

Thursday 14th March, 6pm-8pm

When was your last mental health check?

From Global to Local

The alarming rise in depression, anxiety and stress have resulted in more general awareness about mental illness and health, yet there is still stigma and misunderstanding about many conditions. How can we make sure we are having the right kind of conversations?

TED fellow **Sangu Delle** explains that *'There's no shame in taking care of your mental health'* comedian **Bill Bernat** gives some insight into *'How to connect with a depressed friend'*, founder of The Silver Line, **Sophie Andrews** suggests that *'The best way to help is often just to listen'*.

There are many local initiatives providing support with mental health, but it's difficult to know where to start. Joining the conversation are **Wanda Canton** manager of Peer services at **Mind Hackney and Waltham Forest** and initiator of performance poetry project 'Spoken Minds' and advocate and user of organisation Core Arts, Gary Molloy will explain how they support mental health and wellbeing through creative learning.

Thursday 21st March, 6pm-8pm

The ways we work

Most of us have to work for a living and whether you love it or hate it, the way we work is changing. How can we make work, work better for us?

Psychologist **Barry Schwartz** suggests that *'The way we think about work is broken'* and **Dan Ariely** asks *'What makes us feel good about our work?'* but is this relevant when machines are taking all our jobs anyway? **Daniel Susskind** explores the *'3 myths about the future of work and why they're not true'* and **Jason Shen** says today *'looking for a job - highlight your experience, not your ability.'*

Thursday 28th March, 6pm-8pm

Learning from loss

From Global to Local

Losing a loved one or being made aware of the end of life is undoubtedly one of the most difficult experiences to go through, but what can be learned from experiences of loss and grief?

Jason B Rosenthal gives a candid account on moving on after the death of his wife in *'The journey through loss and grief'*, **Emily Levine** talks with humour about her own terminal illness in *'How I made friends with reality'*, **Amy Green** describes how she made *'A video game to cope with grief'* and **Michelle Knox** suggests that you *'Talk about death while you're still alive'*.

To give us a local perspective to this difficult yet vital conversation are **Geoff Nursey** and grief councillor **Sophie Barrowman** from **The Drop In Bereavement Centre**.

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Thursday 14th February, 6pm-8pm
Who am I? Identity redefined

What happens when you become a different person either through fate or through choice? Never before has personal identity been so up for discussion.

Philosopher **Julian Baggini** asks '*Is there a real you?*' **Sarah Jones** takes us on a playful exploration of identity and invention of self in '*A one-woman global village*', **Janine Shepard** looks a force change stating '*A broken body isn't a broken person*' and **Jackson Bird** explains '*How to talk and listen to transgender people*'.

Thursday 28th February, 6pm-8pm
A silver lining, aging in the 21st Century

From Global to Local

Are attitudes to ageing keeping up with growing life expectancy? We take a look at what it means to grow older today and how we can make aging more fulfilling.

In his talk **Ashton Applewhite** states '*Let's end ageism*', **Paul Tasner** explains '*How I became an entrepreneur at 66*' and **Laura Cartensen** argues that '*Older people are happier*' and **Susan Pinker** suggests that '*The Secret to living longer may be our social life*'.

Local initiative Hello Hackney has been introducing seniors to technology as well as providing a social hub. **Rick Crust** joins us to explain how it works. **Sarah Douglas** and **Hector Dyer** from **Liminal Space** will introduce their research-based project about aging 'Unclaimed' in collaboration with the Wellcome Trust.

Thursday 7th March, 6pm-8pm
Attention please! Dealing with distraction

In an age of constant information and infinite distractions what can we do to pay more attention and engage online and 'In Real Life'.

Sociologist **Zeynep Tufekci** says '*We're building a dystopia just to make people click on ads*' **Jaron Lanier**, has a solution to this in his talk '*How we need to remake the internet*'. What exactly is attention and how do we reclaim it? Asks Neuroscientist **Amishi Jha** in '*How to tame your wondering mind*' and maybe there's a simple antidote to all of this as **Kio Stark** explores in '*Why you should talk to strangers*'.

"Ideas worth spreading." Supporting independent organisers to initiate TEDx events in their own community.