

Oxfordshire  mind

oxfordshire  
 youth

# DELEGATE PACK

Tuesday 4th July 2023  
St. Edward's School, Oxford



**YOUTH**  
in mind

#YOUTHINMIND #YIM2023

# PROGRAMME

- 8:30** Delegate arrival and registration  
Exhibition opens with refreshments
- 9:00** Delegates seated for an opening game
- 9:10** Live '*Are you Listening?*' podcast featuring pupils from West Kidlington Primary School
- 9:20** OPENING ADDRESS  
Jodie Lloyd-Jones, C.E.O. of Oxfordshire Youth  
Jess Willsher, C.E.O. of Oxfordshire Mind  
Alastair Chirnside, Warden, St. Edward's School
- 9.35** KEYNOTE SPEECH  
Dr. Sarah Hughes, C.E.O. of Mind
- 9.55** KEYNOTE SPEECH  
Paul James, C.E.O. of the River Learning Trust
- 10:15** PECHAKUCHA ROUND  
Professor Mina Fazel, Kelly Garside
- 10:30** Refreshments and networking
- 11:00** WORKSHOP 1
- 11:55** WORKSHOP 2
- 12:50** Lunch and networking
- 13:50** WORKSHOP 3
- 14:45** Cherwell Theatre Company: '*ENACT: Volume 2*'
- 15:05** Make it Mandatory
- 15:10** KEYNOTE SPEECH  
Dr. Anisa-Ree Moses, educational and child psychologist
- 15:30** Refreshments and networking
- 15:50** PANEL DISCUSSION  
*Neurodiversity and repositioning the power, a case for co-production*
- 16:30** In-Spire Sounds: '*Inspiring Change Through Music*'
- 16:45** Closing announcements
- 17:00** Delegate departure



