

Teipgastio

Archwilio canfyddiadau diwylliannol o
salwch meddwl

Typecast

Exploring cultural perceptions of mental
illness

| Hydref 23 October 2015

| Galeri Caernarfon

| 0900 - 1700

Siaradwyr Gwadd / Guest Speakers:

Dr Claire Henderson

Emma Davie

Hannah McGill

Cadfan Roberts

Paul Farmer

Welcome

This year's conference title was selected by one of the people who uses the services of Ynys Môn and Gwynedd Mind. It is an appropriate representation of how people with mental illness are often portrayed in wider society and often by the media.

The arts are a powerful medium to move and to influence people and we aim by today's events and this evening's film screening and Q+A, to indeed: move, challenge, provoke discussion and debate.

Stigma of course thrives everywhere and can also be found within the confines of mental health services themselves, within the attitudes and behaviours of professionals to both clients and fellow colleagues and organisations so it's essential to constantly challenge and reflect on ourselves and ask 'is this really ok and acceptable?'

Ynys Môn and Gwynedd Mind is committed to challenging stigma and working for better outcomes for those experiencing mental health problems. We believe you can create effective change from within and are proud that all staff and volunteers, alongside the necessary skills, have lived experience of mental illness themselves on an individual level, or as a carer or both.

We too have found ourselves at times facing up to ignorance, prejudice and discrimination and have also faced our own internal prejudices, which means we are committed to playing our part in creating communities that are socially inclusive and free from the fear of discrimination.

I would like to thank each member of our team for their absolute commitment to our event and to all our guest speakers:

Claire Henderson, Emma Davie, Hannah McGill, Cadfan Roberts and Paul Farmer who have travelled far to enrich the experience of us all and inspire us to continue with our mission to challenge and change stigma and discrimination.

I would also like to thank our funders and Disability Arts Cymru and Making Minds who are with us today to celebrate this event as part of the Wales wide Mental Health Arts Festival and I'm sure you'll all agree the Galeri is an ideal setting for such an event and we are fortunate to be based here as a team.

We hope you will find it an enjoyable and stimulating experience and enjoy the day.

Clare Bailey

Chief Officer, Ynys Môn and Gwynedd Mind.

Rhaglen / Schedule

9.00-10.00 Cofrestru / Registration

10.00-10.15 Croeso / Welcome

10.15-11.15 Dr Claire Henderson — Dal yn “wallgof” ar ôl yr holl flynyddoedd? / Still “crazy” after all these years?

11.20-12.20 Emma Davie— Cynrychiolaeth o faterion iechyd meddwl mewn ffilmiau dogfen / The representation of mental health issues in documentary film

12.20-13.20 Cinio / Lunch

13.20-13.30— Croeso yn ôl / Welcome Back

13.30-14.30 Hannah McGill — Chwedl yr Athrylith Gwallgof / Myth of the Mad Genius

14.35-15.35 Cadfan Roberts — Hetiau a Chapiau / Hats and Caps

15.35-15.55 Egwyl / Break

16.00-17.00 Paul Farmer a therfyn / Paul Farmer and close

Guest Speakers

Dr Claire Henderson

Mae Claire Henderson yn Uwch Ddarlithydd Clinigol mewn Seiciatreg yn yr Adran Gwasanaeth Iechyd ac Ymchwil Poblogaeth, Athrofa Seiciatreg, Seicoleg a Niwrowyddoniaeth, Coleg King's, Llundain. Mae hefyd yn Seiciatrydd Ymgynghorol Anrhydeddus yn Ymddiriedolaeth Sefydledig y GIG, De Llundain a Maudsley. Mae ganddi ddiddordeb mewn ymyriadau i leihau stigma a gwahaniaethu ac ymyriadau i hyrwyddo gwneud penderfyniadau a rennir ym maes gofal iechyd meddwl. Ar hyn o bryd, hi yw Prif Ymchwilydd gwerthusiad Amser i Newid Coleg King's, Llundain (Cyfnod 2 2011-15).

