

HEAD ROOM

Future Proofing Your Mind

Premier Mind & Soul Scottish Conference 2012

A conference for mental health workers, counsellors, pastoral workers, church leaders, service users and carers

Sat 3rd November 2012
Central Hall,
2 West Tollcross,
Edinburgh, EH3 9BP



CHRISTIANITY
REAL LIFE, REAL FAITH, IN THE REAL WORLD.

acc
Association of Christian Counsellors

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CROSSREACH



The Church of Scotland

The Agenda

0830 Registration

930 **Welcome and Worship:** Karl Martin

1000 **Keynote – One Head Two Cures:** John Swinton

1030 **Comedy Slot – The CLOTS Guide:** Ian Smith

1045 Coffee Break

1115 **MORNING SEMINARS:** focused on creating effective environments

Faith and the NHS: Ewan Kelly, Rob Waller

How to work well with others: Viv Dickinson, Alasdair Bennett

Planning for the unexpected: Marion Carson, Murdo MacDonald

1230 **Keynote – Living Life To The Full With God:** Chris Williams

1300 Lunch [prayer available, mini-seminars]

1400 **Keynote – 21st Century Challenges:** Kate Middleton

1445 **AFTERNOON SEMINARS:** focused on mental health in the 21st Century

21st Century Wallets – money and your mood: Helen Johnson

21st Century Families – friends you can choose: Pete English, CofS Youth Assembly

21st Century Sanity – walking in wellness: Andrea Wigglesworth

1600 **Mini-interviews and Panel for Q&A**

1645 Closing comments

1700 Close

Bookings

ONLINE visit www.premier.org.uk/headroom

BY POST complete the booking form and send with payment

(cheques should be made payable to Premier Christian Radio) by to:

Headroom, Premier Christian Radio, FREEPOST LON17866, London, SW1P 4YS

ON THE DOOR a limited number of tickets will be available on the door.



**Premier
Mind & Soul**
EXPLORING CHRISTIANITY AND MENTAL HEALTH