

RIGHTS FOR LIFE

Supporting Recovery and
Ending Discrimination

National Conference | 2-3 June 2015 | Glasgow







WELCOME

Dear Participants,

We are delighted to welcome you to this landmark national conference, Rights for Life: Supporting Recovery and Ending Discrimination.

The Scottish Recovery Network, See Me and Voices Of eXperience have come together to host this two day conference to bring rights and mental health into the heart of national debate in Scotland. The event is timely – the changing political, social and economic landscape makes it really important that the experiences of people with mental health concerns are high in the public consciousness. We know rights are something we all have but we also know that access to those rights can be very unequal in today's society.

This event will give you all an opportunity to explore how the rights of people with mental health problems in Scotland are realised - or not.

ON DAY ONE we will debate and discuss what the issues are and learn from what is already happening about how we can make progress to achieve the fair and equal society we want and need.

ON DAY TWO we will collectively determine what the best way forward will be from this event to make progress on respecting and realising our Rights for Life.

As you will see from the programme we have gained huge support for this event from participants across Scotland's civil society. We would like to thank our Rights for Life Steering Group with participants from the Mental Health Network Greater Glasgow, Scottish Independent Advocacy Alliance and the Scottish Human Rights Commission.

Many more people wanted to take part than we were able to accommodate and many more will be joining our online programme. We would like to thank you all in advance for contributing to what we hope will be a ground-breaking national event bringing rights to life.

Warmest wishes,

Simon Bradstreet
Director, SRN

Judith Robertson
Director, See Me

Joyce Mouriki MBE
Chairperson, VOX

CONFERENCE PROGRAM

DAY ONE | TUESDAY 2 JUNE

DAY ONE

09.00-10.00	Registration and refreshments								
10.00-10.20	Welcome and introductions from SRN, See Me and VOX (live streamed)								
10.30-11.30	KEYNOTE SPEAKERS: Dr. Heather Stuart and Graham Morgan MBE (live streamed)								
11.30-11.45	Break								
11.45-13.00	PARALLEL PANEL DISCUSSIONS AND CONSULTATIONS <table><tr><td>Activism and engagement panel</td><td>Employment and employability panel</td><td>Education, rights and recovery panel</td><td>Fair representation in the arts panel</td></tr><tr><td>The right to an adequate standard of living panel (live streamed)</td><td>Mental Welfare Commission for Scotland consultation</td><td>Scottish National Action Plan for Human Rights consultation</td><td></td></tr></table>	Activism and engagement panel	Employment and employability panel	Education, rights and recovery panel	Fair representation in the arts panel	The right to an adequate standard of living panel (live streamed)	Mental Welfare Commission for Scotland consultation	Scottish National Action Plan for Human Rights consultation	
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The right to an adequate standard of living panel (live streamed)	Mental Welfare Commission for Scotland consultation	Scottish National Action Plan for Human Rights consultation							
13.00-14.00	Lunch								
14.00-15.15	PLENARY PANEL DISCUSSION: CAPACITY AND PARTICIPATION (live streamed) <table><tr><td>Colin McKay (Mental Welfare Commission for Scotland)</td><td>Dr. Heather Stuart (Queen's University, Canada)</td><td>Joyce Mouriki MBE (Voices Of eXperience)</td></tr><tr><td>Ron Coleman (Working to Recovery)</td><td>Pennie Taylor (Chair) (Journalist and broadcaster)</td><td>Shaben Begum MBE (Scottish Independent Advocacy Alliance)</td></tr></table>	Colin McKay (Mental Welfare Commission for Scotland)	Dr. Heather Stuart (Queen's University, Canada)	Joyce Mouriki MBE (Voices Of eXperience)	Ron Coleman (Working to Recovery)	Pennie Taylor (Chair) (Journalist and broadcaster)	Shaben Begum MBE (Scottish Independent Advocacy Alliance)		
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15.15-15.30	Break								

RAMME

DAY ONE

15.30-16.30

PARALLEL SHOWCASES AND CONSULTATIONS

Co-production:
Theatre Nemo /
COPE Scotland

Doing things
differently: Hope
Café / Skye and
Lochalsh CAB
([live streamed](#))

Patient rights and
voices: Patient
Advice and
Support Service /
Patient Opinion

Peer support and
self-management:
SAMH Experience
Counts / WRAP
and other self-
management
approaches

Service change
and SRI 2: NHS
Lanarkshire /
Scottish Recovery
Network

Supported
decision-making:
The Advocacy
Project / Mental
Health Network
Greater Glasgow