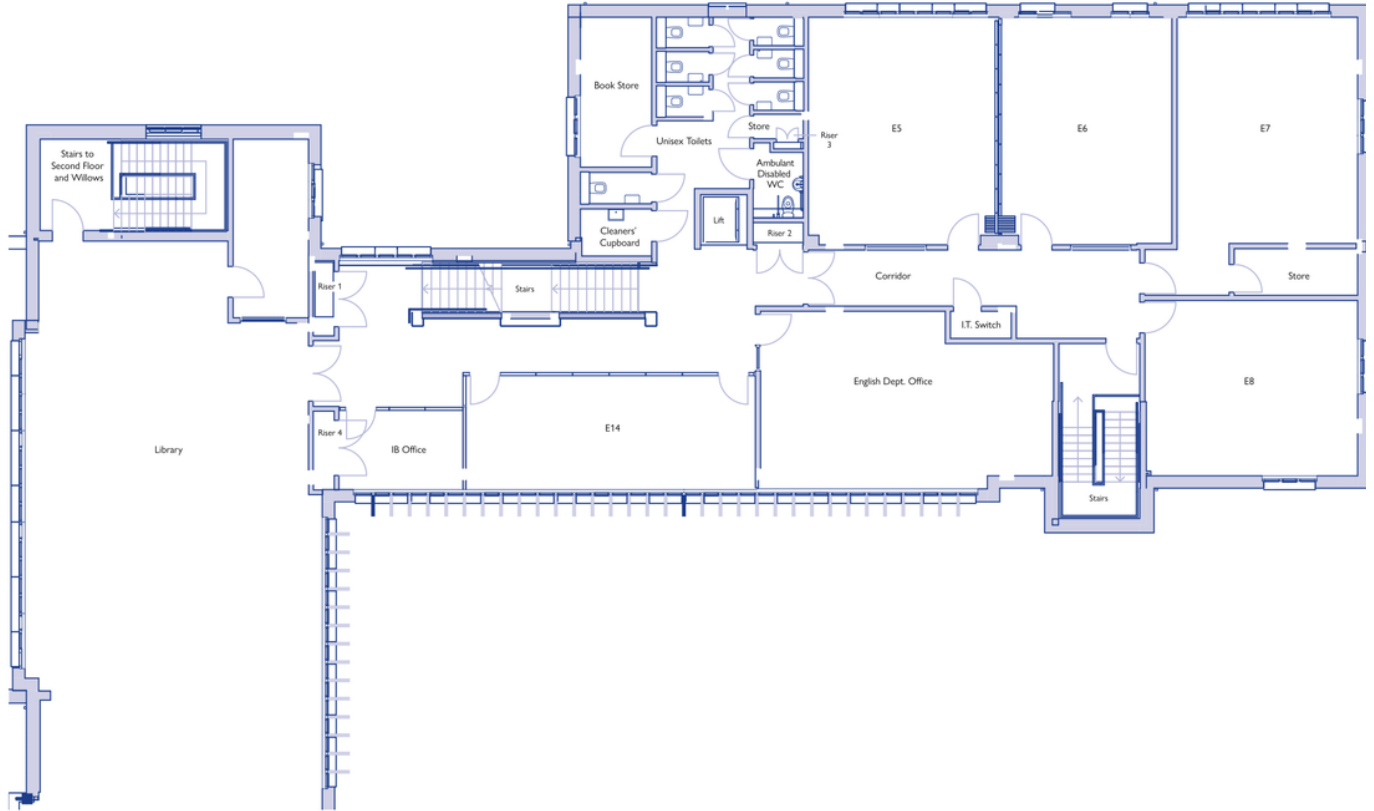
ST. EDWARD'S  
OXFORD

WELCOME TO THE  
2023 YOUTH IN MIND  
CONFERENCE  
AT ST EDWARD'S  
SCHOOL

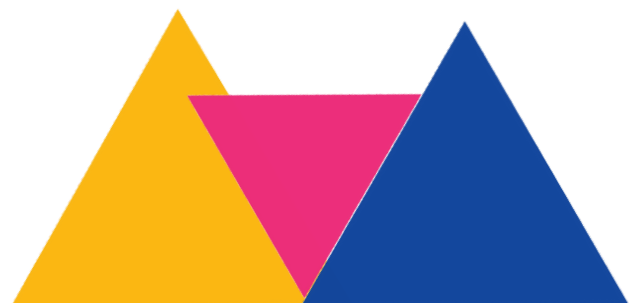
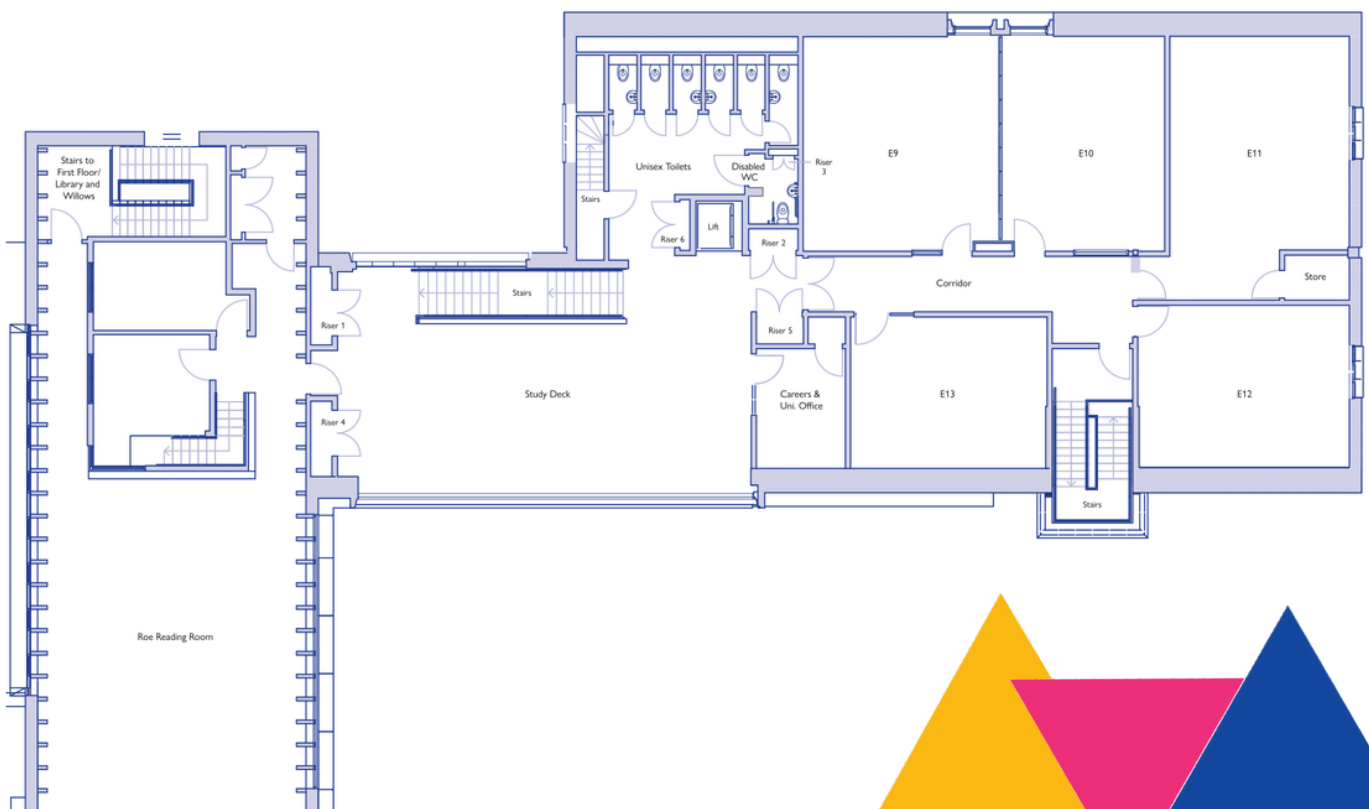


# VENUE MAP

## CHRISTIE CENTRE, FIRST FLOOR



## CHRISTIE CENTRE, SECOND FLOOR



# KEY INFORMATION



## FINDING YOUR WAY AROUND

The main sessions are being held in the Olivier Hall. The majority of workshops are located on the first and second floor. Lunch will be served in the Willows Café and refreshments will be available in the marquee. For those taking part in the outdoor workshops, please meet in the marquee by the art wall. Maps will be displayed around the venue and on the help desk.



## WELLBEING AREA - THE LIBRARY

This space is provided for you to take time out if you have been triggered, or just need a break. It will be available to delegates throughout the day. Our Wellbeing area is sponsored by The Priory Group.



## OUR MENTAL HEALTH

There will be mental health first aiders present for the duration of the conference. Please feel free to approach them at any time, they will be wearing red and blue lanyards. Please come to the help desk if you are unable to find them at any point.

## YOUR FEEDBACK

We are truly interested in what you have to say! Please head to the marquee where you will find 'The wall of gratitude' and our call to action wall 'Listen, Respond and Champion'. Take a post-it note and share your thoughts. Please also use the QR codes below when prompted.

## FIND OUT MORE AND STAY CONNECTED



**YOUTH IN MIND  
GUIDE  
QR CODE**



**SLIDO  
QR CODE**



**SMART SURVEY  
QR CODE**

# KEYNOTE SPEAKERS



## **DR. SARAH HUGHES, CHIEF EXECUTIVE, MIND**

Dr. Hughes has spent the majority of her career in the voluntary sector, within both community and secure settings. She became C.E.O. of Cambridgeshire, Peterborough and South Lincolnshire Mind in 2004 and led prestigious think tank The Centre for Mental Health. Dr. Hughes also holds advisory and board roles with organisations including the Football Association, Kooth P.L.C. and the International Initiative for Mental Health Leadership.



## **PAUL JAMES, CHIEF EXECUTIVE, RIVER LEARNING TRUST**

Paul James is a teacher with over twenty five years experience in schools, including headship and other senior leadership roles. He is currently Chief Executive of the River Learning Trust, a state-funded, multi-academy trust with responsibility for twenty six primary and secondary schools in Oxfordshire. Working with school leaders to create inclusive, healthy, school cultures that enable all pupils and staff to thrive is central to the trust's vision for excellence in education.



## **DR. ANISA-REE MOSES, EDUCATIONAL AND CHILD PSYCHOLOGIST, DIRECTOR OF LEARNING & WELLBEING PSYCHOLOGY**

Dr. Anisa-Ree Moses, is an educational and child psychologist with a passion for providing vulnerable children with high quality services that benefit families, schools and communities. Her work centres on promoting positive educational experiences. She will speak on the needs we have as professionals and carers of young people, as we support their mental health, and consider the importance of anchoring ourselves via 'The Four Cs' - control, courage, compassion and connection - as we listen, respond and champion.

# PECHAKUCHA

PECHAKUCHA IS A JAPANESE STORYTELLING FORMAT IN WHICH A PRESENTER SHOWS 20 SLIDES FOR 20 SECONDS WHILST PROVIDING A COMMENTARY ON EACH OF THEM



## **KELLY GARSIDE, SERVICE MANAGER, CHILD AND ADOLESCENT MENTAL HEALTH SERVICE (C.A.M.H.S.)**

Kelly is a C.A.M.H.S. service manager with twenty six years' experience of working in Oxford Health NHS Foundation Trust's Child and Adolescent Mental Health Service. Kelly is very passionate about the importance of care and maximising access for all.



