

Empowering Minds Wellbeing Outreach Programme Booklet



AYATI MIND



Date: Saturday, 2ND November 2024

Time: 14:00 - 17:00

Location: Christ Church Newham

663 Barking Road

London, E13 9EX

TABLE OF CONTENTS

- 01 Welcome
- 02 About AyatiMind
- 03 Event Schedule
- 04 Speaker Profiles
- 07 Workshops
- 08 Connecting With Us



Welcome to the Empowering Minds Outreach Event!

Thank you for joining us for this inspiring and educational event, designed to create a safe, supportive space for the community to discuss mental health and wellbeing. We've lined up an impactful series of talks, panel discussions, workshops, and wellness activities that aim to inspire positive change and mental resilience.

Key Focus Areas:

- Promoting culturally sensitive mental and emotional wellbeing through expert-led sessions
- Practical coping mechanisms and tools for improving mental health.
- Addressing stigma and challenges faced by our communities.

Sponsors & Partners

This event is proudly sponsored by the Newham People Powered Places Grant and Christ Church Newham. Thank you for supporting our vision of a mentally healthy community.

ABOUT AYATI MIND

Ayati Mind was founded in 2022, by Daniel Acheampong with the mission to provide culturally appropriate therapy and mental health support, particularly for men from Black, Asian, and Majority Ethnic communities. We believe that effective mental health care starts with understanding cultural nuances, and we are dedicated to breaking down the barriers that often prevent men from seeking the help they need.

What We Offer:

Culturally Sensitive Therapy: Connecting individuals with therapists and life coaches who are sensitive to background, cultural experiences, language, religion etc.

Educational Resources: Tools and guides tailored to specific cultural needs.

Support Groups: Safe spaces for men to share experiences and gain support.

Events & Workshops: Regular events to educate and support our community.

Why We're Here:

Mental health can be a challenging topic, especially for men who often feel the societal pressure to be strong and silent. Ayati Mind aims to provide an inclusive environment where mental health can be openly discussed and supported.

Get Involved with Ayati Mind

If you're interested in joining Ayati Mind's mission to break down barriers in mental health care for global majority communities, we'd love to hear from you!

- **Therapists:** Join our network of culturally sensitive therapists/life coaches and make a real difference in the lives of men from Black, Asian, and Majority Ethnic backgrounds.
- **Volunteers:** Contribute your time and skills to support our events, outreach programs, and educational initiatives.
- **Ambassadors:** Spread the word and become a champion for mental health awareness within your community.
- **Investors:** Support our mission by investing in Ayati Mind's mission to provide accessible culturally sensitive mental health support.

Contact Us

Email: hello@ayatimind.com

Website: www.ayatimind.com

Social Media: @ayatimind



EVENT SCHEDULE

TIME	ACTIVITY	FACILITATOR/SPEAKER	DETAILS
14:00 - 14:20	Registration & Tea/Coffee	Ayati Mind Team/Volunteers	Light music to welcome guests by Charles Acheampong
14:20 - 14:30	Welcome & Introduction to Ayati Mind	Dan Acheampong & Delroy Hall	Overview of the event, housekeeping, and health & safety information.
14:30 - 15:00	Speaker Introductions & Panel Discussion	Delroy Hall (Moderator), Alex Holmes, Ryan Ramirez, Nichola Williams, Shaun Flores	Insightful discussion on mental health, sharing lived experiences, and exploring coping strategies.
15:00 - 15:25	Q&A Session	Delroy Hall	Open forum for attendees to ask questions and interact with the panel.
15:25 - 15:45	Refreshments & Mini Massages	Shirley Macauley, Melloney Richards-Tarka, Marcelina Strozowska	Enjoy refreshments, get a mini massage and visit information booths.
15:45 - 16:15	Workshops Round 1	Noreen Tshibwabwa, Alex Holmes, Ryan Ramirez, Nichola Williams	Choose from four options: Mental Health & Nutrition, Men's Mental Health Talk, The nature of thought, or Trauma Informed Parenting
16:15 - 16:45	Workshops Round 2	Noreen Tshibwabwa, Alex Holmes, Ryan Ramirez, Nichola Williams	Repeat of Round 1 workshops for those who missed earlier sessions.
16:45 - 17:00	Support Group Intro & Feedback	Dan Acheampong & Delroy Hall	Introduction to Ayati Mind's online support group, feedback collection, and sign-up opportunities.
17:00	Event Close		Thank you for attending!

There will be private space available for prayer or a private conversation with one of our Therapists. If you need to, please speak to one of our volunteers.



SPEAKER PROFILES



DAN ACHEAMPONG
Ayati Mind Founder

Dan Acheampong - Founder & CEO of Ayati Mind
Dan's journey with mental health led him to create Ayati Mind. Passionate about bridging the gap in mental health care for global majority communities, Dan combines his lived experience with professional expertise to lead Ayati Mind's mission. Dan's also a music director at Christchurch URC and has recently qualified as a mental health first aider.

Connect with Dan:

LinkedIn: [Daniel Acheampong](#)

Instagram: [@Danielhanmusic](#)

Dr. Delroy Hall - Host/Moderator

Delroy has over 30 years of experience as a counsellor, and extensive keynote speaker experience and has lectured at Harvard University and Boston College Massachusetts, USA. He is currently working with Birmingham Community Health Care Trust and is co-ordinator for a Black Male Suicide Prevention programme for Sheffield Health and Social Care.

As a former 400m hurdler, ranked No 2 in Great Britain in 1979, Delroy keeps fit and is presently training for various aqua bike events in the UK.

