



BLACK & ASIAN

MENTAL WELLBEING CONFERENCE



SEEKING SUPPORT PERSONALLY OR ON BEHALF OF OTHERS IN NEED?

FREE ENTRY

11 NOV 2023

9.30-4PM

TALKS, PANELS, Q&A'S, WORKSHOPS

FOOD FOR SALE

Women's Wellbeing:

Reaching for your own oxygen mask before you help others

Men & Wellbeing: Keeping it real

A Carer's Lived Experience

Spirituality & Wellbeing

Recognising the Early Warning Signs of Mental Ill Health + Q&A

African Drums

Relaxation, Mindfulness, Exercise & Mental Wellbeing

& More...



DANIEL BOWEN-SMITH
SPORTS FOR KIDS



MICHAEL GEORGE
ARTIST & MUSICIAN

JOIN US FOR RESOURCES, SUPPORT, NETWORKING AND LUNCH



PAULINE YOUNG
LIFE COACH & MENTOR
ANITA MINDSET COACHING



AMBROSE KORYANG
ASK IDENTITY CONSULTANCY



ELSIE GAYLE
REGISTERED NURSE & MIDWIFE



PATRICK KWESIGA
CLINICAL DIRECTOR OF STIVING WELLS CONSULTING



BEV MORRIS
MCC



LARRY GUSCOTH
PHYSIOTHERAPIST



MARVA BENJAMIN
MCC



REVD. OLIVIA AMARTE
EXECUTIVE DIRECTOR
ELIN INTERNATIONAL CENTRE



THE DREAM CENTRE, 70 THOMAS ST. ASTON, BIRMINGHAM, B6 4TN

ASK Identity



Conference Timetable



- 9:30 - 9:50am** **Registration**
African Drums - **Michael George** (Musician)
- 9:50 - 10:00am** **Welcome & Opening** Marva Benjamin & Bev Morris
- 10:00 - 10:40am** **Recognising the early warning signs of mental ill health.**
Patrick Kwesiga (Clinical Director of Living Well Consortium)
- 10:40 - 11:20am** **Children Mental wellbeing**
Ambrose Koryang (Cognitive Behavioural Psychotherapist
Founder and managing director of Ask Identity)
- 11.20 - 11.50am** **Kids Sport for Good Health**
Daniel Bowen-Smith
- 11.50 - 12:05pm** **Coffee Break** – 15 mins
- 12.05 - 12:40pm** **Spirituality & Well-Being**
Revd Olivia Amartey (Executive Director of Elim International Centre)
- 12.40 - 1:10pm** **Lived experience professionally and as a carer**
Elsie Gayle Registered Nurse & carer
- 1.10 - 2.10pm** **Lunch & Networking**
African Drums - **Michael George** (Musician)
- 2:10 - 2.50pm** **Workshops**
- Choice available:*
- 1. Men and well-being- 'Keeping it real'.**
Ambrose Koryang (Cognitive Behavioural Psychotherapist)
Founder and Director of Ask Identity CIC
Or
- 2. Women & well-being 'Reaching for your own oxygen mask before helping others'**
Pauline Young
Life Coach/ Mentor with A.N.I.T.A Mindset Coaching
- 2:50 - 3.40pm** **Stress Management**
Larry Guscoth (Physiotherapist)
- 3:40 - 4:00pm** **Evaluation & Closing Remarks**

For further info about our guest speakers
scan our QR Code and download our interactive PDF



Aims and Objectives

- To raise awareness and understanding of Mental wellbeing within our local community especially for black and Minority community.
- To understand Mental health issues, to reduce stigma, fears, and suspicions to address some of the myths surrounding mental health issues within our community.
- To promote a positive approach in raising awareness and facilitate open discussions to shape a closer and trusting relationship with health care professional.
- To Establish healthy working relationship with local organisation to support those who need mental health support.
- To develop a listening ear, drop-in surgery for those in need, during the week.

Outline

- What is Mental poor Health, how to seek support.
- How to help yourself in maintaining positive mental health.
- The importance of spirituality in recovery

Guest Speakers



OLIVIA

Olivia is the Executive Director for Elim Pentecostal Church in the UK and Northern Ireland. She also serves as Associate Pastor to a pioneer church plant in north Birmingham. Her career encompasses several senior management positions in a range of different organisations including the NHS, the Church of England, and the charitable sector.