## **MINA FAZEL, PROFESSOR OF ADOLESCENT PSYCHIATRY, UNIVERSITY OF OXFORD**

Mina Fazel is a doctor with a passion for improving access to mental health support for school children. For the last two decades she has been working at the University of Oxford, researching why young people might find it hard to access mental health services. Ms. Fazel is interested in school-based interventions and in 2023 ran the fourth OxWell Student Survey which over 40,000 students took part in. She also works as an adolescent psychiatrist at Oxford Children's Hospital.

**MANY THANKS TO OUR SPONSORS, FUNDERS, AND THE GENEROUS INDIVIDUALS THAT HAVE DONATED, AND A HUGE THANKS TO: THE CHRISTOPHER LAING FOUNDATION, THE JULIE DIANE STEVENS MEMORIAL TRUST, COVENTRY BUILDING SOCIETY COMMUNITY PARTNER FUND, DORIS FIELD CHARITABLE TRUST**



MARK BARCLAY  
WEALTH MANAGEMENT



**PRIORY**

GROUP OF COMPANIES

# YOUNG VOICES



## WEST KIDLINGTON PRIMARY SCHOOL

At West Kidlington Primary, learning about and promoting mental health is a priority. The school's amazing year 6 Wellbeing Champions are joining the Youth in Mind conference to share why they believe that understanding our mental health is so important, the ways in which they support other pupils across the year groups and how they run West Kidlington's mental health hub - The Den.



## MOLLY RUSHTON

Molly is an incredible 19 year old. By day, she's a physics student, but in her spare time she is an artist working alongside Ark-T using creativity to change lives and improve wellbeing. Oxfordshire Youth's 'Are You Listening' podcast snapped her up to discuss topics such as disability, mental health and LGBTQ+ issues and Molly will be hosting the podcast live on stage at Youth In Mind with some very special guests.

## MAKE IT MANDATORY

Make It Mandatory is an award winning, grassroots and survivor-led campaign, launched in June 2022 by Faustine Petron. Run by a team of six young people, this pressure group is lobbying Government to make in-depth lessons about domestic abuse and coercive control mandatory in state sixth forms and colleges in England and Wales. With cross-party support, a collaboration with domestic abuse charity Refuge and almost 100,000 signatures on their petition, the Make it Mandatory campaigners hope to see this life saving change happen soon.





# WORKSHOP TIMETABLE

**OLIVIER HALL**

**E2**

**E5**

**E6**

**11:00**

In Focus: Peer-on-peer sexual harassment and abuse

SAFE!

Tackling exam stress: advocating physical activity and coping mechanisms

ACTIVE OXFORDSHIRE

Over-diagnosed or under-supported?: exploring perceptions of mental health

OXFORD DISCOVERY COLLEGE

Young Changemakers: reimagining mental health for black and black mixed race young people

UK YOUTH

**11:55**

In Focus: Gaming, social media and wellbeing

OXFORD UNIVERSITY

Over-diagnosed or under-supported: exploring perceptions of mental health

OXFORD DISCOVERY COLLEGE

Compassion learning spaces: balancing social and emotional learning

COMPASSION MATTERS

**13:50**

In Focus: Self harm > Self care toolkit

THE DISCOVERY COLLEGE

Tackling exam stress: advocating physical activity and coping mechanisms

ACTIVE OXFORDSHIRE

Working with refugees affected by trauma and complex P.T.S.D.

REFUGEE RESOURCE

Compassion learning spaces: balancing social and emotional learning

COMPASSION MATTERS

# WORKSHOP TIMETABLE

	E8	E9	E10	E11
11:00	<p>Understanding Supported Self Help</p> <p>OXFORDSHIRE MIND</p>	<p>Anxiety toolkit</p> <p>ONE-EIGHTY</p>	<p>Youth needs and the barriers they face</p> <p>WEST OXFORD DISTRICT COUNCIL</p>	<p>Going home well</p> <p>OXFORD TEACHER TRAINING</p>
11:55	<p>Reframing the person-centred approach to mental health</p> <p>RESPONSE</p>	<p>Anxiety toolkit</p> <p>ONE-EIGHTY</p>	<p>Community mentoring for young men - to be the adult men we want!</p> <p>A BAND OF BROTHERS</p>	<p>Going home well</p> <p>OXFORD TEACHER TRAINING</p>
13:50	<p>Understanding supported self help</p> <p>OXFORDSHIRE MIND</p>	<p>Needs not deeds: working effectively using relational and restorative approaches</p> <p>VSLAC</p>	<p>Community mentoring for young men - to be the adult men we want!</p> <p>A BAND OF BROTHERS</p>	<p>Understanding your window of tolerance</p> <p>THE WELLBEING GENERATION</p>

# WORKSHOP TIMETABLE

	<b>E12</b>	<b>STUDY DECK</b>	<b>AT THE BUS</b>	<b>MARQUEE</b>	<b>WELLBEING AREA - THE LIBRARY</b>
<b>11:00</b>	<p>Storytelling - a tool to measure impact</p> <p>HOME START</p>	<p>Building authentic relationships</p> <p>FAMILY LINKS</p>	<p>The power of art as therapy</p> <p>AT THE BUS</p>	<p>Networking: Strengthening cross-sector partnerships</p> <p>OXFORDSHIRE YOUTH</p>	
<b>11:55</b>	<p>Storytelling - a tool to measure impact</p> <p>HOME START</p>	<p>Building authentic relationships</p> <p>FAMILY LINKS</p>	<p>The power of art as therapy</p> <p>AT THE BUS</p>	<p>Restoring childhood - children need nature now!</p> <p>WHERE THE FRUIT IS</p>	<p>Optimal mental health through focus practises</p> <p>YOGA IN SCHOOLS</p>
<b>13:50</b>	<p>Hear my voice: how to safely use lived experience</p> <p>OXFORDSHIRE RECOVERY COLLEGE</p>		<p>The power of art as therapy</p> <p>AT THE BUS</p>	<p>Time outside - nature-based activities supporting wellbeing</p> <p>OXFORD CITY FARM</p>	<p>Optimal mental health through focus practises</p> <p>YOGA IN SCHOOLS</p>

# WORKSHOP SPEAKERS



## **JIM SLATTERY, THE DALAI LAMA CENTRE FOR COMPASSION (D.L.C.C.)**

### **COMPASSION LEARNING SPACES: BALANCING SOCIAL AND EMOTIONAL LEARNING**

Jim's workshop shares examples, resources and strategies for creating compassionate learning spaces for all, and using social and emotional learning approaches to improve student and educator wellbeing.

