



arts&mindz Symposium 2019

MENTAL HEALTH IN THE ENTERTAINMENT INDUSTRY

Bristol Old Vic - Wednesday 2nd October



#EAMS19

Mental Health in the Entertainment Industry Symposium Schedule

Welcome to our very first Equity ArtsMinds Symposium. There will be plenty of discussions taking place throughout the day, as well as a chance to mingle over lunch and interact during our Open Space Discussion.

Share your thoughts using **#EAMS19**

- 09:30** Doors open, registration
- 10:00** Event starts: Welcome address and housekeeping
- 10:15 – 11:15** **Panel discussion 1:**
Support for Mental Health and Wellbeing (filmed)
Addam Merali-Younger – *Equity*
Harry Long – *TALK*
Jane Oakland – *BAPAM Mental Health Clinician*
Scarlett Maltman and Cathy Read – *Industry Minds*
- 11:15 – 11:45** **Keynote speech 1:**
Mental Health First Aid (filmed)
Andy Moss - *unionlearn Projects Officer, SW TUC*
Tracy Sullivan – *MHFA Trainer*
- 11:45 – 12:00** Comfort break
- 12:00 – 13:00** **Panel discussion 2:**
Mental health in the workplace and in education/training (filmed)
Alice Brockway – *Playing Sane*
Judith Desbonne – *BECTU Rep & Psychiatric Nurse*
Andy Warnock – *The Musicians' Union (MU)*
Holly Stoppit – *Director, Facilitator, Dramatherapist, Clown*
- 13:00 – 14:00** Lunch
- 14:10 – 14:40** **Keynote speech 2:**
#time4change Mental Health Charter for the Performing Arts (filmed)
Annemarie Lewis Thomas – *The Musical Theatre Academy (MTA)*
- 14:45 – 15:45** Open space discussion – led by Holly Stoppit
- 15:45 – 16:00** Closing remarks, thanks
- 16:00** End of main conference
- 16:00 – 17:00** TALK session for those who wish to attend

Our Keynote Speakers

Andy Moss

Andy is a project officer in **unionlearn**'s service team, based in Bristol and working nationally since 2016. Unionlearn is the learning and skills organisation of the **Trades Union Congress (TUC)** which works with unions and union learning representatives who support learners and promote and organise workplace learning. Andy has facilitated Mental Health First Aid courses through unionlearn since 2018 to trade union representatives as part of unionlearn's health and wellbeing work. Other areas of his role include organising events and developing materials and resources for union learning reps to support their activity.



www.tuc.org.uk www.unionlearn.org.uk



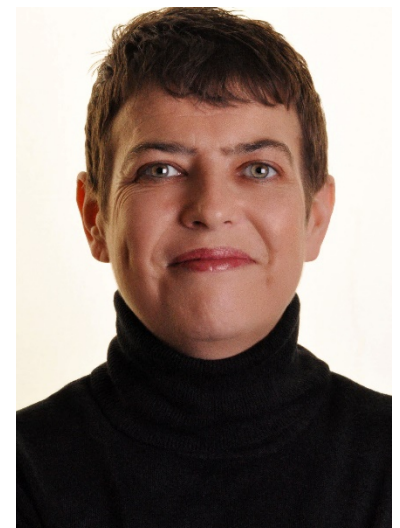
Tracy Sullivan

Tracy Sullivan is a former Arts Centre Director who has recently left a venue to focus on her work as a Mental Health First Aid Trainer. She has a particular passion to support those working in the arts sector having seen and experienced the challenges herself during her 15 years in the industry.

Mental Health First Aid England – www.mhfaengland.org

Annemarie Lewis Thomas

When Annemarie opened **The MTA (The Musical Theatre Academy)** in 2009, it became the first Higher Education college in the UK to operate taking a whole school approach to Mental Health. Right in the middle of the faculty was a mental health specialist who was available (free of charge) to everybody that was connected with the college, including all graduates. They have 24/7/365 access to this service. In 2016 The MTA launched the **#time4change** mental health charter, an initiative which attempted to start a bigger conversation around mental health within our industry. It attempts to change the culture from reactive to proactive when it comes to Mental Health. At this moment in time nearly 130 organisations (theatres, production



companies, agents, drama colleges) have signed up to the charter. In 2017 The MTA became the only organization to have been named as The Stage 'School of the Year' for a second time – in recognition for their work around Mental Health in the industry.

www.themta.co.uk www.time4changementalhealthcharter.com

Panel discussion 1: Support for Mental Health and Wellbeing



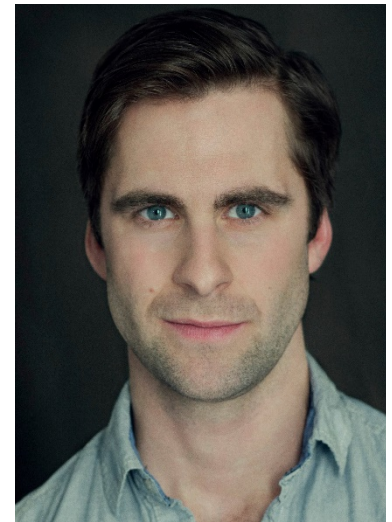
Addam Merali-Younger

Addam is **Equity's** Membership Support Assistant for Bullying, Harassment and Mental Health, and has been in post since January 2018, when the role was created. Prior to joining Equity, he has worked predominantly in volunteering management within the charity sector. He most recently spent 2½ years as a staff member at Samaritans, where he still volunteers on the phones.

