



The Liverpool Commonwealth Association

In Partnership

with

Presents the



LIVERPOOL
JOHN MOORES
UNIVERSITY

MENTAL HEALTH & WELLBEING SYMPOSIUM

Theme:

**Experiencing Optimal Mental
Health and Wellbeing:
Strategies and Resources**



**FRIDAY
APRIL 26**

10.00 am - 3.00 pm

ENGAGE IN INTERACTIVE AND EMPOWERING:

- Panel Discussions
- Mental Wellbeing Workshops
- Wellbeing Masterclass
- Therapeutic Taster Sessions
- Networking Sessions

School of Education Building
Liverpool John Moores University
Maryland Street, Liverpool, L1 9DE

Enhancing the mental health and wellbeing of Commonwealth diaspora members by providing improved access to local services/expertise and fostering emotional, mental, and physical resilience.

Register on Eventbrite or at www.liverpoolcommonwealth.org



The Liverpool Commonwealth Association



MENTAL HEALTH & WELLBEING SYMPOSIUM

Date: Friday 26th April 2024

Venue: EDN building 2.02, Education Building, Liverpool John Moores University
Maryland Street Liverpool L1 9DE

SYMPOSIUM PROGRAMME

10:00am-10:45am: Welcome, Registration, Refreshments and Networking

10:45am - 10:50 am: Official Welcome and Overview of Liverpool John Moores University School of Education by Dr Ceri Daniels, Director School of Education

10:50 am-10:55am: Welcome and Overview of The Liverpool Commonwealth Association (LCA) and LCA Health & Wellbeing Forum by Garth Dallas, LCA Chair

10:55am - 11:00 am: Welcome & Overview of the LCA and LJMU Mental Health & Wellbeing Symposium by Dr Sylvia Forchap-Likambi, LCA Health and Wellbeing Forum Chair

11:00pm - 12:00pm: Panel Discussions and Q&A Session.

Theme: Attaining Optimal Mental Health and Wellbeing: Strategies and Resources

Panel Chair: Dr Sylvia Forchap-Likambi

Panellists: Dr Arun Vijayan, Grace Ronke Adegoke, Claire Morton, Dr Olutola Awosemo, Shazney Spence, Dr Avril Rowley

12:00PM-12:30 PM: Workshops 1 & 2

Workshop 1: Suicide Prevention: Why it's Essential for the Community - By Dr. Pooja Saini

Workshop 2: Creativity & Restraint: Maximising Real-World Constraints in Mental Health & Wellbeing Contexts - By Anna B. Sexton

12:30PM- 1:00 PM: Workshop 3 & Masterclass

Workshop 3: Mastering Stress and Elevating Mental Wellness Through Meditation – By Claire Morton and Jules Kelly

Masterclass: The Significance of Sleep and its Correlation with Optimal Mental Health & Wellbeing – By Dr. Arun Vijayan

1:00PM - 2:00PM: Lunch, Refreshments, Drinks/ Tea & Coffee, Networking and Therapeutic Taster Sessions

2:00PM - 2:30PM: Mental Detox Bootcamp

Thrive In Optimal Mental Health & Wellbeing: Reset, Rejuvenate & Transform Your Mind. - By Dr Sylvia Forchap-Likambi

2:30PM - 3:00PM: Therapeutic Taster Sessions & Refreshments

Indian Head Massage, Reflexology, Meditation, The Power of Affirmations, Gratitude Journaling

3:00pm: Acknowledgements and Feedback/ End of Symposium