

# WORLD MENTAL HEALTH DAY FESTIVAL 2020

Join Thrive LDN and the Mayor of London's Peer Outreach Team this World Mental Health Day 2020 for a virtual young Londoner-led festival.

 **Panel discussion**  
 **In conversation with**

 **Workshop**  
 **Performances**

12:00  
13:00

## Welcome and opening performances

**World Mental Health Day Festival 2020 opening video by The Fandangoe Kid**  
**Collection of spoken word, poetry and live music, performed at London's Young Vic theatre**

13:00  
13:45

## Workshop

**Workshop with Kooth**  
(join live via Zoom)

Join the team behind Kooth, a free service which provides anonymous and personalised mental health support for children and young people.

## In conversation with

Ahmed Mohammed (You vs You) and Chinelo 'Queenie' Chizea

## Panel discussion

**How can arts and cultural activities support young people's emotional wellbeing and help build resilience?**

- Kay Rufai, S.M.I.L.E-ing BOYS PROJECT (panel chair)
- Refeia Begum, Trapped in Zone One
- Sandra Nakigagga, Mayor of London's Peer Outreach Worker
- Alfie Kingsnorth, Mayor of London's Peer Outreach Worker

13:45  
14:00

## Performance from Laughta

Laughta is a rising star who grew up in London and started rapping in the UK Grime Scene. Ahead of a special World Mental Health Day Festival performance, Laughta shares her own experience of finding support and the importance of talking about and looking after your mental health.

14:00  
14:30

## Performances

Collection of spoken word, poetry and live music, performed at London's Young Vic theatre

## In conversation with

Kismet Meyon and Glory Talks

14:30  
15:00

## Short break

Any time content is available to watch on the Thrive LDN website

15:00  
15:45

## Workshop

**Sing Live Again with Melissa James** (join live via Zoom)

Join singer-songwriter Melissa James in a specially held singing workshop for World Mental Health Day. Open to all, regardless of singing experience or ability, this is an opportunity to learn parts to Melissa's song, Live Again, which spearheaded her Big Sing and mental health project, SING4SANE. Be part of an exciting, creative initiative building confidence and raising aspirations.

## Panel discussion

**How can participation in sport create unity and support young people through challenging times?**

- Nana Badu, Badu Sports (panel chair)
- Navjeet Sira, Change Foundation
- Maddy Ford, Change Foundation
- Nana Yaw Antiedu, Badu Sports young participant
- Javaun Bance, Mayor of London's Peer Outreach Worker

15:45  
16:30

## In conversation with

Sanah Ahsan and Jumoké Fashola

## Performances

**Collection of spoken word, poetry and live music, performed at London's Young Vic theatre**

16:30  
17:30

## Workshop

**Spoken Word Poetry Workshop with Write2Speak**  
(join live via Zoom)

Find your creative spark by joining Yossi Goodlink and Tyler Luke Cunningham, the artists behind Write2Speak, for an interactive workshop which will show you that poetry isn't stuck to the traditional formats you think it is.

## Panel discussion

**How can we challenge the status quo and create a fairer society?**

- Sanah Ahsan, poet and psychologist (panel chair)
- Young Warrior, DJ and producer
- Siena Castellon, Mayor of London's Peer Outreach Worker
- Anmol Kaur, Mayor of London's Peer Outreach Worker
- Kamahl Miller, Mayor of London's Peer Outreach Worker

17:30  
18:00

## Performances

**Collection of spoken word, poetry and live music, performed at London's Young Vic theatre**

18:00  
18:30

## In conversation with

Thrive LDN and Thrive Edinburgh come together via live video link to conclude respective World Mental Health Day Festival activities.  
*Speakers to be confirmed. Please refer to the website listing.*

Increasingly young people around the world are coming together to voice their concern and take collective action to address some of the world's biggest challenges, and London is no different. Explore our various activities, workshops and performances, designed to offer a platform to discuss the challenges faced during COVID-19 and explore shared experiences of inequality and issues raised through the Black Lives Matter movement.



Online via: [www.thriveldn.co.uk](http://www.thriveldn.co.uk)



Join the conversation: #ThriveLDN #WMHD2020



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