



## Healthy Abingdon

### Helping those with mental problems, 5 - 7 pm, Tues. 25 Sept.

#### Registration, networking and refreshment from 4:30 pm

This meeting is open to all whether community groups, health service providers or members of the public.

**Venue.** Northcourt Centre, Northcourt Road, Abingdon OX14 1NS. [www.northcourtcentre.com](http://www.northcourtcentre.com)

**Purpose of meeting.** To hear about the services available in Abingdon for those with mental problems whether these are learning difficulties, dementia or mental health difficulties. We will also discuss what else we might do in Abingdon to help ease these problems.

#### Agenda

1. **4:30 pm. Registration, networking and refreshments.**
2. **5:00 pm. Welcome and introduction** from the meeting chair, Ros Alstead, Director of Nursing and Clinical Standards, Oxford Health NHS Foundation Trust
3. **5:05 pm. Making Abingdon more dementia friendly.** Olga Senior, Chair of Dementia Friendly Abingdon Steering Group.
4. **5:15 pm. Mental health services for older people and memory clinics.** Philippa Cuttell, Oxford Health NHS Foundation Trust
5. **5:35 pm. TalkingSpace Plus.** Amanda Robinson, Clinical Psychologist, TalkingSpace Plus.
6. **5:55 pm. Safe Places.** Jan Sunman, Oxfordshire Family Support Network, working on Safe Places
7. **6:15 pm. Group discussions.** Considering what more we need to do in Abingdon.
8. **6:40 pm. Roundup plenary discussion**
9. **7:00 pm. Close**

#### Registration

To register to attend, or to find out more, please email Dave Butterworth on [healthyabingdon@aol.com](mailto:healthyabingdon@aol.com), or phone him on 01235 525 955.

**We are sure we can accommodate you at the event if you don't have time to register**

#### Make a note of our December event – “help available for community groups”

Our next event will be on 6 December from 5 to 7 pm and will cover the organisations that are available to give help to charities and community groups in such areas as planning, fundraising, publicity, governance, recruiting volunteers. etc. We will have speakers from groups like Charity Mentors, OCVA, Community First and others. There will be time for you to talk to the representatives from these groups.