SAMH What Next?
consultation

16.30-17.00

Wrapping up day one and looking to tomorrow

DAY TWO | WEDNESDAY 3 JUNE

DAY TWO

09.00-10.00

Registration and refreshments

10.00-11.00

Welcome back, reflections on yesterday and introducing the day ahead

11.00-11.20

Break

11.20-12.00

Rights for Life Café

12.00-13.00

Lunch

13.00-13.30

Rights for Life Café

13.30-14.00

Next steps and conference close

MORNING PARALLEL PANEL DISCUSSIONS AND CONSULTATIONS

Please sign up for your preferred Parallel Panel Discussion or Consultation at the desk in the Grand (Entrance) Hall during Registration. Places are limited to 30 delegates per session and allocated on a first come, first served basis.

You can choose from the following sessions. You can find more information about each session in your delegate pack or by the sign-up desk in the Grand (Entrance) Hall.

**Activism and
engagement panel**

**Employment and
employability panel**

**The right to an
adequate standard
of living panel ([live
streamed](#))**

**Scottish National
Action Plan for Human
Rights consultation**

**Education, rights and
recovery panel**

**Fair representation in
the arts panel**

**Mental Welfare
Commission for
Scotland
consultation**

Use this space as a reminder of your choice:

Session
Room
Location

AFTERNOON PLENARY PANEL DISCUSSION

Capacity and Participation

Participation in decisions that affect us is a cornerstone of rights based and recovery oriented approaches to mental health and wellbeing. Capacity assessments – and therefore decisions as to levels of inclusion in decision-making – are a contentious area in mental health law and practice, particularly with regard to compulsory treatment and hospitalisation.

Chaired by health journalist and broadcaster, Pennie Taylor, the panellists will discuss issues relating to capacity and participation in decision-making, such as the rights to liberty, privacy and equal recognition before the law, as well as choice, control, safety and risk.

Panellists:

Colin McKay (Chief Executive, Mental Welfare Commission for Scotland)

Dr. Heather Stuart (Professor of Community Health and Epidemiology, Queen's University Canada and Bell Mental Health and Anti-Stigma Research Chair)

Joyce Mouriki MBE (Chair, Voices Of eXperience)

Shaben Begum MBE (Director, Scottish Independent Advocacy Alliance)

Ron Coleman (Founder, Working to Recovery)

Location: St. Andrew's Suite, 2nd Floor

Note: this session will be [live streamed](#) and recorded

AFTERNOON PARALLEL SHOWCASES AND CONSULTATIONS

As with the morning sessions, please sign up for your preferred Parallel Showcase or Consultation at the desk in the Grand (Entrance) Hall during Registration. Places are limited to 30 delegates per session and allocated on a first come, first served basis.

You can choose from the following sessions. You can find more information about each session in your delegate pack or by the sign-up desk in the Grand (Entrance) Hall.

**Co-production:
Theatre Nemo /
COPE Scotland**

**Doing things
differently: Hope
Café / Skye and
Lochalsh CAB
(live streamed)**

**Patient rights and
voices: Patient
Advice and Support
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**Peer support and
self-management:
SAMH Experience
Counts / WRAP
and other self-
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**Service change
and SRI 2: NHS
Lanarkshire /
Scottish Recovery
Network**

**Supported decision-
making: The
Advocacy Project
/ Mental Health
Network Greater
Glasgow**

**SAMH What Next?
consultation**

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DAY TWO WORLD CAFÉ

WELCOME TO THE RIGHTS FOR LIFE WORLD CAFÉ!

If day one of Rights for Life was about absorbing information and ideas about rights then day two is all about sharing ideas, building relationship and talking about where we go from here. We will be using the World Café format which is a tried and tested format for mass participation. We will work to create an informal atmosphere of sharing and mutual respect and along the way we'll be trying to have some fun. Our aim for day two is to inform future actions to support the realisation of rights for life in Scotland. The work really starts here and without you we can't make that change!

ENTERTAINMENT, CHILL OUT AND MARKETPLACE

Learn!

Take a wander around the Marketplace in the Ground Floor Glasgow Suite, where a range of organisations are on hand to tell you more about what they do and how to access their services and information. There is also the opportunity to book one-to-one advice sessions with Independent Advocacy Perth and Kinross, Ceartas Advocacy and Citizens Advice Scotland. Simply stop by their stands to organise a chat.

The Marketplace, Glasgow Suite, Ground Floor (Tues 9.00-17.00, Wed 9.00-14.00)

Chill!