Claire Henderson is a Clinical Senior Lecturer in Psychiatry at the Health Service and Population Research Department, King's College London Institute of Psychiatry, Psychology and Neuroscience. She is also an Honorary Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust. Her interests are in interventions to reduce stigma and discrimination and interventions to promote shared decision making in mental health care. Currently she is Principal Investigator for King's College London's evaluation of Time to Change (Phase 2 2011-15).

Emma Davie

Mae Emma Davie yn creu rhaglenni dogfen, ac yn dysgu yng Ngholeg Celf Caeredin ar hyn o bryd ac yn bennaeth ar yr adran Ffilm a Theledu. Mae hefyd yn cynghori gyda Sefydliad Rhaglenni Dogfen yr Alban sydd wedi'i leoli yno.

Mae wedi creu ystod eang o raglenni dogfen ar gyfer darlledwyr cenedlaethol a rhyngwladol ac wedi cyfarwyddo ffilm ddogfen yn ddiweddar o'r enw "I am Breathing" gyda Morag Mackinnon, gwneuthurwr ffilmiau ffuglen. Enwebwyd y ffilm am dair gwobr BAFTA yr Alban ac wedi ennill BAFTA yr Alban am y Cyfarwyddwr Gorau. Fe'i dangoswyd mewn dros 50 o wledydd.

Mae Emma wedi creu rhaglenni dogfen ar gyfer Gŵyl Ffilm Caeredin a bu ar furdd EDN am bedair blynedd. Mae wedi cynnal gweithdai ledled Ewrop ac wedi gwasanaethu ar sawl rheithgor. Bu'n diutor rhaglenni dogfen yn y Coleg Ffilm Ewropeaidd yn Nenmarc am flwyddyn. Mae'n cyfrannu erthyglau ar gyfer cylchgrawn DOX yn aml. Astudiodd Emma lenyddiaeth Saesneg ym Mhrifysgol Rhydychen.

Yn y gorffennol, mae wedi cynnal sgwrs ar iechyd meddwl a ffilmiau dogfen fel rhan o Wyl y Celfyddydau a Ffilm Iechyd Meddwl yr Alban.

Emma Davie is a documentary maker, currently teaching at Edinburgh College of Art where she is head of Film and TV and advises with Scottish Documentary Institute which is based there.

She has made a wide variety of documentaries for national and international broadcasters and most recently directed a feature documentary called "I am Breathing" with a fiction filmmaker, Morag MacKinnon. This film was nominated for 3 Scottish BAFTA's and won a Scottish BAFTA for Best Director. It played in over 50 countries.

Emma has programmed documentaries for the Edinburgh Film Festival and was on the board of EDN for 4 years. She has taught on workshops throughout Europe and served on many juries. She was documentary tutor at the European Film College in Denmark for a year. She contributes regular articles to DOX magazine. Emma studied English literature at Oxford University.

She has previously given a talk on mental health and documentary film as part of the Scottish Mental Health Arts and Film Festival.

Hannah McGill

Mae Hannah McGill yn adolygydd ffilm, awdur a darlledwr. Mae'n ysgrifennu colofn sinema fisol i gylchgrawn Sight and Sound, yn adolygu llyfrau a ffilmiau i amryw o gyhoeddiadau eraill yn cynnwys The Independent a The Scotsman, ac mae hefyd yn adolygydd rheolaidd i raglenni celfyddydau ar BBC Yr Alban a BBC Radio 4. Mae hefyd yn ysgrifennu ffuglen ac yn darlithio mewn hanes ffilm a newyddiaduraeth ffilm. Rhwng 2005 a 2010 roedd hi'n Gyfarwyddwr Artistig Gŵyl Ffilm Ryngwladol Caeredin, ac mae wedi cyflwyno a chymryd rhan mewn digwyddiadau mewn gwyliau ffilm ledled y byd. Mae'n byw yng Nghaeredin, a'i phrif brosiect ar hyn o bryd yw magu ei hefeilliaid sy'n ddwy flwydd oed.

