



Supporting men with eating disorders,
carers and families to get their voices heard

Men Get Eating Disorders Too National Conference – Programme

Friday 17TH November, at the Brighthelm Centre in central Brighton

8.45 – 9.15	Arrivals and registration
9.15-10.00	Welcome and introduction: Dave Chawner (Host and MGEDT Ambassador) and Debbie Roche (Chair) followed by Sam Thomas (Founder & Director)
10.50-10.45	Keynote presentation: (<i>'Why We Need to Change the Mental Health Conversation for Boys & Men'</i>) by Natasha Devon MBE (Author and Campaigner)
10.45-11.05	Presentation: (<i>'Body Dysmorphia & 'Muscle Dysmorphia in Men'</i>) Dr Rob Willson (Therapist & Chair of The Body Dysmorphic Foundation),
11.05-11.20	Refreshments break
11.20-11.40	Presentation: <i>'Boosting self-esteem with exercise recovery'</i> Jenny Langley (Author of Boys Get Anorexia Too & Trainer for the Charlie Waller Memorial Trust).
11.40-12.00	James Downs (<i>'Yoga for recovery from eating disorders'</i>) (Eating Disorder & Mental Health Advocate) and MGEDT Trustee
12.00-12.45	Workshops round 1 (Choice of three workshops)
12.45-1.30	Lunch
1.30-1.45.	Presentation: (<i>'Exploring Men and Eating Disorders'</i>) schools film by Sam and Lynn Crilly of 'Hope from Mental Health'
1.45-2.15	Presentation: <i>'Feel Happy Eating Fix'</i> Maggie Morgan and Chris Podszus (Director of Communications & Stakeholder Engagement & Policy, Public Affairs and Research Officer at Fixers UK
2.15-3.00	Workshop round 2 (Choice of three workshops)
3.00-3.15	Refreshments break
3.15-3.35	Presentation: (<i>'Body image in a social society'</i>) Danny Bowman (Mental Health Campaigner for Parliament Street & Founder of Bowman Foundation and MGEDT Trustee
3.35-3.45	Video Presentation: (<i>'No longer Broken: Discovering The Truth Between The Pieces'</i>) Troy Roness (US Eating Disorders Advocate)

3.45-4.00	Video Presentation: (<i>'Muscle Dysmorphia & anabolic-androgenic steroid dependence'</i>) Scott Griffiths (AU Eating Disorders Researcher)
4.00-4.45	Q&A discussion: <i>'How do we improve men and boys body image and self-esteem?'</i>
4.40-5.00	Concluding remarks, feedback and thank-yous

Workshops round 1		
The Norwegian School of Sport Sciences - <i>Adolescent boy's body image, prevalence of disordered eating, dieting and exercise abuse</i> @Auditorium	James Downs <i>Yoga Taster - Mind and (e)Motion</i> @Activities Hall	As You Are – Improving self-esteem in young men & boys @Stanmer Room

Workshops round 2		
The Norwegian School of Sport Sciences - <i>Adolescent boy's body image, prevalence of disordered eating, dieting and exercise abuse</i> @Stamner	James Downs <i>Yoga Taster - Mind and (e)Motion</i> @Activities Hall	Jenny Langley - <i>'Exercise from the Carers Perspective. Striking a balance between harmful over-exercise and beneficial longer term exercise programs.'</i> @Auitorium