

The Design for Living Partnership celebrates 10 years of working together to promote young people's self-esteem and mental well-being

**Lagan Valley Island, Lisburn
11 March 2009**

Programme

- 9.00 am Registration
- 9.30 am **Partnership reflections**
Chair *Dr Brian Gaffney, Chief Executive, Health Promotion Agency*
- 9.45 am **There is no substitute for the 'Real Thing'**
Dr Tony Humphreys, Consultant Clinical Psychologist
- 10.30 am **Getting in early (The Boys Development Programme)**
Trefor Lloyd, Director, Working With Men
- 11.00 am Break for refreshments
- Chair** *Ian Walters, Chief Executive, Action Mental Health*
- 11.15 am **Working with young men**
Dr Ken Harland, Co-director, Centre for Young Men's Studies
University of Ulster
- 11.45 am **Promoting young people's mental health through physical activity**
Professor Ken Fox, Centre for Sport, Exercise and Health,
University of Bristol
- Chair:** *David Guilfoyle, Chief Executive, Youth Council for Northern Ireland*
- 12.15 pm **Self perception of emotional comfort, self esteem, social acceptance and social support : findings from a school survey on wellbeing among 8 to 11 year olds**
Naomi McCay, Health Intelligence Manager and
Dr Diana Gossrau-Breen, Research and Health Development Officer
Health Promotion Agency for Northern Ireland
- 12.35 pm **Looking to the future**
- 1.00 pm **Summary and closing remarks**
David Guilfoyle
- 1.15 pm Lunch