

# GREAT BRITAIN STATE CONFERENCE 2019



## MENTAL HEALTH AND EDUCATION

I was struck by the way the two Chapters happily mixed with each other in a true sense of fellowship

It was really most enjoyable.

*Evelyn Goodsell*



Stylish hotel with good facilities, friendly DKG members, interesting, relevant speakers who held our attention, plus wonderful music -

I could not have asked for more of a DKG State Conference

*Diana Bell*

**Mental health is such a huge issue with so many different facets; I was so impressed with how our conference was able to show how they actually do have a commonality.**

### Words which stayed with me - HOPE & ACHIEVEMENT

#### Lightbulb moments:

\* Michelle, now an ambassador for MENCAP, had the confidence to speak to a room full of educators about the problems she has faced, and still faces, as someone who suffers anxiety mental health issues.

\* The beautiful notes of baroque music played by Ian on a descant recorder, no less, reminded us that music has a power over all of us, and can help promote good mental health

\* Raymond, speaking of the successes of his Recovery College for adults. Summing up, he observed "I feel that my work is only a sticking plaster; if I were setting up my charity now I would be working with younger people."

*Lavinia Soul*



*Anne Goldstein, Penny Kinnear, Helena and Michelle Ornstein, and Amanda Barclay*

A really upbeat day - showcasing challenges and triumphs from those involved in different facets of Mental Health, 'Treat Me Well', 'Music and Bridges' .

*Barbara Kern*



Such an inspiring and heart warming conference, so topical. Delighted that we have chosen Bridge Support as our charity.

*Joan Carroll*



*Raymond Sheehy receives thanks from Hilary Goy.*

### **Devonport Hotel, Greenwich**

We were delighted to return to this hotel where we had experienced a very successful conference two years ago.

After a delicious lunch, we were then ready to appreciate the afternoon session, starting with the musical interlude, with renewed enthusiasm.

Excellent speakers and involvement of our members and visitors, enabled the day to flow easily. I felt that we were engaged throughout in the comfortable surroundings.

*Liz Malik, Gamma Chapter*

Ian Hoggart. PhD kept us really fascinated with his talk followed, after lunch, with a moving rendering on the recorder of Baroque music,

*Ian Hoggart receives thanks from Claire Purcell.*

It was a really fascinating conference. I sometimes think the focus is skewed towards special needs, but this was uplifting.

*Sandra Blacker*

Raymond, for me, epitomised the soul of DKG - even though he's a man and working with adults - mostly male, by the sound of things. But what he said about the importance of beginning with the child, not simply putting a sticking plaster over the problem, rang so true.

*Kathy Hodgson*

Thank you for the warm welcome - it always feels a bit like coming home, and the venue certainly added to it.

The conference was very well thought out / planned, and especially the afternoon speaker was terrific - someone to follow up and maybe ask again?

Congratulations to Diana for receiving the Achievement Award and to Evelyn for being elected State President!

Looking forward already to seeing you all again at your next conference .

*Brigitte Wichmann / Germany*



### **Great Britain State Achievement Award**

Given every second year, this time the recipient was Diana Bell. For many years she has played a very active role in the Society, having taken up many offices, including State President (twice) for Great Britain and been active in Europe.



*Diana Bell receiving the Great Britain State Achievement Award from Liz Malik.*

To lighten proceedings, Kathy Hodgson devised a caption competition based on a photo of Dorothy Haley and Carole Stirling. There were several entries but Kathy chose the one submitted by Wendy Watson - (she is Penny Kinnear's sister, over for a visit from Belfast).

Dorothy had a packet of Gaviscon on her lap. Wendy noticed this and wrote:

***Gaviscon? At our age, everything's gone!***

*It made Kathy laugh out loud when she read it!*

As a first time visitor and with no knowledge of what to expect at the Conference, I was extremely impressed with the enthusiasm, respect and focus shown by and to the audience members and speakers. All displayed the same commitment and empathy regarding the theme. A vast amount of planning was obvious and the varied programme was well balanced.

*Wendy Watson*



After the conference several of us went for dinner at 'The Plume of Feathers' in Greenwich. It was a very pleasant ending to a stimulating day.



*Thanks for photos to Anne Goldstein, Barbara Kern and Lavinia Soul.*