

A festival of talks, workshops, films and comedy
promoting positive mental health and wellbeing

BBC RADIO
Northampton

HEADFEST '22

How are you?

Mon 9 May

NORTHAMPTON FILMHOUSE

10.00am – 11.00am

Festival Opening hosted by Helen Blaby

11.30am – 12.30pm

Crisis Café hosted by MIND

1.00pm – 2.00pm

Estelle Randle discusses her mental health lived experience and recovery (St Andrew’s Healthcare)

2.30pm – 3.45pm

My Journey Film Screening + Talk with Kaitlin Shortland

4.30pm – 5.00pm

I’m Not Mad, I’m Me Film Screening

5.30pm – 6.00pm

I’m Not Mad, I’m Me Film Screening

7.00pm – 9.20pm

Encanto Film Screening + Panel Discussion with Assoc. Prof. Eunice Lumsden, Dr Tanya Richardson and Samantha Weekes (UON)

www.royalandderngate.co.uk

Tue 10 May

NORTHAMPTON FILMHOUSE

10.00am – 11.00am

IAPT Talking Therapies hosted by NFHT

11.30am – 12.30pm

Mental Health at Work Training hosted by NFH

1.00pm – 2.00pm

Consultant Clinical Psychologist Charlotte Staniforth (St Andrew’s Healthcare)

2.30pm – 3.30pm

Veteran support workshop hosted by St Andrews Healthcare

4.00pm – 5.00pm

Crisis Café hosted by MIND

6.00pm – 6.30pm

I’m Not Mad, I’m Me Film Screening

7.15pm – 9.00pm

Welcome To Me Film Screening

Box Office 01604 624811

Wed 11 May

NORTHAMPTON FILMHOUSE

10.00am – 11.00am

Dr Cal Cooper hosts a Death Café

11.30am – 12.30pm

Lightbulb Session for teachers and schools hosted by St Andrew’s Healthcare

3.30pm – 4.30pm

Liz Ritchie, from St Andrew’s Healthcare, talks body image and the impact social media can have on it

5.00pm – 7.00pm

The Low-Down Espresso Yourself hosted by NFHT

7.30pm – 9.00pm

Infinitely Polar Bear Film Screening

www.royalandderngate.co.uk

Thu 12 May

NORTHAMPTON FILMHOUSE

10.00am – 11.00am

REDS Recovery College Wellness Toolbox Bitesize Course (St Andrew’s Healthcare)

11.30am – 12.30pm

Patient Recovery Stories hosted by St Andrew’s Healthcare

1.00pm – 2.00pm

Lady Northampton and David Coleman to give cold water swimming talk and wellbeing talk

2.30pm – 5.00pm

A Private War Film Screening + Talk by Pete Spink

5.30pm – 7.15pm

Rafiki Film Screening + Talk by the Low-Down

7.45pm – 10.00pm

A Single Man Film Screening + Talk by Lisa Pearson

Box Office 01604 624811

UNDERGROUND 1

10.30am – 11.30am

Mindful Crafting with Sophia Kyprianou

12.00pm – 2.00pm

Mental Health Awareness Crash Course Workshop hosted University of Northampton Nursing Team

2.30pm – 3.15pm

Guest Speaker Nick Adderley Chief Constable Northants Police

3.30pm – 4.15pm

Guest Speaker Craig Bowler

“I thought it would be a quick and easy way to die, but now I realise I’m lucky to be alive” Craig Bowler lost his legs and an arm in a suicide bid, after he was badly burned by 33,000 volts when he climbed an electricity pylon.”

Now, having found love with the physio that helped him after having prosthetics fitted, Craig is making the most of his second chance.

Join him in conversation with Helen Blaby from BBC Radio Northampton, and Lisa Pearson, suicide prevention lead for NHFT as he talks about coming back from the brink.

4.30pm – 5.30pm

Men’s Mental Health panel discussion

THE CROWN ROOM

11.00am – 12.00pm

Space to Talk Self Care Workshop

1.00pm – 2.00pm

Lightbulb Session for teachers and schools hosted by St Andrew’s Healthcare

2.00pm – 3.00pm

Maternal Mental Health

3.15pm – 4.15pm

Dealing with life’s patterns hosted by Space to Talk

Fri 13 May

NORTHAMPTON FILMHOUSE

10.00am – 11.00am
REDS Recovery College Finding Hope
Course (St Andrew’s Healthcare)

1.30pm – 4.00pm
Happy-Go-Lucky Film Screening + Talk
& Seated Yoga with Dr Sunil Lad (NFHT)

4.30pm – 5.30pm
Consultant Psychiatrist Tim Millward

6.00pm – 7.00pm
CAMHS Live hosted by NFH

7.30pm – 10.15pm
Fame Film Screening + Talk by
Helen Blaby

UNDERGROUND 1

10.30am – 11.00am
Time to Change/Mental Health
Champions Northants

11.15am – 12.15pm
Yoga Mindful Movement

12.30pm – 2.30pm
Mental Health Awareness Crash Course
Workshop hosted by University of
Northampton Nursing Team

2.30pm – 3.30pm
Drumming Therapy with Sol Haven

8.00pm
Johnny & The Baptists

THE CROWN ROOM

11.00am – 12.00pm
Space to Talk Self Care Workshop

2.00pm – 3.00pm
Dealing with Stress hosted by
Space to Talk

Sat 14 May

NORTHAMPTON FILMHOUSE

11.30am
Guided Mental Health Walk with
Dave Askew from Northamptonshire
Walks (meet at cinema)

12.30pm – 1.40pm
My Life As A Courgette Film Screening

2.45pm – 4.20pm
Mary and Max Film Screening

4.30pm
Guided Mental Health Walk with
Dave Askew from Northamptonshire
Walks (meet at cinema)

7.15pm
Eurovision hosted by Helen Blaby

UNDERGROUND 1

10.00am – 11.00am
Yoga Mindful Movement

11.30am – 12.30pm
Mindful Crafting with Sophia Kyprianou

1.00pm – 2.00pm
Drumming Therapy with Sol Haven

8.00pm
Bobby Mair

THE CROWN ROOM

11.00am – 12.00pm
Space to Talk Self Care Workshop

2.00pm – 3.00pm
Wheel of Life hosted by Space to Talk

HEADFEST '22

Mon 9 – Fri 14 May

www.royalandderngate.co.uk