

**BMC MENTAL HEALTH TRAINING WEEKEND**  
Supported by **PLAS Y BRENIN**

**PROGRAMME**

**SATURDAY 12th NOVEMBER 2022**

9.00-10.00      **Welcome, introduction & Black Dog Outdoors case study**  
*Lynn Robinson, Andy Higson*

10.00-12.30      **Morning workshops**  
Choose A, B, C, D

**A    Anxiety and management strategies**    *Dr Rebecca Ranstead*

**B    An introduction to Mental Health first aid**    *Dr Samantha Mc Elligott*

**C    Mental Health services and social prescribing**    *Graeme Hill*

**D    Project updates: Climbing alongside Mental Health**    *Louise Hall*

12.30-13.30      **LUNCH**

13.30-16.00      **Afternoon workshops**  
Choose 1, 2, 3

**1                    Psychology of injuries**                    *Llugwy*  
*Dr Rebecca Ranstead*                    *room*

**2                    Mental Health First Aid refresher**                    *Nantlle*  
*Dr Samantha McElligott*                    *room*

**3                    Safe Caring**                    *Cromlech*  
*Nick Colton*                    *room*

16.00-16.20 TEA & COFFEE BREAK

16.20-17.00 **Closing discussion session**

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**B An introduction to Mental Health first aid** Dr Samantha Mc Elligott

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**D Project updates: Climbing alongside Mental Health** Louise Hall

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**1 Psychology of injuries** *Llugwy room*  
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Dr Samantha McElligott

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Nick Colton

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**WRAP UP**