The D.L.C.C. develops and delivers social, emotional and ethical learning globally, in partnership with Emory University's Compassion Centre. This learning method provides educators with tools to foster the development of emotional, social and ethical intelligence in students, and was developed by leading thinkers in the fields of neuroscience, evolutionary biology and child development.

## **SALLY MCWILLIAM, LINDA HULL, MICHELLE GILLESPIE** **OXFORDSHIRE TEACHER TRAINING SCITT** **GOING HOME WELL**

Oxfordshire Teacher Training focuses on modelling from a range of highly skilled teachers and school staff across the county to answer the question, 'How do we manage the transition between work and downtime?'. It enables both new teachers and young people to tune into and prioritise what works best for them as they develop a self-care practice. The aim is to maximise the chance of everyone enjoying long and rewarding school careers and also, role-modelling to children and young people how they too can go home well and enjoy their social and family time away from studies.

## **MEGAN BARNES, CHLOE PURCELL, AMY CRAIK** **SAFE! SUPPORT FOR YOUNG PEOPLE AFFECTED BY CRIME** **IN FOCUS: PEER-ON-PEER SEXUAL HARASSMENT AND ABUSE**

SAFE! provides support services to children, young people and families following experiences of crime and abuse. Over 50% of those they support have experienced sexual harm or domestic abuse. This workshop is aimed at any professional working with young people in schools or youth settings. It explores the impact of harm from normalising behaviours, harassment and victim-blaming, and how to support young people following serious sexual assault. Using the rape triangle as a guide, workshop leaders employ interactive activities to provoke discussion around prevalence of offences, language and culture and will consider how to tackle harm and support its victims at every level.

## **DAVID HUXFORD, LIAM CORBALLY** **OXFORDSHIRE DISCOVERY COLLEGE** **IN FOCUS: SELF-HARM > SELF-CARE**

This workshop draws on Discovery College's suite of self-harm focused learning programmes, developing a deeper understanding of why children may self-harm, and collecting together practical strategies that can be used by parents, carers and professionals when supporting them. The workshop will give insight into both evidence-based theory and personal lived experience.



Safe!



# WORKSHOP SPEAKERS



**LAURA HARTE, LEILA RAWES BARTON**  
**OXFORDSHIRE DISCOVERY COLLEGE**  
**OVER-DIAGNOSED OR UNDER-SUPPORTED?: EXPLORING PERCEPTIONS OF MENTAL HEALTH**

Rates of mental health problems in young people continue to rise, along with waiting lists for help. Some suggest young people are over-diagnosed and medicalising normal responses to difficult life events such as bereavement or change. This workshop explores the co-existence of these two scenarios, and how psychoeducation can help young people to tell the difference. Oxfordshire Discovery College is a small, impactful charity, providing psychoeducation programmes to children and young people aged 4 to 25. We create a space for them to learn about mental health, develop skills, and recapture hope for the future.

**MARY TAYLOR, LUCY CARTER**  
**FAMILY LINKS THE CENTRE FOR EMOTIONAL HEALTH**  
**BUILDING AUTHENTIC RELATIONSHIPS**

Mary and Lucy's workshop is practical and interactive and explores some key strategies we can use to build trusting, authentic relationships with those around us. Family Links the Centre for Emotional Health is a national charity which celebrated its 25th year in 2022. It provides high quality training courses and resources for professionals working with families, parents and carers in a variety of settings. The centre's approach is relational and empowering and understands behaviour in the context of feelings and relationships. The training it offers develops self-awareness, empathy and self-regulation, supporting people to build and maintain positive relationships.

**BERNY AUTON, PHIL PRITCHARD, PAUL WOODS**  
**ABANDOFBROTHERS OXFORD**  
**COMMUNITY MENTORING FOR YOUNG MEN - TO BE THE ADULT MEN WE WANT!**

ABandOfBrothers provides one-to-one and community mentoring to young men involved in, or at risk of involvement in, the criminal justice system. The organisation provides them with the support they need to make the transition to an adulthood free of crime and filled with a sense of belonging, connection, and purpose.

**CHARLOTTA MARTINUS**  
**YOGA IN SCHOOLS**  
**OPTIMAL MENTAL HEALTH THROUGH FOCUS PRACTICES**

This practical workshop considers how to support young people to focus better in the classroom and in life - offering them a key to success. Charlotta has been working with students for 30 years and has recently been a forerunner in bringing body-based techniques into secondary schools to support learning and optimal mental health. The post-COVID rise in behavioural issues across all youth settings has been marked and these techniques assist young people to overcome issues through time-honoured and evidence-based techniques that they can easily access themselves on a daily basis.



# WORKSHOP SPEAKERS



**CLARE PIKE, HESTER RIVIERE**  
**OXFORDSHIRE VIRTUAL SCHOOL AND ATTACH TEAM**  
**NEEDS NOT DEEDS: WORKING EFFECTIVELY USING**  
**RELATIONAL AND RESTORATIVE APPROACHES**

Participants in Clare and Hester's workshop will become more confident in their understanding of relational and restorative practice and what this might look like in their day-to-day work with children and young people. Clare has worked in primary and secondary schools as a teacher and senior leader, and before joining Oxfordshire Virtual School, was responsible for rolling out restorative practice across Oxfordshire schools.



**OLD FIRE**  
**STATION**

**SARAH CASSIDY, KATHARINE BARBER**  
**OLD FIRE STATION / HOME-START OXFORD**  
**STORYTELLING - A TOOL TO MEASURE IMPACT**

Storytelling is an evaluation approach which involves collecting stories from people about their experiences and bringing them together to discuss and find out what we can learn. The Old Fire Station has trained and supported over 70 partners across the county, and beyond, in using this approach. This workshop provides an introduction to what they do, insight into how their method is used in practice by Home-Start Oxford, and space to have a go at thinking through how it could work in the context of your own work and practice.



**MICHELLE WILLMOTT, BECKY COSTELLO**  
**ONE-EIGHTY**  
**ANXIETY TOOLKIT**

This is an intensely practical workshop created specifically for professionals supporting young people with anxiety. Participants will leave the workshop equipped with three practical, cognitive behavioural therapy-based ideas, all of which are used by One-Eighty staff when supporting young people who are experiencing 'fight, flight or freeze' responses.

