



Members' Events Guide 2020-21

Plan your year ahead,
don't miss out!

For a better life

Members' Events Guide 2020-21

Get the best out of your Trust Membership by exploring this year's events guide to find out what is happening in your area. Our calendar has something for everyone so take a look and see which events may be of interest to you.

All events are free to attend, open to members, non-members and staff. Places are strictly limited so make sure you book your place in advance.

To register for these events or to find out more, contact us:

Telephone: **01372 216164**

Email: engage@sabp.nhs.uk

Please remember to tell us if you have any special requirements.



ADHD (Attention Deficit Hyperactive Disorder) in Children and Adults

This event will look at what Attention Deficit Hyperactive Disorder is and the post diagnostic support available for both children and adults. Our professionals will discuss management options, issues and medication approaches, explaining how medication can help with reference to the evidence base.

We invite you to come along and listen to our professionals in a friendly relaxed environment and as always, please bring your questions.

Light refreshments will be served. We anticipate this will be a popular event so please book your place in advance.

Date: Wednesday 20 May 2020

Time: 10am - 1pm

Venue: Harlequin Theatre, Warwick Rd, Redhill, Surrey RH1 1NN



Understanding Personality Disorders

This is an introduction to personality disorders with the aim of increasing awareness.

With the help of the Recovery College, the event will explore what a personality disorder is and explain some of the causes. One of the aims will be to enhance understanding of what it might be like to have a personality disorder.

The event will touch upon the treatments and recovery pathways but will not include an in-depth medical view of the diagnosis. If we receive feedback that our members would be interested in more clinical insights, then a further event can be organised.

Please join us if you would like to increase your understanding of personality disorders.

Date: Tuesday 21 July 2020

Time: 10am - 1pm

Venue: Princes Hall, Princes Way, Aldershot, Hampshire GU11 1NX



Members' Day

Our annual Members' Day will bring you up to date with our developments over the past year and help you learn more about the Trust and the services we provide through a range of market place stalls and workshops.

Come along to help celebrate how the Trust has developed over the past year and meet key staff members and Governors, who are all keen to share their knowledge with you.

Lunch and refreshments will be provided.

Date: Wednesday 23 September 2020

Time: 10am - 2pm

Venue: Leatherhead Leisure Centre, Guildford Rd,
Leatherhead KT22 9BL



Mental Wellbeing

This event will be held one evening in November at the University of Surrey.

Mind Matters Surrey is a service open to anyone aged 18 or over living in Surrey and experiencing mild to moderate mental health difficulties such as anxiety, stress and depression. The service is self-referral and there are clinics on site at the University.

This event will give an overview of the Mind Matters service and the treatments and therapies available. It will also offer a practical session on how to cope with stress to provide some useful tips on the day.

If you wish to find out more about dealing with mental stress and enhancing mental wellbeing, please come along. Light refreshments will be served on arrival followed by presentations in the lecture theatre.

Date: November 2020 (*exact date to be confirmed in August*)

Time: 6pm - 8.15pm

Venue: Lecture Theatre F, University of Surrey, Guildford GU2 7XH



Supporting Young People - Prevention and Wellbeing

This event will look at the role of the Child Wellbeing Practitioners and their experience in working with local schools to provide earlier intervention for children who need mental health support.

There will be a focus on prevention and wellbeing with reference to issues that can put the mental health of young people at risk. The Child Wellbeing Practitioners will be able to share their knowledge and experiences having worked with schools and increase understanding of the challenges and issues faced.

CAMHS Youth Advisors (CYA) will also be contributing to this event and, as always, the full programme will be available nearer the time.

Date: Tuesday 19 January 2021

Time: 10am - 1pm

Venue: Chertsey Hall, Heriot Rd, Chertsey KT16 9DR



Research and Innovation

Are you interested in the research that is being carried out with the aim of enhancing the lives of people who live with certain mental health conditions?

Our Research and Innovation Team will be running this workshop to highlight some of the studies they are involved in and to demonstrate some of the technological developments which can help people to live a better life.

This will be an interactive event and one where you can discover what Research and Innovation looks like within a Mental Health Trust.

Date: Thursday 18 March 2021

Time: 10am - 1pm

Venue: Broadwater Pavilion, Guildford Rugby Club, Guildford Rd, Godalming GU7 3DH



Contact us

Our events calendar is always busy. Remember to book your place to make sure you don't miss out. We look forward to seeing you there!

If you have suggestions for future members' events we would like to hear from you.

Please contact us on **01372 216164** or email **engage@sabp.nhs.uk**



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Email: leaflets@sabp.nhs.uk

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