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## June Newsletter

Mind in Camden News



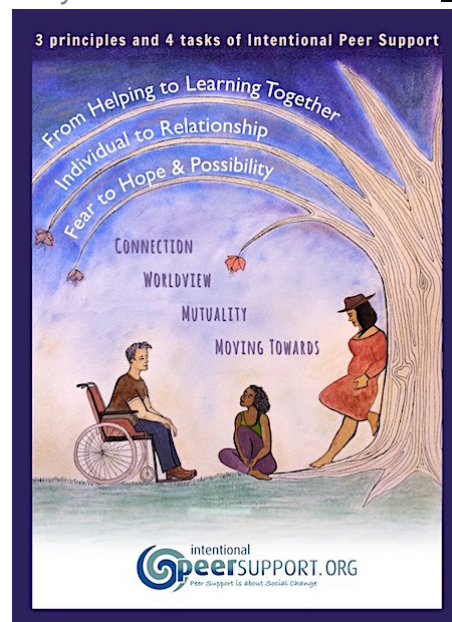
**TONIGHT!**  
Monday 17 June

**OPPORTUNITY TO WORK FOR MIND  
IN CAMDEN**

62 Fieldgate Street, Whitechapel E1 1ES

### [Intentional Peer Support](#)

is a New Hampshire USA organisation with a pioneering track record. IPS is also a process of experimentation and co-creation, which has been compared to musical improvisation. **CHRIS HANSEN**, [Director of Intentional Peer Support](#), will be presenting her work to [tonight's monthly meeting of Friends of East London Loonies](#). All are welcome and no need to book, although early arrival is advised. Download [flyer](#).



*As peer support in mental health proliferates, we must be mindful of our intention: social change. It is not about developing more effective services, but rather about creating*

Worker. **[Voice Collective](#)** supports young people who hear voices, see visions or have other unusual sensory experiences. Funded until 31st March 2020, this post will give the successful applicant an opportunity to develop, implement and supervise an established and renowned project, and manage a small team. Applications are particularly welcome from those with personal experience of hearing voices, seeing visions or having other extra sensory experiences. More details & application form available [here](#). **Closing date: Wednesday 3rd July at 5pm.**

### **NEW SPIRITUALITY & RECOVERY PEER SUPPORT GROUP**

**Lived experience of mental health difficulties?**

**Spirituality or religion important / of interest?**

The group began in April, and is unique in London, for being the only NHS-supported peer support group expressly for people who frame their difficulties in terms of spirituality. We seek to encourage each other to improve or maintain our well-being by:

- co-creating a monthly safe space
- coming together to listen, witness,

relationships.  
– Shery Mead, Founder of IPS

**NEW [MAYTREE](#) RESPITE CENTRE will be opening in Manchester in**

**2020** – You can help make this happen by joining the Maytree team on the London-Brighton Cycle Ride 15th September. REGISTER [HERE](#). Why not go along to their open day on Friday 28th June. Full details in [attached flyer](#).

our stories & any spiritual, religious and cultural perspectives



2nd Friday of the month  
3pm – 4.30pm  
(optional mindfulness: 2.30pm–3pm)  
St John's Church, Broadway,  
Stratford, London E15 1NG  
Enquiries: [elft.SpiritualPeer@nhs.net](mailto:elft.SpiritualPeer@nhs.net)  
[Download flyer](#)

## Mind in Camden Trainings



### LHVN TRAINING

**Hearing Voices Group Facilitation 3-day Training**

19th, 23rd & 24th September

[download flyer](#)[register here](#)

### ABOUT THIS COURSE

This 3-day training course equips you with the knowledge, skills and confidence to set up a new Hearing Voices Group or to co-facilitate an existing one:

- Exploring diverse understandings of voices, visions & 'psychosis'
- Coping strategies and pathways to recovery
- Rethinking power & empowerment
- Planning, launching & establishing safe and effective Hearing Voices Groups
- Practical group facilitation skills and problem solving
- Hearing Voices Network ethos

### WHO IS IT FOR?

Anyone with the motivation and aptitude for working collaboratively and non-judgementally: professionals, service users, people with or without lived experience of voice-hearing, psychologists, MH nurses, O.T.'s, social workers, housing support workers, volunteers, NHS peer workers.