To learn more about Dr Delroy visit:

www.delwes.com



DR DELROY HALL
Consultant
Psychotherapist (HOST)



RYAN RAMIREZ
Life Coach

Ryan Ramirez - Panel Member/Workshop Lead

Ryan is a professional life coach who dedicates his work to helping people unlock their full potential and transforming their lives. With a warm, empathetic approach, he creates a space where his clients can feel safe, heard, and empowered. Ryan's insightful coaching helps clients shed limiting beliefs, find their inner joy, and live life with purpose. Whether it's personal challenges or the desire for professional growth, his guidance helps people navigate life's twists and turns with confidence and grace.

Connect with Ryan at:

<https://www.linkedin.com/in/ryanrmrz>



SPEAKER PROFILES

Nichola Williams - Panel Member/Workshop Lead
With nearly 20 years of experience working alongside vulnerable adults and families, Nichola specialises integrative in supporting individuals who have experienced childhood trauma, sexual abuse, and other challenging life events. Her compassionate and culturally sensitive approach has been a guiding force in both her private practice and third-sector roles.



NICHOLA WILLIAMS
Integrative Counsellor

To learn more about Nicola visit:

<https://www.nicholawilliamstherapy.com>

Follow on Facebook: [@nicholawilliamstherapy](#)

Follow on Instagram: [@nicholawilliamstherapy](#)



ALEX HOLMES
Mental Fitness
Coach/Hypnotherapist

Alex Holmes - Panel Member/Workshop Lead
Alex is a renowned speaker and coach focusing on men's mental fitness. His work links minimalism with mental health, helping men declutter their minds and emotional spaces. He empowers them to confront the deep-seated emotions, traumas, and societal expectations that often manifest as burnout, depression, or destructive behaviours.

To learn more about Alex visit:

[www.https://alexholmes.co](https://alexholmes.co)

[Follow on LinkedIn: Alex Holmes](#)

[Listen to the podcast on Spotify: Time to Talk with Alex Holmes](#)

SPEAKER PROFILES



NOREEN TSHIBWABWA
Registered Dietitian

Noreen is a dedicated dietitian with years of experience in helping individuals achieve balanced health through diet and lifestyle changes. Her passion for nutrition stems from a deep understanding of how food impacts both physical and mental well-being. Noreen recognises that food traditions and cultural practices play a significant role in shaping our relationship with food.

Shaun Flores - Lived Experience Panel Member

Shaun's journey of transforming personal pain into purpose has made him a powerful advocate for mental health. He uses his platform to raise awareness about OCD and ADHD within the global majority community.

Connect with Shaun:

LinkedIn: [Shaun Flores](#)

Instagram: [@thshaunflores](#)



SHAUN FLORES
Mental Health
Advocate



SHIRLEY MACAULEY
Massage Therapist

Shirley Macauley is an experienced ITEC-qualified massage therapist and personal trainer specialising in deep tissue and sports massage. With over 30 years of experience in the wellness and care industry, Shirley's approach is focused on supporting both the body and mind. Her therapeutic techniques are designed to help clients relieve physical tension while addressing emotional stress, believing that physical and mental well-being are deeply interconnected.

To learn more about Shirley visit:

www.hmjsportstherapistlifecoach.com

WELLNESS EXHIBITOR(S)



Marcelina Strozowska (Health Promotion Outreach Officer).

Homerton Healthcare NHS Foundation Trust -

Providing insights and learning how to maintain optimal gut health and take simple steps to prevent life-threatening conditions.



AYATI MIND

WORKSHOPS OVERVIEW

01 MENTAL HEALTH & NUTRITION: LED BY NOREEN TSHIBWABWA

Learn how diet impacts mental health and how to make positive changes to your eating habits. Noreen will lead this workshop on nutrition's role in mental well-being, offering practical guidance on how dietary choices can support emotional balance and mental resilience.



02 MEN'S MENTAL HEALTH CONVERSATIONS: FACILITATED BY ALEX HOLMES

An open and honest discussion about the unique challenges faced by men when it comes to mental health. This session will provide a safe space to explore topics such as: toxic masculinity, societal expectations and much more.



03 THE NATURE OF THOUGHT BY RYAN RAMIREZ:

Join Ryan, a seasoned life coach, as he guides you on a transformative journey towards self-discovery and personal growth. This interactive workshop will equip you with practical tools and strategies to boost your self-esteem, build confidence, and live a more fulfilling life.



04 TRAUMA INFORMED PARENTING BY NICHOLA WILLIAMS:

Unpacking the impact of intergenerational trauma and how we can begin to heal the family.



CONNECTING BEYOND THIS EVENT



FEEDBACK & SUPPORT

We value your feedback! Please fill out our feedback form at the registration desk or use the QR code provided in the programme. Your insights help us improve future events and better serve the community.

Thank you for being part of this event. Together, we can empower minds, change narratives, and make mental health a priority for all.



JOIN OUR SUPPORT NETWORK

On WhatsApp

A safe space for all to have open discussions about mental health wellbeing, and support each other through tough times. We talk openly in a non-judgemental space about our struggles, and successes, seek advice and be visible in a world that wants us invisible.



FIND A THERAPIST/COACH

Be the first to know when we launch

Join our waitlist to access our online tool for accessing culturally sensitive therapists, counsellors and life coaches.



We've curated a list of trusted organisations to empower your journey. [Click here](#) to explore valuable tools, insights, and support from partners who share our mission.

We hope this booklet serves as a reminder of today's powerful discussions and inspires you to take action in your own mental health journey. Thank you for attending!





AYATI MIND

CONTACT US

hello@ayatimind.com



[@AYATIMIND](https://www.linkedin.com/company/ayatimind)



[@AYATIMIND](https://www.instagram.com/ayatimind)

www.ayatimind.com