

North East London Mental Health Summit 2022

Venue: Leyton Orient Football Club

Date and time: Wednesday 21st September, 10:00 – 15:00

Programme for the day

09:30 – Registration and refreshments

10:00 – Welcome and overview of the aims of the day by Julie Jaye Charles, North East London Foundation Trust Board Advisor and Lead on Advocacy and Co-Production

10:15 – Ice breaker to help us get to know each other, and get our creative juices flowing

10:40 – Exploring our mental health priorities through the lens of ‘what matters to me?’ with Hajara Begum, East London NHS Foundation Trust Quality Assurance Service User Lead

11:25 – Break and refreshments

11:35 – Revisiting the 2019 Mental Health Summit priorities, and reflecting together on the level of progress we have made

12:40 – Lunch

13:20 – A warm-up exercise to help us to connect and explore the themes of collaboration and leadership

13:35 – Exploring patient leadership, and the skills and qualities we possess that can help us to lead change, together

14:25 – Break

14:35 – An invitation to our senior leaders to reflect on what they’ve heard and to share some thoughts about how they might support Patient Leadership

14:55 – Closing remarks from Julie Jaye Charles

If you want to share your thoughts about the event on social media, please use

#MHSummit22