

# "Restoring Dignity: issues in Mental Health and well-being for BAMER communities" Conference

28 November 2016

6:15 – 20:30

Resource for London, 356 Holloway Road, London N7 6PA

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## Event Programme

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| 17:30 – 18:15 | Registration and refreshments                                                                                                                                                                                                                                                                               |
| 18:15 – 19:00 | "Restoring Dignity: issues in Mental Health and well-being for BAMER communities" Conference<br><br>Guest Speakers: <ul style="list-style-type: none"><li>• Suman Fernando (psychiatrist, academic and writer)</li><li>• Yvonne Christie (independent consultant and thinker)</li></ul>                     |
| 19:00 – 20:00 | Workshops <ul style="list-style-type: none"><li>• Workshop 1: Refugee-led wellbeing projects and their impact on health and mental wellbeing</li><li>• Workshop 2: Racism and BAME Mental Health</li><li>• Workshop 3: Equalities Monitoring for the Effective Delivery of Mental Health Services</li></ul> |
| 20:00 – 20:30 | Plenary<br><br>Guest Speaker <ul style="list-style-type: none"><li>• Patrick Vernon (Social commentator, film maker/publisher and founder of Every Generation Media)</li></ul>                                                                                                                              |
| 20:30 – 21:00 | Food/Networking and End.                                                                                                                                                                                                                                                                                    |

# **"Restoring Dignity: issues in Mental Health and well-being for BAMER communities" Conference**

## **28 November 2016**

### **Guest Speakers**

#### **Yvonne Christie**

**Independent Advocate and sometimes Activist**

Yvonne is a mother of 2 adults and describes her origins as a Jamaican-Brummie who progressed as an adult in London and now resides by the sea in Ramsgate, Kent - the nearest she can get to retiring in the Caribbean!

Yvonne worked nationally and locally for many years as a community development worker. Progressing during the 90's into improving thinking and approaches in mental illness and health service delivery. Yvonne also did a lot of work trying to change experiences for Black services users- seemingly to no avail.

Over the years she has collaborated and worked with loads of active people such as Dr Suman Fernandos; Patrick Vernon, Roz Lettman, Errol Francis; Omilada Oladele, Dr Parimala Moodley and too many others to mention here.

Yvonne is totally committed to community change, self help & empowerment as well as fitness and health

#### **Suman Fernando**

**Psychiatrist, Academic and Writer**

Suman Fernando was a psychiatrist in Enfield Middlesex for over twenty years before becoming academic—currently Honorary Professor in the Faculty of Applied Social Sciences and Humanities at London Metropolitan University, London (UK). He has written and lectured extensively on issues of 'race' and culture in psychiatry—his main book now in its third edition is *Mental Health Race and Culture* (2010); and his most recent *Mental Health Worldwide; culture, globalisation and development* (2014). He is currently working on an edited book on *Global Psychologies: Mental Health and the Global South and Race Matters in the Psy Disciplines*. Suman will speak on the importance of BME input in training mental health professionals, the need to counteract privilege, power and "white knowledge".

For more information: [www.sumanfernando.com](http://www.sumanfernando.com)

# **Patrick Vernon**

## **Social commentator, film maker/publisher and founder of Every Generation Media**

Patrick currently works for the National Housing Federation as a Health Partnership Coordinator and is a specialist speaker. Previously he was the former Chief Executive of the Afiya Trust, one of the leading race equality health charities in the country. Patrick has previously worked manager for Citizens Advice Bureau; senior civil servant at the Department of Health and Local Government Association; Director of the Brent Health Action Zone (Brent Primary Care Trust), and Regional Director for MIND. He is former Committee member of Camidoc (GP out of hour's service in North London), trustee for Social Action for Health in East London and North Muslim Housing Association.

Patrick is also a Councillor in Hackney where he has chaired Health Scrutiny and a Public Health Peer Reviewer. He is also a former Non-Executive Director East London & the City Health Authority, and Independent Chair of Westminster Partnership for Race Equality where he played a key role with the Met Police and the Muslim community with the aftermath of 7/7 bombings in Westminster. Patrick is a former member of the Ministerial Advisory Group for mental health, and Chair of Health Watch Advisory Working Group for Department of Health and Care Quality Commission. Finally, Patrick is a film maker and cultural historian and founder of Every Generation. [www.everygeneration.co.uk](http://www.everygeneration.co.uk) and the 100 Great Black Britons campaign [www.100greatblackbritons.com](http://www.100greatblackbritons.com)