

Webinar Timetable

27th March 2024

9:30 am
-
10:30 am

Mind's Toolkit

Lead by Karla Burton and James Durcan from Mind

10:30 am
-
11:30 am

Case Studies from around the region

With studies from:

- **Active Essex Foundation:**
Co-Designed CYP training Offer
- **Watford FC Community Sports & Education Trust:**
Empower Project
- **Healthwatch Essex**
Fellas Forum and Adult Mental Health Ambassadors programme

11:30 am
-
1:00 pm

Rethink Mental Illness

Using co-design to be inclusive to those with a mental illness

Close

Closing words from the Regional Network and Mind