



A CENTRE FOR HOUSING AND SUPPORT & PAVILION CONFERENCE
LONDON - 25TH FEBRUARY 2010

PROMOTING MENTAL HEALTH AND WELLBEING IN OLDER PEOPLE

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About the conference

With the imminent launch of 'New Horizons', the latest vision for mental health and wellbeing, CHS and Pavilion, coming together for the first time, are delighted to present a programme for professionals delivering Housing-related Support to older and vulnerable client groups and providers of Older Persons' services.

At any one time 1 in 6 people have a mental health problem; older and vulnerable people experience a disproportionately high level of mental ill health, and as many as 2.4 million people aged over 65 experience depression - much of which could be prevented.

The Government's New Horizons strategy makes mental health everyone's business. As providers of services to older and vulnerable people, you have a pivotal role to play in helping some of the most vulnerable members of society achieve good mental health and wellbeing. The aim of this conference is to raise awareness of the issues, some of the key changes in policy and practice and to help prepare you and your service for the challenges ahead.

Carefully selected government speakers, thought leaders and practitioners in the fields of mental health, older people, health and wellbeing and housing-related support will present thought provoking, stimulating plenary sessions and workshops, to inform strategic decisions in your organisation and enhance the delivery of your service.

Our chairperson - Claire Rayner



We are delighted that Claire Rayner OBE, distinguished writer and broadcaster will chair this event. Probably best known as the UK's leading 'Agony aunt', Claire was once voted second place in the Mintel survey: The woman most British people would regard as a role model. She was also named Medical Journalist of the year by the Medical Journalists' Association, and was awarded the OBE for services to

women's issues and health issues. Claire has been involved for many years with the Fundraising SAGE committee of Help the Aged and frequently sits on Government groups and committees including The Royal Commission on the long-term care of the elderly (1998/99).

You will hear about:

- the New Horizons strategy and the role of housing-related support and older persons services
- the latest recommendations from the UK Inquiry into Mental Health and Wellbeing in Later Life
- the Personalisation agenda and mental health
- the policy and service framework for mental health
- the issues and challenges faced by residents and providers
- strategies for promoting mental health and wellbeing and improving services
- guidelines and recommendations for local implementation and practice.

Is this for you?

If you offer services to older and vulnerable client groups this conference is for you!

CHS & Pavilion welcome delegates from Housing-related Support for older and vulnerable client groups, Older Persons services and Voluntary and Third Sector organisations.

The blend of plenary sessions and workshops will appeal to both strategic and frontline staff. They offer a unique opportunity to learn more about the New Horizons strategy, hear practical advice on how to both minimise the risk of mental health problems occurring and help service users with mental health issues, and learn from good practice.

Each speaker will conclude his/her presentation with three, solid, practical action points for you to take away. Of course, the opportunity to meet and interact with other providers and share ideas is always welcome.

Where and when?

ORT House Conference Centre, 126 Albert Street, London, NW1 7NE - 25th February 2010

Cost

£255 includes delegate pack, an action plan checklist, additional resource materials and information, refreshments & lunch.

- £50 discount for early bird bookings - made before 15th January 2010
- 10% discount for CHS members
- Discounts for unwaged/ student/ small voluntary organisations

Unable to attend

Conference presentations and handouts are available on a USB flash drive, after the event. This useful reference costs just £60+VAT

Promotional opportunities on the day

Please contact Julian Everley on 01905 727271 or email at julian.everley@chs.ac.uk to discuss your specific requirements

About CHS and Pavilion

The Centre for Housing and Support provides professional training and support to people involved in the provision of sheltered and supported housing. As well as running educational programmes, short courses and conferences, the Centre maintains a code of practice for Housing-related Support and oversees a national accreditation framework.

