

WORLD MENTAL HEALTH DAY FESTIVAL 2020

Saturday 10 October
12.00pm - 6.30pm

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.

Plus a special message from award-winning social entrepreneur and youth coach, Amani Slmpson.

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.

15:45
-
16:30

In conversation with

Sanah Ahsan and
Jumoké Fashola

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.

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.

- Mark Rowland, Mental Health Foundation, chief executive (panel chair)
- Frank Ross, The Rt. Hon. Lord Provost of Edinburgh
- Dr Jacqui Dyer MBE, Thrive LDN co-lead and NHS England Mental Health Inequalities Advisor
- Deborah Lauria, Thrive Amsterdam Steering Group member and Cliëntenbelang director
- Priscila Hernandez, young artist, creative and mental health advocate

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

Performances

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

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

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



Join the conversation: #ThriveLDN #WMHD2020



Search 'ThriveLDN' on YouTube