



Newnham Family Forum: Programme

Saturday October 14 2017, 10am-3.30pm



Tickets will be £18, including a full day of talks and discussion, morning refreshments, and a two course lunch in College Hall. *Nb. To keep costs down for guests, and in response to feedback from previous events, we will be providing one small glass of wine with lunch for those who want it.*

10.00am: **Registration and coffee**

10.30am – 11.15am: **Dr Ros Ridley (NC 1968): *What is Peter Pan All About?***

Dr Ros Ridley is a scientist, cognitive psychologist and Fellow Emerita of Newnham College, and has recently returned from speaking at the Hay Festival. Ros will open the Forum with a fascinating discussion and visual slide show asking what Peter Pan is all about. Ros' talk will explore J. M. Barrie's insights into cognitive development within the context of child mental health with vibrant illumination through her beautiful slides.

11.25am – 11.55am: **Dr Alan Cooklin: *Families and Mental Health***

Alan Cooklin is a family psychiatrist and has led and consulted for a wide variety of child-centred mental health initiatives, including the Family Project for Major Mental Illness for Camden and Islington NHS Foundation Trust, the Marlborough Family Service, and Paediatric Liaison Services for UCL Hospitals. He will explore family and other factors which can promote or undermine children's mental health, and what promotes resilience.

11.55am – 12.20pm: **Michael Brennan: *My Story and My App, Tootoot***

Michael Brennan will explain the background to and his development of an app, Tootoot, which gives young people an easy, confidential and anonymous way to voice their worries to their teachers. Supported in schools by the Department of Education, Tootoot has taken off globally, and now allows thousands of schools to directly tackle bullying, mental health and other concerns through technology.

12.20pm – 12.45pm: **Hannah Plews (NC 1995) & Jade Calder: *Tackling mental health issues in schools.***

Hannah Plews is **the Sixth Form Peer Mentor Group Co-ordinator** at Oldham Hulme Grammar School: she has pioneered a highly successful initiative which uses novel approaches to aid her groups of young people to support themselves and each other, growing their resilience and confidence in the process. She is joined by her year 12 student Jade Calder and they will talk about issues in school from both the teacher's and student's perspective, including the ways Tootoot helps to empower students.

12.45pm – 2.00pm: **Light Lunch in College Hall**

2.00pm – 3.30pm: **Panel Discussion** (and contributions from the floor)

Our speakers join us for a group discussion and we encourage you all to participate too! Ask questions, voice your own thoughts and hear from others: this is an ideal opportunity to talk about these challenges openly, to share experiences and learn from experts in the field.