Drop by the Chill Out Zone where Reiki Master Lorna McLean and her daughter Rachael are providing relaxing therapies for conference delegates. You can also get creative with artists Gillian Orr and Moira Buchanan who are running a range of arts and crafts activities including felting and puppet making!

Chill Out Zone, Dundee Suite, Second Floor (Tues 9.00-17.00, Wed 9.00-14.00)

Walk!

Maurice from the Scottish Association for Mental Health (SAMH) will be leading a lunchtime walk (approx 20 mins) on both days of the conference. The walking group leaves from the registration desk at 13.30 on Tuesday and 12.30 on Wednesday. Places are limited to 15 people per walk.

Sing!

We're delighted to be joined by In Full Voice, a Glasgow based choir created by the Institute of Research and Innovation in Social Services (IRISS). Led by choirmaster Gregg Muir the group will be performing at various points during day two of the conference. Audience participation encouraged!

Play!

Can you find it? Provided by Glasgow Piano City, whose aim is *to encourage and facilitate a renewed appreciation of acoustic pianos in Glasgow & beyond*, we have placed an acoustic piano somewhere in the venue just waiting to be played - no experience necessary!

PLEASE NOTE: All activities are free of charge and available on a first come, first served basis. Activities are subject to change.

RIGHTS FOR LIFE

DIGITAL



Rights for Life is intended to be as much for an online audience as delegates that attend in person. An online programme will run simultaneously to the venue programme featuring elements such as live streaming, blogging, social reporting and TwitChats.

Rights for Life website - www.rightsforlife.org

This is the 24 hour one-stop-shop for all things Rights for Life! As well as several of the sessions being **live streamed** (see programme) we'll be regularly uploading event content to the website such as blog posts, videos and audio.

Please remember to take a look after the event for the latest news and information to help inform future actions to support the realisation of rights for life in Scotland.

Twitter

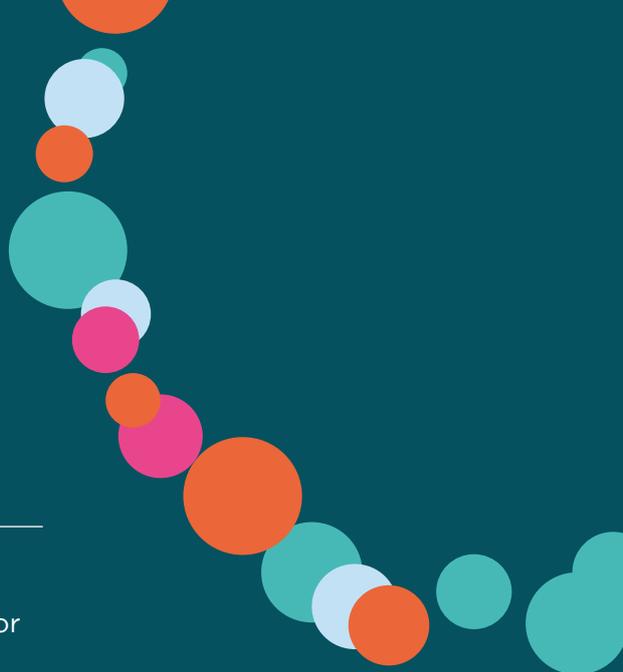
We want as many people as possible talking about human rights, recovery and mental health so please get involved with discussions on Twitter with **#rightsforlife**.

Social Reporters and IRISS.FM

We have a team of social reporters and a reporter from IRISS.FM roving the conference and they might want to speak to you!

Please also feel free to say no to being interviewed.

Join the conversation using #rightsforlife



Media

Some of the conference will be live streamed and some sessions will be audio recorded. A professional photographer will also be taking pictures throughout the event.

Media content will be used on the Rights for Life, SRN, See Me and VOX websites; on social media and in published reports. If you don't want to be in any photos, films or audio content please let a member of SRN, See Me or VOX know.

Support

If you are experiencing any problems during the event please speak to venue staff or someone from SRN, See Me or VOX. There is a dedicated time-out space and support for those who need it.

Contact

Scottish Recovery Network

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Baltic Chambers
50 Wellington Street
Glasgow
G2 6HJ

0141 240 7790
info@scottishrecovery.net
www.scottishrecovery.net

See Me

Brunswick House
51 Wilson Street
Glasgow
G1 1UZ

0141 530 1111
info@seemescotland.org
www.seemescotland.org

Voices Of eXperience

c/o Mental Health Foundation
(Scotland)
5th Floor Merchants House,
30 George Square
Glasgow G2 1EG

0141 572 1663
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