**PHIL PRITCHARD**  
**OXFORD CITY FARM**  
**TIME OUTSIDE - NATURE-BASED ACTIVITIES SUPPORTING**  
**WELLBEING**

Phil's wellbeing workshop takes place outside in the natural world where he will share tools developed in his 15 years working with young people and adults in a variety of settings. He currently works at Oxford City Farm as a Community Grower with groups including One-Eighty and Farmability, plus mainstream and special needs schools, volunteers and people recently arrived in Britain. The workshop will include tools and experiential activities that participants will be able to take back to their settings and client groups, enabling them to access the free wellbeing support offered by the natural world all around us.



# WORKSHOP SPEAKERS

**DAVID CRUCHLEY, JAMES EDNEY**

**OXFORDSHIRE YOUTH**

**NETWORKING: STRENGTHENING CROSS-SECTOR PARTNERSHIPS**

This facilitated session will help to identify the types of relationships that we hold across sectors and consider where our strengths and areas for development may be. Participants will spend time seeking to understand different sectors and their differing perspectives on the challenges facing the services they provide to children and young people, and hopefully identify particular areas to take away and explore in more detail. Participants will leave feeling better informed and connected, as well as having raised the profile of the work they do and the areas they can contribute towards.

**ADAM BROWNE, KATHRYN HOLDING, NICOLE KALINOWSKA**

**ACTIVE OXFORDSHIRE**

**TACKLING EXAM STRESS; ADVOCATING PHYSICAL ACTIVITY AND COPING MECHANISMS**

Active Oxfordshire is one of the 43 Active Partnerships in England. It helps people in the most need across Oxfordshire by working with partners to increase physical activity and mental wellbeing. This workshop explores findings around Key Stage 4 pupils' exam anxiety, how physical activity and learning about coping mechanisms can help teen mental health and how we can encourage schools to adopt physical activity as a means of mental health support.

**PERRY TRAFFORD, OLIVIA THOMAS, MICHAELA RIDLEY**

**OXFORDSHIRE MIND**

**UNDERSTANDING SUPPORTED SELF HELP**

Perry, Olivia and Michaela will be discussing what supported self-help looks like and how Oxfordshire Mind has been contracted to provide services to primary care networks across Oxfordshire. Their workshop explores the journey a young person takes from assessment, up to their final appointment and how it impacts the mental health and wellbeing of the individual. This intervention is applicable for 7-17-year-olds and often requires the involvement of a trusted adult to provide supported learning outside of the appointments.

**JULI BEATTIE, JANE SHARP, ANGELA STATTERSFIELD**

**ROSIE ASTLEY, AMY WEAVER**

**AT THE BUS**

**THE POWER OF ART AS THERAPY**

This workshop offers participants first hand experience of an AT The Bus session. Participants create and take away their own work of art, based on a children's story or artist. AT The Bus offers a creative, therapeutic intervention to primary and secondary schools, supporting young people with complex needs. Alongside Beattie Method facilitators, students learn through art in a calm, safe space; share stories, conversation and food together and over time develop self-esteem, self-confidence and independence. The charity works from five static studios in Oxford and London and a converted double-decker bus designed by artist Camille Walala.



# WORKSHOP SPEAKERS



**DAVID WALLER**

**REFUGEE RESOURCE**

**WORKING WITH REFUGEES AFFECTED BY TRAUMA AND COMPLEX POST TRAUMATIC STRESS DISORDER**

This workshop seeks to increase everyone's understanding of some of the ways in which refugees, asylum seekers and vulnerable migrants are traumatised by their experiences, how this affects them physically and mentally and how these negative experiences manifest in their presentation to service providers.

**JESSIE RAYNER STEPHANIE BYRNE, JAMIE ZAMBARDI-LONG  
MILLIE DOGAR-HURD, PIA SAUNDERS-PATEL,  
SOPHIE LAWRENCE**

**OXFORDSHIRE RECOVERY COLLEGE**

**HEAR MY VOICE: HOW TO SAFELY USE LIVED EXPERIENCE**

In this workshop, Oxfordshire Recovery College staff look at how to support young people when they are sharing their own experience of mental health issues. Jessie, Stephanie and Jamie will draw on the college's model of co-production - ensuring young people with lived experience are included at every stage of decision making. They will explore how to use and champion the mental health experience of young people in a way that is bounded and safe. Oxfordshire Recovery College offers free online and in-person courses and workshops on mental health recovery across Oxfordshire.

Oxfordshire  
Recovery  
College



**NATALIE DAVIS**

**THE WELLBEING GENERATION**

**UNDERSTANDING YOUR WINDOW OF TOLERANCE**

Natalie's workshop will help you start to understand your own window of tolerance, better enabling you to deal with day-to-day stressors and set yourself up for success. When we are operating within our window of tolerance, we are essentially in the optimal zone where our nervous systems - both sympathetic and parasympathetic - are in a state of balance, allowing for adaptive responses to stress. Staying within the optimal range requires awareness and skill, so that we can attend to our needs and regulate our arousal level to match the situation at hand.

**HOLLY BEAR, MINA FAZEL, WAKITHI MABASO  
UNIVERSITY OF OXFORD**

**IN FOCUS: GAMING, SOCIAL MEDIA AND WELLBEING**

Parents, educators, and mental health professionals currently lack clear guidance on how to understand and approach adolescents' online activity. In this interactive workshop, four researchers share key findings from the OxWell Student Survey about adolescents' online activities and gaming behaviours, including how social media and exposure to self-harm content online relate to mental health and wellbeing. In the second half, the workshop group will work together to develop practical solutions for schools and parents that best support adolescents to use the internet and social media in a safe and enriching way.





# WORKSHOP SPEAKERS



**SARAH LAWFULL, MHAIRI MACGILLIVRAY-EDWARDS**

**SARAH WALKER**

**WHERE THE FRUIT IS (W.T.F.I.)**

**RESTORING CHILDHOOD : CHILDREN NEED NATURE NOW!**

This playful outdoor workshop explores research behind human beings' connection with nature and why being in nature makes us feel happier and healthier. It is an opportunity to think about the children you work with. The W.T.F.I. team will rouse your curiosity, build confidence and inspire you using their many years of teaching, youthwork, local nature play and Forest School experience. As co-founder of the Nature Premium campaign, Sarah advocates nationally for nature play and learning for the well-being of children and their educators from early years to age 18.



**JAMIE DOUGLAS, BETH FRANCIS**

**RESPONSE**

**REFRAMING THE PERSON-CENTRED  
APPROACH TO MENTAL HEALTH**

The Children, Young People's and Families team at Response, take an approach that embeds the themes of social prescribing and youth work to get the best outcomes for young people's mental health. The clinical/medical route is often the best form of support but there are times when a different route is required. In this workshop Beth and Jamie from Response will consider a person-centred approach to seeking the best path of support, when looking after a young person's wellbeing gets tough.