Addam is passionate about improving mental wellbeing and creating healthier workplaces. At Equity he provides support, signposting and a listening ear to any members experiencing anything that impacts on their mental health. www.equity.org.uk

Harry Long

Harry is an actor, writer and artistic director of **Shanty Theatre Company**. In 2018, he and fellow actor Christian Edwards started **TALK**, a group aimed at tackling mental health issues and isolation within the entertainment industry. TALK, which initially met weekly and now meets fortnightly, is currently a London based group. An initial meeting has been hosted recently in York, and there are plans to offer sessions in other industry centres. The central goal of the organisation is to create a community for people who may be experiencing similar struggles or frustrations, and to provide a space for them to speak to each other. **TALK on Twitter - @talkcommunity1**



Jane Oakland



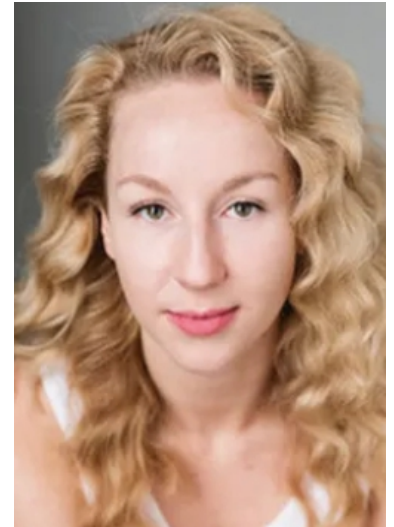
Jane is a professional singer and Music Psychologist. Her interests now lie in the application of evidence based psychological techniques to give practical support for both amateur and professional performing artists. Jane's recent PhD research explored musical career transition and the implications of redundancy for musicians. She continues to publish widely on this subject. She also runs training sessions for actors. www.stresspoints.co.uk

Jane is a trainer with the **British Association for Performing Arts Medicine (BAPAM)**, a national charity, generously supported by Equity, which aims to improve the health of performing artists by providing free clinical assessments, a Directory of expert clinical practitioners and training to prevent ill health. For further information on BAPAM services or to book an appointment, call 0207 404 5888 or email info@bapam.org.uk.

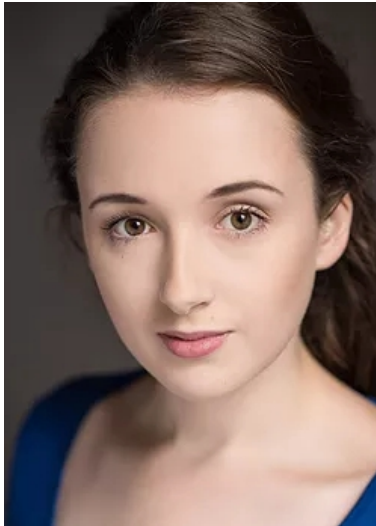
www.bapam.org.uk

Industry Minds - Scarlett Maltman and Cathy Read

Scarlett Maltman and Cathy Read are the founders of **Industry Minds**, a platform which openly supports mental health in the creative arts. Industry Minds offer a free and low cost counselling service for anyone in the creative arts via phone/Skype and 1:1 sessions in London. Scarlett and Cathy are dedicated to change and support when it comes to mental health in the arts and, after the launch of The Industry Minds Awards to mark one year of the



Scarlett Maltman



Cathy Read

platform, they are now focusing on various other avenues of support for creatives in the arts which will launch soon.

Industry Minds has worked with leading drama schools to offer support for students, have hosted live events to create safe spaces to talk and support and have run the counselling service since February 2019.

Scarlett and Cathy both openly talk about their mental health struggles and founded Industry Minds through their own battles in a bid to normalise the conversation in the arts.

Industry Minds on Twitter - @IndustryMindsUK

Panel discussion 2: Mental health in the workplace and in education/training



Alice Brockway

Alice is a professionally trained and experienced actor, and a researcher into mental health and actors. She is currently undertaking a PhD with Manchester School of Theatre (Manchester Metropolitan University) which she is working on part-time in parallel with her work for **Playing Sane**. Alice founded Playing Sane in 2018 to address gaps in the industry conversation around mental health, and hopes that it will provide resources for the industry and a space for people to share their thoughts and experiences.

www.playingsane.org



Judith Desbonne

Judith Desbonne is an experienced Human Givens Psychological Therapist, Supervisor and Director of **Human Wellbeing Ltd** which is a private psychological therapy and wellbeing service based in Bridgwater, Somerset. She works with clients from across the South West region and specialises in all mental health issues, including anxiety, depression and trauma.