She has a passion for creatively sharing God's word and finding innovative ways to impact her local community through social action projects. She Olivia is a mum to Josh, loves to travel. cook and is addicted to Strictly!

Guest Speakers



AMBROSE S KORYANG

Ambrose S. Koryang is a psychological therapist, an educator, and a community developer. He qualified as a psychiatric nurse back in 2003 and worked within mainstream NHS services as well as Third Sector organisations till 2018. This was a valuable time for him working with and supporting people with acute mental health problems, some in forensic settings and mainly from the Global Majority Community.



He has been working now since 2016 as an accredited Psychological Psychotherapist. This started within the NHS before he established a social enterprise, a Community Interest Company (CIC) aimed at reaching and supporting those in need of prompt psychological support. 10% of the CIC's profits are used to provide support to schools, colleges and universities through workshops and group sessions.

Ambrose uses his mental health background, Master NLP (Neuro Linguistic Programming) training (which is largely CBT based), CBT (Cognitive Behavioural Therapy), EMDR (Eye Movement, Desensitisation & Reprocessing), and CTfD (Couple Therapy for Depression) to help individuals, couples and groups; to manage and overcome a range of mild, moderate and or severe emotional difficulties that may present as; depression or anxiety disorders.

As a Senior Teaching Fellow at Coventry University and a clinical supervisor for other Universities across the UK, Ambrose has been supporting & educating students since 2017 to manage their mental health difficulties and limit its impact on their academic pursuits. He sits on the Equity, Diversity & Inclusion Panel with Coventry University as well as, being a chair of a Parent & Teacher Association (PTA), a Trustee of his local Neighbourhood Association as well as having been on numerous 3rd Sector Boards in the past to help nature and develop them. He strongly believes in strengthening individuals to develop communities and volunteers for a number of organisations including Prison Link, Incredible surplus, and Karis Medical Practice to name a few.

He enjoys family time with his wife and 7 children, cycling, playing badminton, traveling and hiking in the countryside; to add a balance to his 9-5 that can sometimes be 8-1

Guest Speakers



Daniel Bowen Smith

Sports For Kids is a family run business that provides bespoke sports and mentoring sessions for young people of all ages. With 15 years' experience of working with various age groups and providing youth focused sports & mentoring sessions.



The company was founded by Daniel and Tammy Bowen-Smith who both came from different career paths. Daniel has been working in the sports industry for over 15 years, working with professional football clubs to non-profit organisations whilst Tammy has worked in account management for over 18 years.

In 2013 Sports For Kids began its journey. Our main goal is to motivate young people to understand their purpose and be the best they can be, truly accepting that "Anything Is Possible!"

Guest Speakers

Patrick Kwesiga

Patrick Kwesiga holds various qualifications in social sciences and postgraduate Psychotherapy qualifications. He is the Executive Clinical Director of Living Well Consortium, one of the two primary mental health NHS talking therapies organisations in Birmingham and Solihull. He is the Founding Chair of Our Roots, a mental health counselling and promotion organisation in Birmingham. He is a born-again Christian married with 3 children.



Larry Guscoth

Mr. Larry Guscoth retired Chartered Physiotherapist, with over 35 years' experience in the NHS; with a special interest in manual handling, pain and stress management.



Guest Speakers



Pauline Young MSc, BSc, PGCE (Life Coach)

Pauline Young is a Certified Life Coach and the founder of A.N.I.T.A. Mindset Coaching. She has a demonstrated history of working with people, mentoring & coaching individuals towards their goals.



As a transformational coach she focuses particularly on exploring the world of clients to create possibilities and identifying pathways towards desired outcomes. She helps individuals seeking clarity regarding the way ahead, looking for greater job satisfaction, wanting to improve relational connections, desiring to increase self- confidence, improve skills, and build strategies to overcome challenges.

She brings over 30 years of experience working with women and men individually and in group settings. In the areas of career, business, and relationships, she has helped individuals, groups and leaders move forward in numerous areas. These have included strategic planning, financial goal setting, team engagement & productivity, communication, and personal development.



A.N.I.T.A. MINDSET COACHING

Guest Speakers



Elsie Gayle

Mrs Elsie Gayle is a loving wife and Mother.

She is a registered nurse and Midwife.

A member of the UN, who advocate for black women, Elise has also developed her own business called Mimosa Midwives.

