

This seminar with workshops is aimed at individuals and organisations who have been involved in post-tsunami relief work and at those who have otherwise been affected by the Asian Tsunami

AIMS:

- To bring people together to support each other, share experiences and pool strengths
- To explore and identify useful strategies of helping
- To empower participants
- To share and learn from survivors of the tsunami

SATURDAY 3 DECEMBER 2005

9.30am - 5.00pm

Sri Lanka High Commission

13 Hyde Park Gardens

London W2 2LU

Nearest underground station: Lancaster Gate on Central Line

PROGRAMME OUTLINE

09.30	<i>Arrival, registration and coffee</i>
10.00	Welcome
10.15-11.00	Recollections of the Tsunami by survivors
11.00-11.30	<i>Coffee break</i>
11.30-12.45	Workshops include: <ul style="list-style-type: none">a) Emotional impact of helping on volunteers, relief workers and journalistsb) Supporting children and young people - helping children to deal with loss and traumac) Moving on and next steps - relatives of tsunami victims share experiencesd) 'I survived' - experiences of adult tsunami survivors
12.45-13.30	Feedback from workshops
13.30	<i>Traditional Sri Lankan Lunch</i>
14.30-15.30	Main Guest Speaker - Jonathan Steele, Senior Foreign Correspondent, The Guardian
15.30-17.00	Annual General Meeting

Workshops will be facilitated by mental health professionals from the UKSLTG

The UKSLTG is a UK based charity originally set up in 1996 comprising of Sri Lankan and British mental health professionals to address the psychological impact of trauma in Sri Lanka, caused in particular by the civil conflict, through direct non-partisan aid and training with all communities in Sri Lanka

The Executive Committee:

Chair: Dr Anula Nikapota, Hon. Secretary: Mr Kuhan Satkunanayagam, Hon. Treasurer: Dr Shamil Wanigaratne, Dr Harriet Calvert, Mr Padmal de Silva, Dr Kanthi Karalliedde, Dr Shanthy Parameswaran, Dr Sounthy Perinpanayagam, Dr T Rasamuthiah, Dr B Somasunderam, Dr S Srikumar, Dr Athula Sumathipala, Dr Rachel Tribe, Ms Dilanthi Weerasinghe and Prof William Yule

If you would like an opportunity to share your experiences and contribute to future thinking about relief work please join us. Whatever your experience it will be valuable.

Other sources of help will be discussed
Advice and further support will be available
Poster displays and sharing of materials welcome

If you would like to share your work through a poster or visual display, please contact us.

EVENT DETAILS

- COST** £15 per person includes lunch
- APPLICATION** Places are limited and will be provided on a first come first served basis. Please complete the registration form, detach and return it by **20 November** with your payment (cheques payable to **UK-Sri Lanka Trauma Group**) to:
UK-Sri Lanka Trauma Group
Michael Rutter Centre for Children and Young People
De Crespigny Park
London SE5 8AZ
- ENQUIRIES** Telephone: 07957 293907 or 07980 126368
Email: uksrilankatraumagroup@yahoo.co.uk
Website: www.uksrilankatrauma.org.uk



REGISTRATION FORM

After the Tsunami

Please detach completed form and return to: **UK-Sri Lanka Trauma Group,
Michael Rutter Centre for Children and Young People, De Crespigny Park, London SE5 8AZ**

NAME (Prof / Dr / Mr / Mrs / Ms / Miss)

ADDRESS (INC POSTCODE)

TELEPHONE **EMAIL**

NAMES OF OTHER ADULTS ATTENDING

SPECIAL DIETARY NEEDS (PLEASE SPECIFY)

WORKSHOPS Please indicate the workshop you wish to attend, in order of preference, with (1) indicating your first choice:

- EMOTIONAL IMPACT OF HELPING ON VOLUNTEERS, RELIEF WORKERS & JOURNALISTS**
- WORKING WITH CHILDREN - SUPPORTING CHILDREN TO TALK ABOUT LOSS AND TRAUMA**
- MOVING ON AND NEXT STEPS - RELATIVES OF TSUNAMI VICTIMS SHARE EXPERIENCES**
- 'I SURVIVED' - EXPERIENCES OF ADULT TSUNAMI VICTIMS**
- OTHER (PLEASE SPECIFY)**

I ENCLOSE A CHEQUE FOR MADE PAYABLE TO **UK-SRI LANKA TRAUMA GROUP**