She has previously worked as a psychiatric nurse, gaining thirty years of experience in the mental health services having worked with people of all ages. Judith also has training and experience in Playback and Forum theatre and currently works as a freelance supporting artiste. She is a member of **BECTU**.

www.bectu.org.uk

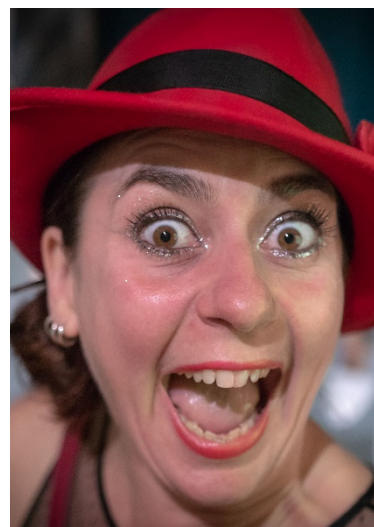
www.humanwellbeing.co.uk

Holly Stoppit

Holly Stoppit is a facilitator, performance skills teacher, university lecturer, performance researcher, theatre director and dramatherapist, specialising in live, interactive, improvised and devised performance that explores the human condition.

Holly creates and delivers unique performance skills / self-development training courses, which help people to cultivate play as a conduit to connection. Through Clowning, Fooling (solo impro) and Mindful Play, Holly offers opportunities for people from all walks of life to explore authentic connection with themselves, their fellow players and audiences.

Holly is artistic director of **Beyond The Ridiculous**, a company of Fools who regularly train and perform audaciously authentic solo improvisation. Holly's recent directing work is largely solo autobiographical comedy, exploring themes around mental health and grief. www.hollystoppit.com



Andy Warnock

Andy is the **Musicians' Union (MU)** Regional Organiser for Wales and South West England, and manages the MU's services, advice, campaigns, and outreach work for members and musicians across the region. Andy has a background in classical music and worked in fundraising for Wales Millennium Centre and Welsh National Opera before joining the MU.

www.musiciansunion.org.uk



Equity Bristol & West General Branch - ArtsMinds Symposium Subcommittee:

Gerard Cooke (Lead Coordinator)
Caron-Jane Lyon (Tech support & Filming – Moderator & Chair Equity Online Branch)
Eltjo de Vries (Chair/Secretary Equity Bristol & West General Branch)
Janet Adams (Treasurer)
Corrinne Curtis (Programme Design)
Luke John Emmett (Live Social Media)
Helen Raw (Remote Access Host)

With thanks to:

Louise Grainger, Addam Merali-Younger, Natalie Barker, Simon Curtis – Equity
Nikki Loftus & Lucy Kingston-Drewitt - Fosters Events / Bristol Old Vic
Equity Council
All members & committee members of Equity Bristol & West General Branch
All of our speakers & panel guests
Claire Cordeaux – BAPAM
Frances Dredge - FEU Training
Andy Moss - unionlearn TUC
PCM creative media
Alex York
Polly Tisdall.

Thank you to all Equity Branches, Committees, Staff and Members who have done work in this area in the past.

The funding for this event was made possible thanks to an award to the Bristol and West General Branch from Equity's 'Unknown Funds'. We extend our thanks to all Equity Councillors and Staff who were involved in the approval decision.

WHAT IS AN EQUITY BRANCH?

Equity branches are your local meeting place to discuss current work issues, socialise, get involved in campaigning, training opportunities, and influence the direction of the union. Branches are run by a committee of volunteer members, who are elected every two years.

By being registered to the branch you can also opt in to our monthly e-newsletter which has links to minutes of our previous Meet Ups, as well as articles about the industry both locally and nationally.

You can keep up-to-date with the Bristol & West General Branch via the links on the back page.

Your mental health is really important.

If you have any worries about it then don't be afraid to talk, ask or seek help.

The ArtsMinds information hub is here to help you find sources of support:

www.artsminds.co.uk

ArtsMinds is a collaborative initiative from BAPAM (British Association of Performing Arts Medicine), Equity, Spotlight and The Stage to bring together into one place a raft of resources for performers and creative practitioners facing mental health issues.

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You can talk to the Samaritans, 24 hours a day, 365 days a year.

Call 116 123 for free or go to www.samaritans.org

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If you would like to find out more about other organisations that were mentioned today, then please follow the links provided in the programme. You can also scan the QR Codes below to access the documents referenced; **#time4change Mental Health Charter** and Equity East of Scotland Branch's report on mental health in the entertainment industry "**Sometimes We Are Treated Quite Well**".



time4change Mental Health Charter

www.time4changementalhealthcharter.com



Sometimes We Are Treated Quite Well

bit.ly/equityuk-swataw

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EQUITY BRISTOL & WEST GENERAL BRANCH

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