

# IDEAS FESTIVAL 2015



A CULTURAL FESTIVAL TO  
**CONNECT**  
PEOPLE OF ALL AGES

## Hearing Voices? (free event)

*Date: Thursday 29 October*

*Host: Dave Hawkes, Mental Health Lecturer, Anglia Ruskin University Chelmsford*

*Venue: Anglia Ruskin University Chelmsford*

*Time: 7.30pm, free tea and coffee will be served*

What's it like? What is a voice or a thought? What is sanity? What would you say to help? Come and explore voice hearing through the ages, consider what is real and find out about the therapeutic interventions in mental health care. Experience voice hearing yourself during a simulation and learn about new research and support, including what mental health nurses can do to help. Discover the humanness of voice hearing and explore how hearing voices may not be a sign of mental health.

*Booking required: [anglia.ac.uk/communityevents](http://anglia.ac.uk/communityevents) or call 01245 684723*

**A CHANGING CHELMSFORD INITIATIVE SPONSORED BY**



Anglia Ruskin  
University



Chelmsford  
City Council

RSA

**[WWW.CHANGINGCHELMSFORD.ORG/IF2015](http://WWW.CHANGINGCHELMSFORD.ORG/IF2015) #IDEASFESTCHELMS**