**EMMYLOU BROSSARD, KERRY HARRIS**

**WEST OXFORDSHIRE DISTRICT COUNCIL**

**YOUTH NEEDS AND THE BARRIERS THEY FACE**

Emmylou and Kerry's workshop will be helpful for organisations working with young people and looking for funding to deliver projects in communities, or funders and commissioners wanting to understand what need currently looks like.

Their workshop explores the views and voices of nearly 4000 young people aged 11-25 living in West Oxfordshire. The Youth Needs Assessment highlights some of the specific difficulties and barriers faced by young people: their mental health and how accessible support is; feelings of safety online and in the community; the challenges they face and their needs.



**LANRE ADELEYE, CROWN AGABI, NAOMI ADESIYAN**

**KWAME OSEI OWUSU**

**YOUNG CHANGEMAKERS PARTNERSHIP - UK YOUTH, THE  
DIANA AWARD, CENTRE FOR MENTAL HEALTH**

**YOUNG CHANGEMAKERS: REIMAGINING MENTAL HEALTH  
SUPPORT FOR BLACK AND BLACK MIXED RACE YOUNG PEOPLE**

Young Changemakers aims to reimagine mental health support for young people from black and mixed race communities. UK Youth, The Centre for Mental Health and The Diana Award have worked in collaboration with young people as co-producers.

Co-producers will be sharing their experience of a leadership development programme which supports and upskills 'Young Changemakers' around mental health support and services, and giving an insight into the programme, their roles, and the importance and advantages of youth-led social action.

## NEURODIVERSITY AND RE-POSITIONING THE POWER: A CASE FOR CO-PRODUCTION



### **KIRI SUMMERS, CONSULTANT FAMILY THERAPIST / PROFESSIONAL LEAD FOR SYSTEMIC PSYCHOTHERAPY, OXFORD HEALTH NHS FOUNDATION TRUST**

Kiri Summers' commitment to working with children, young people and their families where mental health difficulties are present is longstanding. She has worked in C.A.M.H.S. for over 20 years and her practice derives from a deeply held belief rooted in practical ethics, that all people deserve to have the opportunity to live and lead better lives. Her aim is always to support this for young people and their families. Kiri will be chairing this panel.



### **HANA GOOD, YOUNG PERSON AUTISM CHAMPIONS CIC**

Hana Good is a young person who has a lived experience of neurodiversity and mental health.



### **DEIRDRE NIC SITRIC, DIRECTOR, AUTISM CHAMPIONS CIC AUTISM CHAMPIONS CIC**

People call Deidre Nic Sitric a warrior... and she'll take that! Deidre is the founding director of Autism Champions, a neurodivergent led, community interest company that specialises in working with all humans. It offers training, consultancy, advocacy and support to those who want it. The mission is to create a society that appreciates the needs of autistic people, enabling them to live and learn in ways authentic to their unique identities. It does this by providing quality, individualised, autism-focused support.



### **STUART DODZO, CO-PRODUCTION AND PARTNERSHIPS COORDINATOR PEOPLE UNLIMITED**

Stuart Dodzo is committed to ensuring people are meaningfully involved in the co-design and co-delivery of the strategies and services that influence their lives. He brings lived experience of mental health and chronic health conditions, plus five years project management experience in lived experience research, co-production projects and involvement in national advisory groups for a range of organisations including the Care Quality Commission, National Institute of Health Research and the Mental Health Foundation.

## NEURODIVERSITY AND RE-POSITIONING THE POWER: A CASE FOR CO-PRODUCTION



**MARIA BOURBON, OXFORDSHIRE CAMHS SERVICE MANAGER AND PARTICIPATION LEAD**  
**OXFORD HEALTH NHS FOUNDATION TRUST**

Maria Bourbon is a mental health nurse, who has worked in children and adolescent services for over 15 years. She has experienced a wide range of clinical settings and specialisms, and recently established new services using innovative models. Maria has a special interest in neurodevelopmental conditions and has worked extensively to ensure that the support provided by services is accessible and meets the agenda and goals of young people and their families.



**LILLIE JAMIESON, CO-FOUNDER AND MANAGING DIRECTOR**  
**SEND IT TO ALEX**

Lillie Jamieson is the co-founder and Managing Director of Send it to Alex, the first certified B Corp specialising in virtual administration and executive functioning support services for neurodivergent individuals. Mission-driven to bridge the employment gap for neurodivergent and disabled people, Lillie, co-founder Alex and their team have built a reputation for championing neurodiversity and empowering individuals to thrive at work by creating and cultivating inclusive environments.



**GITA LOBO, CHIEF EXECUTIVE, AUTISM FAMILY SUPPORT OXFORDSHIRE**  
**AUTISM FAMILY SUPPORT OXFORDSHIRE**

Gita is driven to make a real difference to autistic young people and their families' lives. She has dedicated the past 17 years to leading Autism Family Support Oxfordshire, creating safe and nurturing spaces for young people and families through life changing services. The small but dynamic team nurtures, empowers and inspires autistic young people and their families through one-to-one support, group work, youth work, play, and just listening. Gita advocates for better services and outcomes for Oxfordshire's autism community.

# PERFORMERS

## CHERWELL THEATRE COMPANY: 'ENACT: VOLUME 2'



Lynsey Cullen - Writer

Emelia Hutchinson - Director

Nicki Stevenson - Project Director and Producer

Kizzy Horgan - Project Coordinator

Actors - Roberta Carraro, Matt Leaman, Joseph Lukehurst, Jordan Noel

Content warning: contains strong language and themes of bullying and sexual violence, with reference to underage explicit image sharing and revenge porn.

