

INSTITUTE OF WELFARE



**“Good Mental Health – “Where do we go from here?”
73rd Annual General Meeting
CPD and Networking Event (Value – 5 hours)
Royal Marine Reserve Centre, 351 Merton Road, London SW18 5JX**

10.30 am	Registration & Coffee
10.55 am	Open by Chairman
11.00 am	Majors Richard & Pauline Cook
12.00 noon	Kevin Thomas - “Mental Health – What’s All The Fuss About?”
1.00 pm	Lunch
2.00 pm	Fiona Blair & Keith Osborne
3.00 pm	Tea/Coffee Break
3.30 pm	AGM
3.45 pm	Closing Address

SPEAKERS BIOGRAPHIES:

Fiona Blair

BA(Hons) Public Management, MSc Guidance & Counselling, Relate CC, Dip.Clinical Supervision & Consultancy, Reg. MBACP (Accred), CIW (Vice Chair) Certified Transformative Mediator (ISCT)

Fiona has been working and studying in the field of counselling for nearly 20 years, and during this time has gained a depth of knowledge and experience working in a number of specialist settings, including Relate(NI), Northlands Addiction Treatment Centre, Private Practice in Northern Ireland and as a Health and Well-being Counsellor for the Metropolitan Police. Currently Fiona is the Head of Service for CONTACT – Staff Counselling, Stress Management and Conflict Resolution Service for the Imperial College Healthcare NHS Trust. Her therapeutic approach is integrative and pluri-dimensional, and she is also trained/qualified in Trauma Debriefing and as a Transformative Mediator. Fiona has also been involved in developing and delivering training in a number of subjects, including Stress Management and Resilience, Understanding PTSD and Working Therapeutically with Trauma, Suicide and Self Harm, Understanding the Dynamics of Power and Control, and Responding Effectively to Workplace Conflict

Richard & Pauline Cook

Majors Richard & Pauline Cook are both Fellow members of the Institute of Welfare and served as members for more than three decades. Ordained and Commissioned as Salvation Army Officers in 1978, Majors Richard & Pauline Cook have served both in the UK and Germany in the last 40 years working ‘...to care for the poor, feed the hungry, clothe the naked, love the unloveable and befriend those who have no friends...’ This has very often come at a cost both professionally and personally. Their experience of working with mental health has been extensive. Their work has included working alongside people who have been homeless, affected by addictions, prostitution and rent boys, people with learning difficulties, prisoners and their families, those affected by local and national disasters, children and young people and self-sacrifice. Majors Richard & Pauline Cook’s Window on Mental Health has been and continues to be diverse and challenging and it has been their faith that sustains them. Now in retirement, they continue to provide administrative and welfare support within the Royal Air Force Association in Northamptonshire. They have three Sons; two are married, one engaged and seven grandchildren.

Keith Osborne CIW (Institute Chairman), (RDA Chairman)

Keith is a highly skilled Counsellor and Presenter. He has worked for over 30 years in Organisations such as the Civil Service and Metropolitan Police as well as managing a Occupational Health Service for Havering Council.

He presented an award winning, (1st Place at National Training Awards), mental health package, Shrinking Clouds for the Metropolitan Police. He has been part of the Trauma response teams to terrorist events such as 9/11, 7/7 and the Lee Rigby, Keith Palmer murders.

He has also presented a Suicide Awareness campaign for the Metropolitan Police and put together workshops to support Police and Staff working on the Baby P death. He is currently enjoying retirement from full-time working and pursuing interests his interests in all things sport, nature and music.

Kevin Thomas

Kevin joined OBICM in 2009, initially as a support worker to gain experience in working with brain injury clients, then progressing to become Team Leader, Associate Case Manager and then a Case Manager.

Kevin studied Management at Huddersfield University and has worked extensively in management roles in London, Bristol and Cardiff. In 1995 he qualified as a Counsellor and worked for 12 years in the field of Drugs and Alcohol, counselling and managing complex cases. He also co-ordinated the Needle Exchange Programme in Bridgend and was Chair of the South Wales Hepatitis C Workers Forum.

He has also been a Development Manager for a large international youth charity. Other qualifications include a Certificate in Cognitive Behaviour Therapy, Certificate in Welfare, Diploma in Training and Mental Health First Aid Certificate.

As well as all aspects of Brain Injury, Kevin also provides training in Drug and Alcohol misuse, Sexual Health, Mental Health and Mindfulness.

Kevin actively supports Headway Carmarthenshire as an Executive Committee Member and Treasurer.