**"One of the best trainings I have ever been on."**

- Trainee from 3-day facilitation training March 2019



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### VOICE COLLECTIVE TRAININGS

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

@VoiceCollective

working with children and young people

who hear voices, see visions, or have sensory experiences others don't

[Supporting Young Offenders Who Hear Voices or See Visions](#)

According to the MoJ, 25% of women and 15% of men in prison hear voices, see visions, or have other unusual sensory experiences. Among young offenders, this figure is likely to be much higher. Some young offenders find their voices or visions comforting or reassuring; others, especially if they have experienced abuse, trauma or adversity, can find them overwhelming or distressing. Such distress can lead young offenders to self-harm, use alcohol/drugs or isolate themselves, however, with support they can and do recover.

**About this workshop:**

This innovative 1-day workshop is brought to you by Voice Collective at Mind in Camden. Founded in lived experience, and the work of our prisons and detention projects, this workshop will present a fresh approach to voice hearing. Providing an introduction to the Hearing Voices Network ethos and approach to voice hearing, it will equip participants with increased understanding, skills and confidence to open up conversations with young offenders about their experiences, and provide support to those in distress.

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**VOICES UNLOCKED TRAININGS**

[www.voicesunlocked.com](http://www.voicesunlocked.com)

@MiCPrisons

working with people in prisons, forensic secure units & IRCs  
with people who hear voices

**Working with Taboo & Violent Voices in Forensic Settings**

3 July, London

[BOOKINGS HERE](#)

Taboo voices are voices which talk about topics that are viewed negatively by the person and/or society. They may feel forbidden or dangerous, with themes of violence or sexuality. They can be challenging to share because they are subjects we don't normally talk about. Opening up a conversation about violent or taboo voices can bring up strong feelings of fear and shame in both the speaker and listener. In a forensic setting, they might also carry additional weight, because of concerns around 'risk'. How can we open up space in Hearing Voices groups to talk about taboo and violent voices?

THE COURSE IS FREE OF CHARGE, AND OPEN ONLY to those who have EITHER facilitated a Hearing Voices Group or Paranoia/Beliefs Group in a prison, forensic unit or immigration removal centre, OR attended a **Voices Unlocked** 3-day Hearing Voices Group facilitation training. **Please email** if you're not sure you meet the requirements. To apply for a place on this training day, please **fill out an Eventbrite application**. We'll then be in touch at a later date to confirm your booking.



## More Mind in Camden News

### **LHVN NETWORK MEETING**

**Tuesday 4th September 2019**

**2pm - 5pm**

**NOTE NEW VENUE ADDRESS**

Mind in Camden

Barnes House

9-15 Camden Rd

NW1 9LQ

**Please let us know** if you will be attending, and encourage your group members to attend. It is a meeting for group members, and anyone interested, as well as facilitators.

Speaker: **MICK MCKEOWN**

Mick is Professor of Democratic Mental Health at the University of Central Lancashire,

and has had a lengthy career as a mental health nurse and researcher, with a longstanding interest in issues of power and equality. He takes a critical view of mental health care. Mick's co-authored article with lead author Helen Spandler [\*Exploring the case for truth and reconciliation in mental health services\*](#) published in the Mental Health Review Journal was selected in July 2018 as an Outstanding Paper in the 2018 Emerald Literati Awards.

## VOICE COLLECTIVE

**For children and young people who hear voices, see visions or have other sensory experiences that others don't.**

On **Wednesdays, 5.15-6.30** we run a **peer support group for 16-25's** who hear voices.

It's a space for young people to connect with other who might be going through something similar, to share experiences, advice and support. The group is co-facilitated each week by 2 members of the Voice Collective team to keep it safe & confidential.

