



SAFAPLACE CONFERENCE 2019 "Getting the right help" Saturday May 11TH

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09h30 – 15h30

PROGRAMME

Opening: SNS Sixth Form Centre and School Theatre:

09h30 Registration and stalls (Entry via SNS Sixth Form Centre, doors at 9am) Tea & Coffee available.

10h00 Opening session

Welcome by Headteacher Zehra Jaffer

Introduction by Trustees

Speaker: Emily Harrison, author of "I Can't Sleep 'Cause My Bed's on Fire"

In the Reflective Garden: 09h30 – 10h00

Yoga session (weather permitting, bring your own mats) with Georgia Myers

Workshops 1: 11h00-1145

- B17 "How to talk to teenagers" with Ingrid Cleaver, teacher and psychologist
- B16 "Understanding Substance Abuse" with Andrew McGhee from Young Hackney
- B15 "Parenting Q&A" Dr Sarah Wynick, Tavistock Clinic
- B14 "Moving from child to adult mental health services" with Joanna Law, family therapist
- B26 "Thinking about mental health and suicide" with Marianna Vogt, drama therapist
- B24 "Being agents of change" with author Margaret Rooke; teenagers Evenlyn, Tian and Lili talk about making change in their own lives
- B22 "Mental Health First Aid" with Nick Ellis, trainer from MHFA provider JJEllis Ltd.

Workshops 2: 12h00-12h45

- B17 "Managing Exam Pressure" – With school-based therapy provider 'A' Space
- B16 "Challenges of transition" with Meg Zeenat Wamithi, My Mind Matters Too
- B15 "Eating Disorders" with Annie Gammon, supported by Beat, the charity
- B14 "Transition from Primary to Secondary" with Dr Adenike Ajigini
- B26 "Understanding Social Media and its risks" with Salma Omokaro, BSix College
- B25 "Communicating with teenagers", clinical psychologists Dr Helen Sharples and Rachel Lee Jones
- B24 "Creativity and mental health" with Emily Harrison, author and SNS teacher
- B23 "Supporting each other" with Adisa the Verbaliser and SNS 6th form students

Sixth Form Centre

13h00 Lunch by Justin and students from New City College

In the Reflective Garden: 13h15 – 13h45

Yoga session (weather permitting, bring your own mats) with Laura Insole

Plenary Session: Theatre

13h45 Spoken Word Poetry by Sophia Thakur

14h00 The Debate: Lost in Transition? Chaired by Salma Omokaro, Student Welfare Office and Deputy Safeguarding Lead, BSix College.

Speakers: Meg Zeenat Wamithi of My Mind Matters Too and Dr Raj Sekaran, Royal College of Psychiatrists. Panel to include Dr. Adenike Ajigini and Joanna Law.

15h00 Closing session

Conclusions from the Safaplace Team

Wrap up, with Adisa the Verbaliser

15h30 Conference closes, Raffle draw