mind in Kingston and awareness for mental health in memory of Emily Jakob.

**19:00** Welcome Address – **Dr Vish Retnasingham**, Mental Health Lead and GP partner at the Groves Medical Group.

**19:10** **Dr Nihara Krause** key note speech focussing on self-harm. <http://www.niharakrause.co.uk/>



**19:30-19:50** Bite Size Educational talks

- **Dr Kathryn Hollins** – Consultant for Child, Parent and Family Psychiatry and Psychotherapy  
<https://www.priorygroup.com/consultants/dr-kathryn-hollins>
- **Dr Myrna Gower** –Family and Systematic Psychotherapist  
<https://www.psychotherapy.org.uk/therapist/myrna-gower/>
- **Isabelle Haythorne** – FASTMINDS  
<http://www.adhdkingston.org.uk/>
- **Adele Kempton** – Mind in Kingston charity Mental Health Awareness Trainer  
<http://www.mindinkingston.org.uk/>

**19:50-20:20** Break-off workshops for specialised information updates – all invited speakers.

**20:30** Closing address – Dr Vish Retnasingham.