Self-referral form [here](#). Any questions get in touch on [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)

Lastly, Voice Collective recently set up an [\*\*online forum for young voice hearers\*\*](#) (up to 25), their families and professionals who work with them to connect & share experiences, advice and support: The forum is moderated 365 days a year by the Voice Collective team to keep it safe, confidential & anonymous - you can choose a nickname when you apply to join. The online discussion spaces for young people, families and professionals are 100% separate. [See flyer attached.](#)



Events & Conferences

**TONIGHT!**

**Guest speaker: Chris Hansen, Director of Intentional Peer Support**

FEEL meets the third Monday of each month

all welcome

6.30 - 8.30 pm

LARC

62 Fieldgate Street,

Whitechapel E1 1ES

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**Working With Shame**

22 June, Amnesty, London

We all know about shame, we all know what it feels like, but what actually is it? How is it different from guilt? What purpose does it serve? What problem does it solve? How does it manifest in, and how is it affected by, our neurobiology? Most importantly, how can we work with it to alleviate it?

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**Compassionate Mental Health**

24 June, Kingsley Hall, London

**From Isolation to Connection** – a one day gathering exploring peer and network approaches to mental distress. It is a chance for an in depth look at Open Dialogue, also to hear about work that has been pioneered by peers in America – at the Icarus Project, and Intentional Peer Support.

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**An Evening With Nathan Filer**

25 June, Waterstones, Brighton

**BOOKINGS**

Waterstones Brighton welcome award-winning writer Nathan Filer to discuss **The**



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### **[Psychosis: Origins, Experience and Meaning](#)**

26 June, Brighton

**[BOOKINGS](#)**

A one day conference organised by [ISPS UK](#) Southcoast Network in collaboration with Soteria Brighton, Hearing Voices Brighton and the Spiritual Crisis Network Brighton. This ticketed event is open to practitioners, people with lived experience of psychosis, families, carers, academics, researchers and anyone with an interest in the subject of psychosis. Guest speakers: [Professor John Read](#) & [Sascha Altman DuBrul](#).

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### **[Protest Psychosis: Race, Stigma & the Diagnosis of Schizophrenia](#)**

26 June, London

**[BOOKINGS](#)**

This talk will focus on how modern-day American conceptualizations of schizophrenic patients as violent emerged during the civil-rights era of the 1950s-1970s in response to a larger set of conversations about race. Speaker: [Jonathan M. Metz](#)

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### **[Madness and society: pathways to reconciliation](#)**

10 July, London

**[BOOKINGS](#)**

Delivered by [Dr. Mohammed Abouelleil Rashed](#), this FREE event is the Annual Lecture of the Lived Experience Research Group at London South Bank University, with an introduction by [Seth Hunter](#) (from Recreate Psychiatry).

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### **[International ISPS conference 2019: Stranger in the City](#)**

29 August – 1 September 2019, Rotterdam, Netherlands

human reconnection

If you want to submit an abstract you can do it [here](#).

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### **The International Consortium on Hallucination Research**

11–13th September, Durham

Save the date: The Open Day (open to the public and organised by Hearing the Voice) will be on the 11th September. To find out when it's open for registration, keep checking the [ICHR website](#).

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### **World Hearing Voices Congress**

11–13th November, Quebec, Montreal

The 11th World Hearing Voices Congress will be held from 11th to 13th November 2019 in Montreal, Canada – hosted by *The Quebec Association for Psychosocial Rehabilitation* as part of its 19th biennial conference.

[A flyer is available](#) that you can transmit to your networks. As with previous conferences, the first day will be dedicated to [Intervoice](#)'s member networks on 11th November.

The main theme will be *Uniting our voices – to face the future!* the sub-themes will be “inspiring approaches,” “sense of voices”, “spirituality”, “rights”, “diversity”, “experiential knowledge”.

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### **Compassion Focused Therapy for people with attachment trauma and a diagnosis of personality disorder**

24 February 2020, Milton Keynes

This one-day event will feature one of the UK's leading clinicians in CFT, Kate Lucre. Attendees will be shown the science, clinical applications and latest research findings of

### **Drop the disorder: a disorder for everyone**

Discussing the critical questions of the day around the biomedical model in mental health. Multiple events upcoming all the time. Next up will be Cumbria and Birmingham. You can find out more [here](#).



