



PeerTalk

www.peertalk.org.uk

**Spaces are limited to 150 people for this event and there is a requirement to register.**

**To register contact the PeerTalk administrator, Liz Whitfield**

Post: High Park House, Wray, Lancaster, LA2 8QU

Email: [admin@peertalk.org.uk](mailto:admin@peertalk.org.uk)

Phone or text: 07908493880

Online: [www.eventbrite.co.uk](http://www.eventbrite.co.uk)

**Deadline date for registration is Monday 9th October 2017**

Child care provision is available, but MUST be booked in advance, giving name and age of child.

Please indicate any dietary requirements or any special needs.



[www.eventbrite.co.uk/e/peertalk-facing-depression-together-awareness-day-tickets-37145617542](http://www.eventbrite.co.uk/e/peertalk-facing-depression-together-awareness-day-tickets-37145617542)

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PeerTalk

# Facing Depression Together

## Awareness Day

Saturday 14th October 2017

10.00 till 3.30 Lunch provided

An opportunity to learn about depression and how to support those living with depression and their families.

This free event is open to anyone who would like to attend.



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The Holiday Inn  
Egerton Road  
Guildford  
Surrey  
GU2 7XZ

The **Methodist Church**



Charity Reg: 1169830.

**10.00** Registration and refreshments

**10.30** Welcome

**10.35** **What is depression?**

*A clinical perspective of depression*

**11.15** Shuffle time

**11.25** **Clarke Carlisle**

*A personal perspective of depression*

**12.05** Shuffle time

**12.15** **Supporting those living with depression**

*A pastoral perspective on depression*

**1.00** Sandwich lunch provided

An opportunity to visit the resources stands

**2.00** **Challenging stigma**

*A dramatic perspective on depression*

**2.40** Shuffle time

**2.45** **PeerTalk – Facing Depression Together**

*An introduction to the PeerTalk initiative*

**3.25** Closing comments

**3.30** Home



### **What is depression?**

Dr Jane Perera, a consultant psychiatrist with the NHS will give a clinical perspective of what depression is in easy to understand terms.



### **Clarke Carlisle**

A former Premier League football player and former Chair of the Players Football Association will give a personal perspective of living with depression.



### **Supporting those living with depression**

Stephen G Normanton will give a presentation on how individuals and communities can include and support people with mental health conditions.



### **Challenging stigma**

A dramatic perspective: Acting Out Productions shine a spotlight on issues of well being and depression.



### **PeerTalk – Facing Depression Together**

Rosa Trelfa will give an introduction to PeerTalk which aims to establish a national network of volunteer facilitated peer support group meetings for individuals who live with depression and their families.