Hannah McGill is a film critic, writer and broadcaster. She writes a monthly cinema column for Sight and Sound magazine, reviews books and films for various other publications including The Independent and The Scotsman, and is also a regular reviewer for arts programmes on BBC Scotland and BBC Radio 4. She also writes fiction and lectures in film history and film journalism. Between 2005 and 2010 she was the Artistic Director of the Edinburgh International Film Festival, and she has hosted and participated in events at film festivals all over the world. She lives in Edinburgh, where her main project at present is raising her two-year-old twins.

Cadfan Roberts

Mae Cadfan Roberts yn actor Cymraeg sy'n byw'n lleol. Mae gan Cadfan dros 30 mlynedd o brofiad ym maes teledu, ffilm, theatr a theatr mewn addysg. Mae Cadfan yn gadeirydd burdd llywodraethwyr ysgol leol ac yn gynghorydd cymuned. Mae Cadfan wedi chwarae rôl yn y ffilm Human Traffic yn 1999 ac yn nrama S4C Tipyn o Stad. Cadfan oedd yn chwarae'r brif rôl yn y ddrama Gymraeg Mostyn Fflint 'N Aye! a chwaraeodd rôl Glan Morris yn Pobol Y Cwm am wyth mlynedd.

Cadfan Roberts is a Welsh actor who lives locally. Cadfan has over 30 years' experience in television, film, theatre and theatre in education. Cadfan is chairman of the board of governors for a local school and is a community councillor. Cadfan has played roles in the 1999 film; Human Traffic and in the S4C drama; Tipyn o Stad. Cadfan played the central role in the Welsh drama; Mostyn Fflint 'N Aye! and played Glan Morris in Pobol Y Cwm for 8 years.

Paul Farmer

Mae Paul Farmer wedi bod yn Brif Weithredwr Mind, y brif elusen iechyd meddwl sy'n gweithio yn Lloegr a Chymru, ers mis Mai 2006.

Mae'n Gadeirydd Cymdeithas Prif Weithredwyr Sefydliadau Gwirfoddol (ACEVO), prif lais sector elusennau a mentrau cymdeithasol y DU. Mae Paul hefyd yn un o ymddiriedolwyr Sefydliad Banc Lloyds sy'n buddsoddi mewn elusennau sy'n cefnogi pobl i ddianc rhag anfantais ar adegau critigol yn eu bywydau.

Paul yw Cadeirydd Tasglu Iechyd Meddwl y GIG yn Lloegr - gan ddod ag arweinyddiaeth iechyd a gofal ac arbenigwyr yn y maes at ei gilydd, gan gynnwys pobl sy'n defnyddio'r gwasanaethau, i arwain rhaglen o waith i greu Blaenraglen Bum Mlynedd iechyd meddwl ar gyfer y GIG yn Lloegr.

Derbyniodd Paul radd Ddoethur Gwyddoniaeth er anrhydedd o Brifysgol Dwyrain Llundain a chafodd ei ddewis fel y Prif Weithredwr elusen a edmygir fwyaf yng Ngwobrau Elusennau Trydydd Sector a Edmygir Fwyaf 2013.

Paul Farmer has been Chief Executive of Mind, the leading mental health charity working in England and Wales since May 2006.

He is Chair of the Association of Chief Executives of Voluntary Organisations (ACEVO), the leading voice of the UK's charity and social enterprise sector. Paul is also a trustee at Lloyds Bank Foundation which invests in charities supporting people to break out of disadvantage at critical points in their lives.

Paul is Chair of the NHS England Mental Health Taskforce- bringing together health and care leaders and experts in the field, including people using services, to lead a programme of work to create a mental health Five Year Forward View for the NHS in England.

Paul received an honorary Doctorate of Science from the University of East London and was chosen as most admired charity Chief Executive in the Third Sector Most Admired Charities Awards 2013.