

World Mental Health Week 2011 @ BU

Monday 10 October

- 11.00am-3.00pm [Dorset Mental Health Forum](#), [Samaritans](#) and [Bournemouth Churches Housing Association](#): Organisations' Showcase, The Atrium, Talbot campus
- 12.00noon-2.00pm [LINKs](#): Organisation's Showcase, Bournemouth House, Lansdowne campus
- 6.00pm **A Beautiful Mind (film starring Russell Crowe)** KG03, Kimmeridge House, Talbot campus

Tuesday 11 October

- 11.30am-12.30pm **Footprints – in conversation with Minette Walters (crime writer)**
Executive Business Centre, E2B02, Lansdowne campus - open to students, staff and public
- 11.00am-3.00pm [First Point](#), [Dorset Mental Health Forum](#) Organisations' Showcase, The Atrium, Talbot campus
- 12.00pm-2.00pm [LINKs](#) and [Samaritans](#): Organisations' Showcase, Studland House, Lansdowne campus
- 12.00pm-2.00pm [Gateway Team](#) and [Mental Health Carers Support Service, Bournemouth Borough Council](#):
Organisation's Showcase Bournemouth House, Lansdowne campus
- 6.00pm **Black Swan (film starring Natalie Portman)** KGO3, Kimmeridge House, Talbot campus

Wednesday 12 October

- 1.00pm-2.30pm **Eating Disorders; Promoting Wellbeing, Dr Ciarán Newell, Consultant Nurse**
BG11, Bournemouth House Lansdowne campus - open to students, staff and public
- 11.00am-3.00pm [Gateway Team](#) and [Dorset Mental Health Forum](#): Organisations' Showcase
The Atrium, Talbot campus
- 12.00pm-2.00pm **Bournemouth University Carer & Service User Partnership Group**, School of Health and Social
Care, Bournemouth House, Lansdowne campus
- 12.00pm-2.00pm [LINKs](#) and [Mental Health Carers Support Service, Bournemouth Borough Council](#)
Organisations' Showcase Studland House, Lansdowne Campus
- 6.00pm **One Flew Over the Cuckoo's Nest (film starring Jack Nicholson)** Mary Wollstonecraft Lecture
Theatre, Bournemouth House, Lansdowne campus

Thursday 13 October

- 11.00am-3.00pm [Dorset Mental Health Forum](#) and [Gateway Team](#): Organisations' Showcase Bournemouth House,
Lansdowne campus
- 11.00am-3.00pm [Mental Health Carers Support Service, Bournemouth Borough Council](#): Organisation's Showcase
The Atrium, Talbot campus
- 12.00pm-2.00pm [Rethink](#): Organisation's Showcase, The Atrium, Talbot campus
- 6.00pm **Girl, Interrupted (film starring Winona Ryder)** Mary Wollstonecraft Lecture Theatre,
Bournemouth House, Lansdowne campus

Friday 14 October

- 11.00am-3.00pm [Dorset Mental Health Forum](#): Organisation's Showcase The Atrium, Talbot campus
- 12.00pm-2.00pm [Dorset HealthCare](#) and [LINKs](#): Organisations' Showcase, Bournemouth House, Lansdowne campus
- 13.30pm-3.30pm **Bournemouth University Carer & Service User Partnership Group**, School of Health and Social
Care Studland House, Lansdowne campus

Saturday 29 October

- 11.00am-2.00pm **Time to Change 5 a-side Football Tournament**, Talbot campus - open to students, staff and
public

1. What are we doing during the week?

Bournemouth University is working in partnership with Dorset HealthCare University NHS Foundation Trust to deliver a number of events marking [World Mental Health Day](#), which is on Monday 10 October 2011. The events provide an opportunity for students, staff and members of the public to:

- see the “**supporting you and your mental health vodcast**” which details the university and community services that provide support for people concerned about mental health issues via the BU digital signage and website.
- hear the famous author **Minette Walters** share her experiences about what the lack of investment means for mental health care and the implications for service users, give an insight into her work with the Footprints project and answer your questions. [This event is open to BU staff, students and the public]. Refreshments will be provided. To register your attendance please email: diversity@bournemouth.ac.uk.
- **Dr Ciaran Newell** (Consultant Nurse) will deliver a talk which will explore the causes of eating disorders; in particular the environmental contribution, what works to help people suffering from them and ideas into how we can prevent them. [This event is open to BU staff, students and the public.] Refreshments will be provided. To register your attendance please email: diversity@bournemouth.ac.uk.
- **Win £50 Argos vouchers** if you are able to answer correctly the questions from the Time to Change Mental Health quiz. [This is open to students and staff.]
- see and hear a selection of **Time to Change adverts** via the BU digital signage and website.
- see **four films** which reflect a mental health theme, **for free**. [These are **only** open to BU staff and students.]
- meet people from **local organisations** such as Dorset Mental Health Forum, Bournemouth Churches Housing Association and Samaritans at the Talbot and Lansdowne campuses.
- take part in the **Time to Change 5-a-side football competition** which is open to students, staff and the public to play in or watch. To register your attendance please email: diversity@bournemouth.ac.uk.
- see **Time to Change** publicity throughout the BU estate, receive a goodie bag, and make a pledge to end mental health prejudice.

We hope the range of events will encourage students, staff and the public to start talking openly about mental health issues. The mental health awareness events at BU 2011 have been organised by:

- the University Department of Mental Health
- the Equality and Diversity Service
- Dorset HealthCare University NHS Foundation Trust
- Dorset County Football Association
- Time to Change

6. Further Information

If you would like to find out more about the Dignity, Diversity and Equality work at the University please contact Dr James Palfreman-Kay, Equality and Diversity Adviser.

☎ Telephone: 01202 965327

✉ E-mail: diversity@bournemouth.ac.uk.

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<http://www.bournemouth.ac.uk/diversity>

time to change
let's end mental health discrimination

