



**Shine**



Supporting people affected by mental ill health

# SPEAK UP: SHINE CONVERSATIONS FOR CHANGE

Join us for a day of raising the voice of lived experience to end mental health stigma, advocating for lasting and effective change in government policies, and think-tank sessions.

**24TH MAY 2023**

**RADISSON BLU, LITTLE ISLAND, CORK**

**SCAN ME!  
TO REGISTER**



## KEYNOTE SPEAKERS



### **Derek Chambers**

General Manager (Policy Implementation) - National Mental Health Operations



### **Sharon Lane**

Chairperson, Reference Group for the National Implementation and Monitoring Committee for Sharing the Vision



### **Karen Leach**

Former Athlete, Keynote Speaker, Advisory Panel member at Sport England, Ambassador and winner at the Headline Mental Health Media Awards



### **Joanne O'Riordan**

"No Limbs, No Limits", activist, columnist, public speaker



## MC

### **Stefanie Preissner**

Irish writer, actress, influencer, activist and columnist and recipient of the Mental Health Champion Award at the Headline Mental Health Media Awards 2022.

## WORKSHOPS

### **THINK TANK MEDIA SESSION**

Facilitated by Headline, this workshop is an opportunity for people to brainstorm ideas on the kind of mental health stories they want to see in Irish media.

### **SHARING YOUR STORY**

Facilitated by See Change Learn about the importance of sharing personal stories from those who have experienced a mental health difficulty and how to do so in a responsible manner.

### **RAISING YOUR VOICE FOR CHANGE**

Co-facilitated by members of the NIMC (National Implementation and Monitoring Committee) Reference Group, this workshop will explore different mechanisms to raise the voice of people with lived experience, family members and supporters to influence policy, legislation and the provision of mental health services in Ireland.