## Opportunities

Please note, by advertising opportunities to participate in research, we don't endorse or recommend either the study or the process.

### **The role of early experiences in hearing voices.**

*Opportunity to help understand the relationship between early childhood experience and hearing voices*

Studies show that 10% of the population hears voices at some point in their lives. Based on research we know that voices are often related with (negative) life experiences. Furthermore, there is some evidence that the actual content of voices is also related those specific life experiences. How this works in not clear yet. Our

those feelings and idea to gain a better understanding of voice content. Sign up to take part in the study [here](#).

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### **Exciting opportunity to shape London wide mental health services**

The Advocacy Project are working with NHS England and Healthy London Partnership to recruit people with lived experience of mental health difficulties (individuals and carers) to feed into a London-wide mental health project called the Adult Mental Health Transformation Programme. **This is a voluntary position.** For more details [click here](#) or [download an application form](#).

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### **Volunteer Peer Support Group Co-facilitator Opportunity**

St Mungo's are looking to recruit a volunteer with lived experience to co-facilitate an established, fortnightly peer support group within a high support, residential mental health project in North Camden. This role would ideally suit someone who has their own experience of attending groups. Attendance on either of the Mind in Camden facilitator training courses (Hearing Voices or Paranoia & Beliefs) is desirable but not essential. We particularly welcome applications from people of colour. To express your interest please contact [kayleigh.whitfield@mungos.org](mailto:kayleigh.whitfield@mungos.org)

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### **Research into human rights on inpatient units: have your say**

From Tarun Limbachya: "You are being invited to participate in a research study exploring people's experience of how their human rights were considered and/or denied during admission to a psychiatric inpatient ward. The research is being conducted by Tarun Limbachya, Trainee Clinical Psychologist, under the supervision of John Read, Professor of Clinical Psychology at the University of East London.

how their human rights were considered and/or denied. This study aims to find out more about these experiences and their impact on people. This is important because having greater knowledge of this topic will hopefully help to improve the experience of people admitted onto inpatient wards.

Participation will involve an interview of about 40-60 minutes at the University of East London. To make it as convenient as possible, I can reimburse you for your travel from anywhere in England, Scotland and Wales in vouchers (Amazon and Love2Shop) or I am willing to travel within 100 miles of London to meet you at a location that suits you.

If you are interested in taking part or would like to find out more about the study, please contact me, [Tarun Limbachya](#). Interviews will be taking place from June 2019."

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### **Participants needed for research exploring the experience of therapeutic services in prison**

**A message from Florentine de Raaij of City University:** "We are looking for volunteers to take part in a study which aims to explore how individuals with mental health distress feel they were therapeutically supported whilst in prison. You would be asked to take part a semi-structured interview, lasting approximately an hour." For more information about this study, or to take part, download [the flyer](#) or download the [participant information sheet](#).

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### **HEAR: Equality and Human Rights Network - is looking for volunteers**

The [HEAR](#) Network is an informal network of London organisations and community groups working to advance equality, understand intersectionality, fight discrimination and achieve social justice. If you want to to help (with administration, events, policy and campaigns), please drop HEAR a line letting them know your background, skills, interests and why you are interested in volunteering, or send a CV to Mhairi by emailing [mhairi@reap.org.uk](mailto:mhairi@reap.org.uk) .

## Maastricht World Survey On Antipsychotic Medication Withdrawal

Have you taken antipsychotic medication (such as Zyprexa, Seroquel, Abilify, Risperdal, Haldol, Geodon, Stelazine, and others), for any condition or diagnosis, with or without other medications? And did you ever stop taking antipsychotics, or try to stop taking them? Are you 18 years or older? If yes, you can [take this survey](#). More information [here](#).



### Translators needed!

#### Do you speak: Vietnamese or Pashto?

Mind in Camden's Voices Unlocked runs Hearing Voices groups inside Immigration Removal Centres. If you can help by translating a 3-4 page document into Vietnamese or Pashto, please email [Akiko](#). We are able to offer £20 supermarket vouchers in return.

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