

time to change

let's end mental health discrimination



Event: Pledge to Change

Date: Friday, 10th October 2014; 1:30 pm – 4:30pm

Venue: Salvation Army Building, Canterbury, Kent

Businesses in the Canterbury area will be participating in The Time to Change pledge, which is a public acknowledgment that an organisation wants to tackle mental health stigma and discrimination.

Social Enterprise Kent is joining the growing number of companies committing to end the stigma and discrimination against people with experience of mental health problems by signing a pledge with Time to Change, which is a programme run by the charities Mind and Rethink Mental Illness.

Coinciding with 'World Mental Health' day on the 10th October, Social Enterprise Kent will be holding an event entitled "Pledge to Change" at the Salvation Army in Canterbury from 1.30pm to 4.30pm and all interested organisations are invited to attend. As well as the event itself, they will also be providing a free mental health awareness day for attendees. The event will help promote a better understanding of mental health problems while offering support and welfare advice to staff.

Chief Medical Officer Dame Sally Davies recently commented on the BBC that, "One in four adults suffers some form of mental ill-health all of the time. But what I'm concerned about is how do we support people with mental ill-health who fall out of work. How do we prevent them falling out of work and how do we get them back into the workforce because this is costing us a lot in upset for those people and their families as well as our economy." (<http://www.bbc.co.uk/news/health-29116354>)

Jennie McArdle from Social Enterprise Kent: "The day will be inspiring and I would encourage all employers in the Canterbury area to join us for this event. We have a great line up of speakers including Lynn Marchant from Mindful Employer and Healthy Business, **Jan Mulligan and Angela Brier-Stephenson from Who Cares Wins radio**. It is one not to be missed!"

For further details or to reserve your free seat at the event please call 01227 844449 or email info@sekgroup.org.uk. Spaces are limited.

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Notes to Editors

Social Enterprise Kent (SEK)

SEK has developed a reputation as one of the county's foremost social enterprises, as the professional accessible face of the Kent voluntary, community and social enterprise sector and as an ethical organisation that combines business performance with a commitment to making a positive social impact.

Social Enterprise Kent delivers a wide range of courses to a variety of sectors across Kent. These courses are either delivered on the company's premises, or via open courses. Training can be from short, mandatory training through to diplomas and apprenticeships.

For more information go to www.sekgroup.org.uk

Time to Change

Time to Change is England's most ambitious programme to end the stigma and discrimination faced by people with mental health problems. The programme is run by the charities Mind and Rethink Mental Illness, and funded by the Department of Health, Comic Relief and the Big Lottery Fund.

For more information go to www.time-to-change.org.uk