

NLC European & Commonwealth Forums

To mark World Health Day, on Wednesday 7 April 2021 at 6pm, the NLC European & Commonwealth Forums will be discussing Mental Health and Coronavirus

The World Health Organisation (WHO) have said "Fear, worry, and stress are normal responses to perceived or real threats, and at times when we are faced with uncertainty or the unknown. So it is normal and understandable that people are experiencing fear in the context of the COVID-19 pandemic. Added to the fear of contracting the virus in a pandemic such as COVID-19 are the significant changes to our daily lives as our movements are restricted in support of efforts to contain and slow down the spread of the virus. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health".

The discussion will look to learning lessons and looking to a positive future, speakers are:

Lee Dargue, Chair, Liberal Democrat Health and Care Association (LDHCA)

Lee's professional life has, for almost 20 years, involved Occupational Health, Environmental and Sustainability management, teaching and training. Lee's political work included supporting the mental health work of Liberal Democrats in coalition government, and has since continued to work on developing policy and campaigns, mainly around health & care, and education. Lee is most well-known for his work on mental health, having also worked to support the Thrive West Midlands program, as well as implementing wellbeing strategies with employers. Lee has wide experience in media appearances and public speaking, and especially enjoys helping to coach and develop young people to gain more confidence in the media, as well as helping to mentor young people into future candidates for public office.

Professor Kath McCourt CBE, FRCN, President of the Commonwealth Nurses and Midwives Federation

Following a clinical and academic career she is presently a Non-Executive Director of the Newcastle Upon Tyne NHS Hospitals Foundation Trust. In the RCN she has been both a Council Member and Chair of Council as well as chairing RCN International Committee. She is Honorary Colonel of 201 Field Hospital based in Newcastle. Kath is President of the Commonwealth Nurses and Midwives Federation working with the National Nurses Associations and Civil Society Groups. She was awarded a CBE in 2012 for her contribution to nursing. Kath was made a Fellow of the RCN in 2008.

Chair and moderator, James Brown, NLC Commonwealth Forum & NLC European Forum Steering Group

James is an educational consultant who has been involved in senior pastoral care posts in education for over 35 years. He has experience as NED for Mental Health First Aid helping to oversee a programme of government funded training for over 2,000 state school teachers in more than 2,000 state schools as Mental Health First Aiders. He has spoken to businesses such as J P Morgan and his talk "Beginning Brave Conversations" is currently being used in a number school learning community programmes following the recent Children's Mental Health Awareness Week.

Zoom Login

Direct Link - [click here >>](#)

Meeting ID: 994 9572 8912

Passcode: health