



*Real Women
Real Issues
Real Challenges*

Siaradwn Ni Second Annual Conference

Friday, 18th of March 2011 at 9.30 am – 3.30pm

The Orangery

Margam Park

Port Talbot

SA13 2TJ

Chairperson: Mary Burrows

(Co-Chair Mental Health Programme Management Board)

Key note speakers include *Kirsty Williams* AM leader of Welsh Liberal Democrats, *Bethan Jenkins* AM (chair of cross party working group on eating disorders), *Shehla Khan* EYST Manager

- ❖ **The term "*body image*" is thrown around a lot these days, mostly in regards to eating disorders**
- ❖ **Sometimes it is difficult to communicate our emotions and women may 'swallow' their emotions.**
- ❖ **We also hear that young women are more likely to internalise any feelings of inadequacy leaving them vulnerable to self-harm.**

The real women and mental health conference will focus on raising awareness on how these issues can affect women and will encourage the finding of solutions.

Early booking recommended.
Further information available mhmwales.org
COST £20.00

Free places available for people who use mental health services

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