## IN-SPIRE SOUNDS: 'INSPIRING CHANGE THROUGH MUSIC'



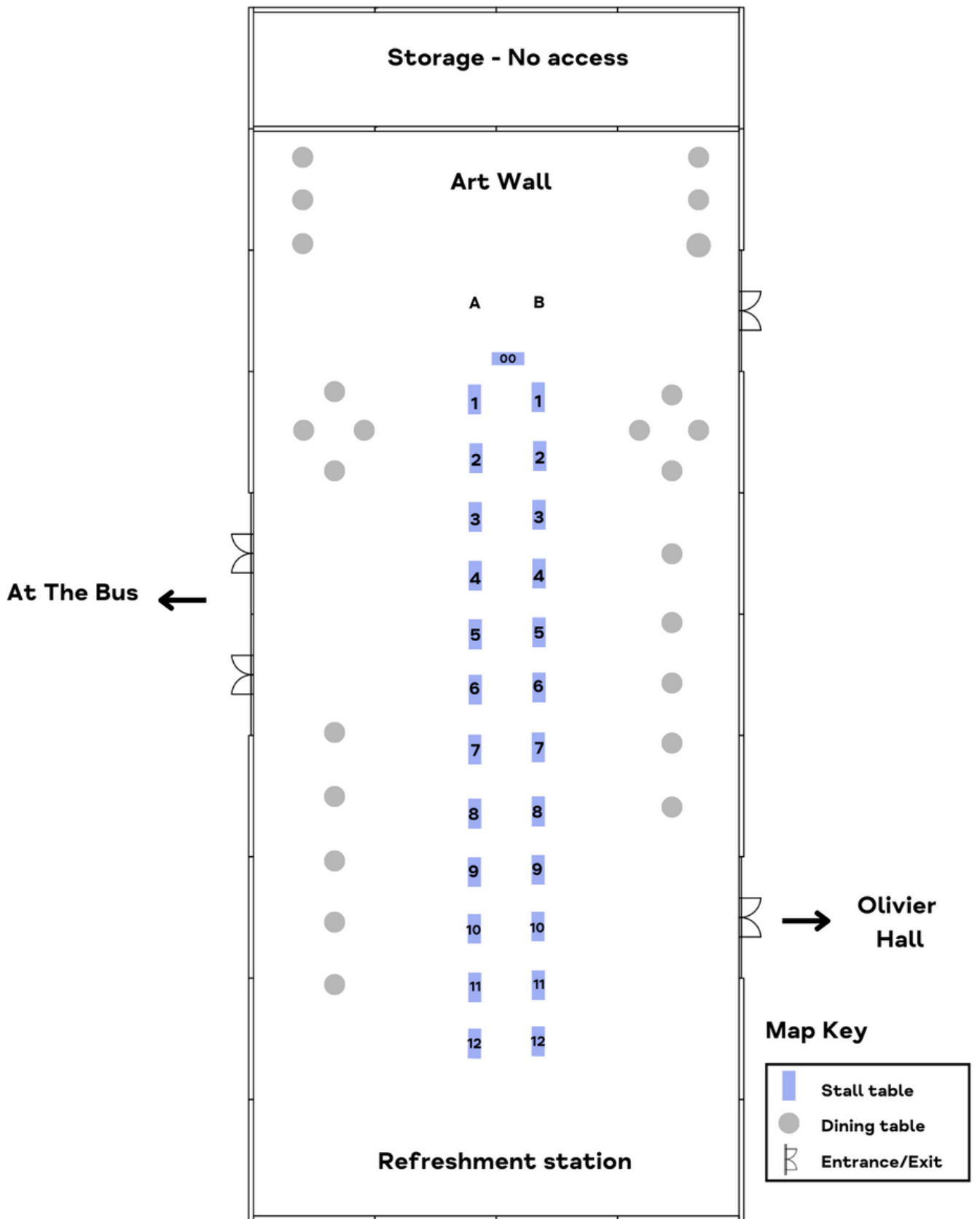
Kingsley Pratt-Boyden - Director, Producer

Kema Daley-Rapper - Lead practitioner and Youth Development Coordinator

Samuel Mansel - Rapper, Videographer and Youth Mentor

Participants of 'Inspiring Change Through Music' as well as Oxford's first non-profit record label Push & Pull Records.

# STALL HOLDERS MAP



# STALL HOLDERS

STALL NO.	ORGANISATION	DESCRIPTION	URL
<b>A2</b>	ABandofBrothers	Provides young men with the support they need to transition to an adulthood free of crime, filled with a sense of belonging, connection, and purpose.	<a href="http://www.abandofbrothers.org.uk/">www.abandofbrothers.org.uk/</a>
<b>A3</b>	Active Oxfordshire	Active Oxfordshire is passionate about finding sustainable approaches to fighting inactivity and challenging health inequalities.	<a href="http://www.activeoxfordshire.org/">www.activeoxfordshire.org/</a>
<b>A1</b>	AT The Bus	AT The Bus offers a creative, therapeutic intervention to primary and secondary schools, supporting young people with complex needs.	<a href="http://www.atthebus.org.uk/">www.atthebus.org.uk/</a>
<b>A1</b>	Autism Champions	Autism Champions explores and creates strategies to help its clients develop, learn and succeed, at home, at school, college or in their place of employment.	<a href="http://www.autismchampions.co.uk/">www.autismchampions.co.uk/</a>
<b>B11</b>	Child and Adolescent Mental Health Services (C.A.M.H.S.)	C.A.M.H.S. help children and young people up to 18 who are finding it hard to cope with everyday life because of difficult feelings, behaviour or relationships.	<a href="http://www.oxfordhealth.nhs.uk/camhs/oxon/">www.oxfordhealth.nhs.uk/camhs/oxon/</a>
<b>B9</b>	Dalai Lama Centre for Compassion	A secular organisation seeking to create a kinder society and promote individual flourishing by advancing knowledge of compassion and giving people access to compassion-based learning.	<a href="http://www.dlccoxford.org/">www.dlccoxford.org/</a>
<b>B12</b>	Family Links the Centre for Emotional Health	Provides high quality training rooted in its Nurturing Programme, for professionals working in a variety of settings.	<a href="http://www.familylinks.org.uk">www.familylinks.org.uk</a>
<b>B4</b>	Flo's - The Place in The Park	Community-owned, inclusive hub, providing opportunities, reducing inequalities and supporting the environment through our programmes, cafe, shop, nursery and events.	<a href="http://www.flosoxford.org.uk/">www.flosoxford.org.uk/</a>
<b>B2</b>	Home-Start Oxfordshire	Across Oxfordshire, Home Start's community of trained volunteers and expert supporters, helps families with young children through challenging times.	<a href="http://www.homestartoxon.org.uk/">www.homestartoxon.org.uk/</a>
<b>B5</b>	Know Your Worth	An eight week course to help teenagers, especially girls, build self-esteem and make good decisions.	<a href="http://www.know-your-worth.org.uk">www.know-your-worth.org.uk</a>
<b>B1</b>	Learning & Wellbeing Psychology	Learning & Wellbeing Psychology is a team of educational and child psychologists who pride themselves on supporting pupils in their education setting at every level.	<a href="http://www.learningandwellbeing.org/">www.learningandwellbeing.org/</a>
<b>B7</b>	Make it Mandatory	Make it Mandatory is a campaign founded by Faustine Petron, a university student and survivor of domestic abuse.	<a href="https://www.instagram.com/Makeitmandatory/">https://www.instagram.com/Makeitmandatory/</a>
<b>B6</b>	Mental Health Natters	Mental Health Natters supports children, young people and their parent/ carers with mental health and educational outcomes.	<a href="http://www.mentalhealthnatters.org/">www.mentalhealthnatters.org/</a>

