

North East London Mental Health Summit 2022

Platform: Zoom

Date and time: Friday 23rd September, 12:00 – 15:00

Programme for the day

12:00 – Welcome and overview of the aims of the day by Paul Binfield, East London NHS Foundation Trust Director of People Participation and Robert Hunter, Peer Support Worker

12:20 – Ice breaker to help us get to know each other

12:30 – Exploring our mental health priorities through the lens of ‘what matters to me?’ with Sidney Millin, journalist and service user

13:10 – Five minute comfort break

13:15 – Revisiting the 2019 Mental Health Summit priorities, and reflecting together on the level of progress we have made

13:45 – Chair yoga to help us to breathe, stretch and focus on the task ahead

13:55 – Exploring patient leadership, and the skills and qualities we possess that can help us to lead change, together

14:40 – 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 Paul Binfield and Robert Hunter

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

#MHSummit22