Pavilion is the leading publisher and event organiser for those working in social and healthcare fields, whether they work in the statutory, private or voluntary sectors. They publish over 200 training packs, Healthmatters, Mental Health Today and Learning Disability Today magazines

Programme

09.30 am **Registration**

10.00 am **Welcome and introductions by the Chairperson**
Claire Rayner, Broadcaster and Writer

10.10 am **Opening session - New Horizons for Older People**
Ian McPherson, Director, National Mental Health Development Unit, Department of Health

A review of the 'New Horizons' strategy and the implications for older people. The presentation will highlight the position of the promotion of the wellbeing of older people and the challenges service providers will need to take into account when planning for the future.

10.40 am **Promoting Mental Health and Wellbeing in Later Life - promising progress?**
Philip Hurst, National Development Manager, Age Concern/Help the Aged

Recommendations from the independent UK Inquiry into Mental Health and Wellbeing in Later Life based on evidence from older people, organisations and professionals of the key factors which promote good mental health. The presentation will highlight progress against the recommendations to date, ideas from current positive practice and future opportunities.

11.10 am **Refreshments**

11.30 am **Physical activity: better than a pill, but not easy to prescribe!**
Bob Laventure, Consultant, Physical Activity and Older People

An outline of recent evidence relating to physical activity and the mental health of older people, including a summary of current guidance and recommendations on implementation and a series of models of good practice for future use.

12.00 pm **Parallel workshop sessions**
A) An open mind : Supporting residents with mental health issues

Chris Jones, Assistant Manager for Supported Housing, Waterloo Housing Association

Explores the broader role of housing in understanding mental health conditions and promoting good mental health and wellbeing including improvements to the physical environment, how to work effectively with families, neighbours and other agencies, and overcome the conflict and management issues mental health conditions can bring to housing schemes.

B) Volunteer Advocacy and empowering older people who may lack mental capacity

Neil Mapes, Clore Social Fellow

Good practice, resources and successes of a volunteer model of advocacy with older people deemed to lack mental capacity. The workshop looks beyond the label to address the stigma and social exclusion faced by older people with mental health conditions and explores community empowerment and holistic approaches to promoting wellbeing with older people.

C) Mental Wellbeing and Lifelong Learning in Older People

Kathryn James, Programme Director, NIACE

Looks at the impact of lifelong learning on mental health and wellbeing; bringing in examples of good practice and innovation. The workshop discusses the challenges and barriers to participation in lifelong learning for older people and signposts to relevant resources and activity on what delegates need to do next.

D) The role of nutrition in mental health

Donna Adamson, Specialist Dietician, on behalf of the Mental Health Group of the British Dietetic Association

Examines the impact of poor diet and nutrition on the mental health and wellbeing of older people; explores the influence of factors such as lifestyle, isolation, and illness as well as the ageing process. The workshop highlights good practice in facilitating positive change for older people and those with a mental condition.

E) New Horizons for all - practical ideas to make it happen

Jill Hasler, Hasler Training Associates

Explores how supported and sheltered housing can work with other professionals and agencies to address issues highlighted by the New Horizons strategy. The workshop considers the role of providers and how they and their residents can benefit from initiatives such as Memory Cafes.

1.00pm **Lunch**

1.45pm **Workshop sessions repeated**

2.45pm **Refreshments**

3.00pm **"Making it Personal": Housing, Personalisation and the Wellbeing of older people**

Sarah Vallyelly, Research Manager, Housing 21

An overview of personalisation, how older people's housing providers can respond to the challenges it presents and make a significant contribution to this emerging agenda; sharing good practice examples and findings from recent research, including the work of Housing 21's welfare benefits team, on how specialist housing providers can take an inclusive approach to personalisation. The presentation will also explore the broader role of housing in promoting good mental health and wellbeing for older people.

3.30pm **Dealing with depression - now and in the future**

Toby Williamson, Head of Development, Mental Health Foundation

Key factors causing and affecting depression among older people and current thinking on how to respond; drawing on work of the Mental Health Foundation on the benefits of exercise and healthy eating in relation to depression as well as good mental health; concluding with observations about relevant Government policy and demographic, social and economic changes over the coming years that are likely to have an impact on the mental health and wellbeing of older people.

4.00pm **Chair's comments/ Action points**

4.10pm **Close**