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STALL NO.	ORGANISATION	DESCRIPTION	URL
<b>B10</b>	OCC Targeted Youth Service	The Targeted Youth Support Service works with children and young people at times of difficulty. It helps enable young people to be resilient, cope with problems, and move forward with their lives.	<a href="https://oxme.info/tyss">https://oxme.info/tyss</a>
<b>B1</b>	OCC - Youth Ambition	Engaging with young people in positive youth work activities to help them to broaden their knowledge, skills and capabilities.	<a href="http://www.oxford.gov.uk/youthambition/">www.oxford.gov.uk/youthambition/</a>
<b>B8</b>	One-Eighty	A mental health and behaviour support charity, empowering young people to improve their mental health and re-engage with education.	<a href="http://www.one-eighty.org.uk">www.one-eighty.org.uk</a>
<b>A12</b>	Oxford Active	Oxford Active provides high quality, Ofsted registered, school holiday multi-activity and adventure camps for 3-14 year olds in Oxfordshire and the south east.	<a href="http://www.oxfordactive.co.uk/">www.oxfordactive.co.uk/</a>
<b>B3</b>	Oxford City Farm	A community-led charity in the heart of east Oxford, growing food and community. It provides opportunities for people of all ages and backgrounds to engage with farming and food production, animals, nature and each other.	<a href="http://www.oxfordcityfarm.org.uk/">www.oxfordcityfarm.org.uk/</a>
<b>A6</b>	Oxfordshire Discovery College	Oxfordshire Discovery College helps children and young people to regain control of their mental health through interactive learning programmes.	<a href="http://www.oxfordshirediscovery.co.uk/">www.oxfordshirediscovery.co.uk/</a>
<b>A9</b>	Oxford Health Biomedical research centre	Works in partnership to undertake research aimed at developing better support for children and young people's mental health.	<a href="http://www.oxfordhealthbrc.nihr.ac.uk/research/mental-health-in-development/">www.oxfordhealthbrc.nihr.ac.uk/research/mental-health-in-development/</a>
<b>B4</b>	Oxford Hub	Bringing people and organisations together to build a better Oxford.	<a href="http://www.oxfordhub.org/">www.oxfordhub.org/</a>
<b>A10</b>	Oxfordshire Mind	Ensuring that anyone with a mental health problem has somewhere to turn to for advice and support.	<a href="http://www.oxfordshiremind.org.uk/">www.oxfordshiremind.org.uk/</a>
<b>A5</b>	Oxfordshire Recovery College	Provides free, recovery-focused courses on mental health for professionals, service users and carers.	<a href="http://www.oxfordshirerecoverycollege.org.uk/">www.oxfordshirerecoverycollege.org.uk/</a>
<b>A2</b>	Oxfordshire Teacher Training SCITT	Teacher training provider serving special and mainstream early years, plus primary and secondary state schools throughout the county.	<a href="http://www.oxfordshireteachertraining.co.uk/">www.oxfordshireteachertraining.co.uk/</a>
<b>A8</b>	Oxford University	Key findings from the OxWell Student Survey about adolescents' online activities and gaming behaviours.	<a href="https://oxwell.org/">https://oxwell.org/</a>
<b>A10</b>	Oxfordshire Youth	From mental health interventions to crime prevention and safe, supported housing, we're doing whatever it takes to ensure Oxfordshire's young people survive and thrive.	<a href="http://www.oxfordshireyouth.org/">www.oxfordshireyouth.org/</a>
<b>A5</b>	Refugee Resource	Improving the wellbeing and integration of Oxfordshire-based refugees and asylum seekers, through psychotherapeutic counselling, support and training of service providers.	<a href="http://www.refugeeresource.org.uk">www.refugeeresource.org.uk</a>

# STALL HOLDERS


STALL NO.	ORGANISATION	DESCRIPTION	URL
<b>00</b>	Relax Kids Ltd	Relax Kids aims to give children access to a variety of simple, yet effective techniques for relaxation, mindfulness and stress management.	<a href="https://relaxkids.com/">https://relaxkids.com/</a>
<b>A4</b>	Response	Supporting adults via its supported housing, homelessness and home care services.	<a href="https://www.response.org.uk/">https://www.response.org.uk/</a>
<b>B7</b>	SAFE!	Providing a range of support services to children, young people and families affected by crime and abuse across the Thames Valley.	<a href="https://www.safeproject.org.uk/">https://www.safeproject.org.uk/</a>
<b>A11</b>	The Priory Group	A private healthcare company offering mental health, addiction and eating disorder treatments.	<a href="https://www.priorygroup.com/">https://www.priorygroup.com/</a>
<b>A8</b>	The University of Oxford OxWell Student Survey	The OxWell Student Survey is a large-scale annual survey designed to measure the wellbeing (health and happiness) of children and young people between the ages of nine and 18.	<a href="https://oxwell.org/">https://oxwell.org/</a>
<b>00</b>	West Kidlington Primary School	West Kidlington Primary School prioritises learning about and promoting mental health. Its year 6 Wellbeing Champions are at the conference, sharing why understanding mental health is important, how they support others and what happens in the mental health hub - The Den.	<a href="https://www.west-kidlington.oxon.sch.uk/">https://www.west-kidlington.oxon.sch.uk/</a>
<b>B10</b>	West Oxfordshire District Council	A local government district council in north west Oxfordshire, including towns such as Woodstock, Burford, Chipping Norton, Charlbury, Carterton and Witney.	<a href="https://www.westoxon.gov.uk/">https://www.westoxon.gov.uk/</a>
<b>B3</b>	Where the Fruit Is	Coaching and leadership training through nature connection and forest school.	<a href="https://www.wherethefruitis.co.uk/">https://www.wherethefruitis.co.uk/</a>
<b>B5</b>	Young Changemakers Partnership - UK Youth, The Diana Award, Centre for Mental Health	Young Changemakers is a collaboration between UK Youth, the Centre for Mental Health and The Diana Award.	<a href="https://diana-award.org.uk/our-programmes-and-initiatives/changemakers">https://diana-award.org.uk/our-programmes-and-initiatives/changemakers</a>
<b>A3</b>	Yoga in Schools	Supporting mental health in teens across the UK through yoga and meditation.	<a href="http://www.teenyoga.com">www.teenyoga.com</a>
<b>A7</b>	YGAM	We are an award-winning charity working to prevent children and young people from experiencing gaming and gambling harms through awareness raising, education and research.	<a href="https://www.ygam.org/">https://www.ygam.org/</a>





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