



**CITY** OF GLASGOW  
COLLEGE

#cogcmentalhealth

Friday 8th November 2019 @ City Campus

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Building Resilience for the Future

**MENTAL HEALTH  
CONFERENCE**



## Welcome

I would like to extend a warm welcome to City of Glasgow College's inaugural Mental Health Conference, and to our award winning City campus.

This state of the art facility is the larger of our twin site college estate, designed for 40,000 students and proudly standing tall in the heart of Glasgow's Learning Quarter.

We are honoured to be joined by Claire Haughey MSP, Scottish Government Minister for Mental Health, together with influential industry leaders and academics from across the UK, at this important seminar which seeks to address the challenges we all face in supporting positive mental health.

In the face of an increasingly volatile, uncertain, complex and ambiguous world, education can make a real difference in empowering people to embrace the challenges they are confronted with.

Our goal at City of Glasgow College is to help students and staff enhance their resilience and develop a set of skills to deal with life's challenges.

We are aware of the increasing challenges poor mental health poses to learners of all ages, as well as to our staff, and we have a range of interventions in place to better support those who are living with it.

We are conscious of the need to explore what more can be done, so our Mental Health Conference will look at how educators can proactively embed mental wellbeing into the curriculum.

I hope you enjoy what will I am sure will be a stimulating and thought provoking event.

**Dr. Paul Little, Principal & Chief Executive, City of Glasgow College**

## Agenda

<b>9.30am</b>	<b>Arrival/Coffee/Networking</b>
10.00am	<b>Welcome and housekeeping</b> <i>Conference Host &amp; Facilitator, Amy Irons, BBC Scotland Presenter</i>
10.05am	<b>Opening and Setting the Scene</b> <i>Sheila Lodge, Depute Principal &amp; COO, City of Glasgow College</i>
10.25am	<b>Mark Ames, Director of Student Services, University of Bristol</b> <i>Developing a Strategy</i>
10.50am	<b>Dr Pauline Hanesworth, Head of Learning &amp; Teaching, SRUC</b> <i>Mental Health and Wellbeing: Considering the Curriculum</i>
11.15am	<b>Kate Haining, student of Professor Peter Uhlhaas, Professor of Clinical Psychology &amp; Translational Neuroscience, University of Glasgow</b> <i>Precision Mental Health</i>
11.40am	<b>Professor Susan Powell, Professor of Public Health, Manchester Metropolitan University and Zulfu Jiva, Head of Cross Cutting Programmes for the Greater Manchester Health &amp; Social Care Partnership</b> <i>Shared Services</i>
12.05pm	<b>Q&amp;A</b>
<b>12.15pm</b>	<b>Lunch and Networking</b>
1.00pm	<b>Afternoon Workshops</b>

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## Let Learning Flourish

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