



This event is being promoted across the Methodist Districts of Liverpool, Manchester and Stockport, Chester and Stoke on Trent, Lancashire and with ecumenical partners.

[www.peertalk.org.uk](http://www.peertalk.org.uk)

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

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.

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

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

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

Phone or text: 07908493880

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

**Deadline date for registration is 13th May 2017**



<https://www.eventbrite.com/e/facing-depression-together-awareness-day-tickets-33290068491>



# Facing Depression Together Awareness Day

An opportunity to learn about depression from a clinical, personal and pastoral perspective, and how the Church can be a good neighbour to those living with depression and their families.

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

**Saturday 20th May 2017**

The Centre, Birchwood Park, Warrington, WA3 6YN

10.00 till 3.30

Lunch provided

**10.00** Registration and refreshments

**10.30** Welcome

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

*A clinical perspective of depression*

**11.15** Shuffle time

**11.25** **State of Mind**

*A personal perspective of depression*

**12.05** Shuffle time

**12.15** **Loving my neighbour 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 Gary Sidley, a former Consultant Clinical Psychologist, will give a clinical perspective of what depression is in easy to understand terms.



### **State of Mind**

Danny Sculthorpe, a former Super League Rugby Prop Forward from State of Mind, a rugby league, mental health and wellness initiative, will give a personal perspective of living with depression.



### **Loving my neighbour with depression**

Stephen G Normanton will give a pastoral perspective on how churches can include and support people with mental health conditions.



### **Challenging stigma**

A dramatic perspective from MFATS (Misery For All To See), a theatrically based organisation that raises awareness about mental health.



### **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.