

# Improving the Health and Well Being of Children and Adults with Learning Disabilities

A One Day Conference • Hilton Glasgow Grosvenor Hotel

Friday 26<sup>th</sup> April 2013

- knowledge updates
- current developments
- best practice
- networking opportunities



Painting by Pauline Jackson, Project Ability  
[www.project-ability.co.uk](http://www.project-ability.co.uk)

## 3 Easy Ways to Book

- Online: [www.medicapd.com](http://www.medicapd.com)

- Telephone: 0141 270 8097 / 079 6656 1474

- Post 



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People with learning disabilities have higher levels of ill health than the population as a whole and this informative conference is a “MUST” for those who care and support people with learning disabilities. We’ve brought together a super programme which focuses on a range of hot topics on health and well being which will be delivered by inspiring and passionate speakers. *We do hope you will be able to join us!*

### Why attend this event?

- Update and refresh your **knowledge** in a short space of time & hear current information
- Learn about and **share good practice**
- **Hear** and meet key **experts**
- Take away **ideas** and **practical information** which can be applied in your work setting
- A great **networking** opportunity
- **Certificates** of Attendance
- Be **inspired**

### Who should attend

The conference has been developed to be of interest to a multidisciplinary audience including educational professionals from mainstream, special schools, and local authorities, those working in health and social care support settings, voluntary and charity organisations. Others with an interest are welcome to attend.

### Conference details

**Date:** Friday 26<sup>th</sup> April 2013

**Venue:** Hilton Glasgow Grosvenor Hotel,  
1-9 Grosvenor Terrace, Glasgow G12 0TA  
0141 339 8811

**Time:** The conference will start promptly at 9.55am and finish at approximately 4.10pm. Registration will be open from 9.00 - 9.55am.

#### **Cost**

**£198 + vat** including lunch and refreshments

#### **Accommodation**

Glasgow has a wide range of accommodation to suit every budget. For further information and ideas please visit: [www.seeglasgow.com](http://www.seeglasgow.com)

#### **Registration**

**By Post:** To register for this conference, please complete the registration form on the leaflet, detach and return no later than **Monday 22<sup>nd</sup> April 2013**.

**Online:** [www.medicacpd.com](http://www.medicacpd.com)

**Telephone:** 0141 270 8097 / 079 6656 1474

It is advisable book ASAP as places are restricted. Confirmation of booking and further information will be emailed to you. If you have not received confirmation within ten days of submitting your booking please contact us on the above numbers or email [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

# Conference Programme

- 9.00 - 9.55 **Registration and refreshments**
- 9.55 - 10.00 **Welcome and introductions**  
**Morning Chair: Ruth Stark**, Manager, Scottish Association of Social Work
- 10.00 - 10.15 **Opening address: A healthier Scotland for people with learning disabilities**  
**The Scottish Government**
- 10.15 - 10.40 **'Not afraid, not bullied, not hurt'**  
- *A review of vulnerability and resilience in people with intellectual disabilities*  
- *How can professionals and people with intellectual disabilities and their families work together in keeping everyone safe?*  
**Dr Roger Banks**, Consultant Psychiatrist, Head of Programme - Learning Disability, Betsi Cadwaladr University, Local Health Board
- 10.40 - 10.45 **Questions**
- 10.45 - 11.10 **'Making us count' – identifying and improving mental health support for people with learning disabilities**  
**Jill Davies**, Research Programme Manager, Foundation for People with Learning Disabilities
- 11.10 - 11.20 **Questions and discussion**
- 11.20 - 11.45 **Refreshment break**
- 11.45 - 12.10 **'Pathways of Care' for people with learning disabilities and complex care needs**  
- *A joint venture between social work and health*  
**Rona Laskowski**, Network Manager, Learning Disability Managed Care Network, South East and Tayside (S.E.A.T) & **Elaine Kwiatek**
- 12.10 - 12.15 **Questions and discussion**
- 12.15 - 12.40 **Sharing good practice in transition planning**  
*Why transition planning is important, good practice including suggestions & examples of transition planning for nursery to school, primary to secondary and also leaving school. Challenges for mainstream provision and how others have made this work.*  
**Sarah Van Putten**, Family Support Service Manager, Down's Syndrome Scotland
- 12.40 - 12.50 **Questions and discussion**
- 12.50 - 1.55 **Lunch**
- 1.55 - 2.00 **Introduction to the afternoon session**  
**Afternoon Chair: Lindsay Kinloch**, Trainer and the Scottish Consortium for Learning Disability
- 2.00 - 2.25 **Promoting positive behaviour & supporting individuals with learning disabilities and autism**  
**Geoff Evans**, Head of Quality Improvement, Options Group
- 2.25 - 2.30 **Questions**
- 2.30 - 2.55 **'Getting It Right For Every Child and Adult' - Tried and Tested Weight Management Strategies**  
**Jill Alexander**, Dietitian, East & Midlothian Learning Disabilities Teams
- 2.55 - 3.05 **Questions and discussion**
- 3.05 - 3.20 **Stretch break and refreshments**
- 3.20 - 4.00 **Why Walking Works? Using walking as a tool to improve health and wellbeing**  
**Frances Bain**, Operations Manager, Paths for All  
**Just TRI Rugby – Tackling inequality head on by creating inclusive rugby teams**  
**Jamie Armstrong**, Development Director, Trust Rugby International
- 4.00 - 4.10 **Questions, discussion and take home messages**
- 4.10pm **Approx close**

## Registration Form

### Your Details (Please fill in BLOCK CAPITALS)

First name	Surname	
Job title		
Organisation		
Email (required)		
Address		
	Postcode	Telephone
Special diets/mobility		
Purchase order number (if relevant)		

### I wish to attend (please tick the appropriate box)

- Improving the Health and Well being for Children and Adults with Learning Disabilities**

Friday 26th April 2013, £198.00 + £39.60 vat = **£237.60**

**How to Pay:** It is the responsibility of the delegate to ensure payment is made prior to attendance of the event  
(please tick the appropriate box)

- By Cheque:** I enclose a cheque for the appropriate amount made payable to “**Medica Cpd Ltd**” and send with the form to the address below for the attention of Carolyn Fraser.
- By Credit Card:** Please book online at [www.medicacpd.com](http://www.medicacpd.com)  
**Please note:** A small service charge of 3.5% will be added to all credit/debit card payments
- By Invoice:** Please send invoice to if different from above –

Name: (in BLOCK CAPITALS) \_\_\_\_\_

Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Email (required) \_\_\_\_\_ Telephone \_\_\_\_\_

**Purchase order number (if relevant)** \_\_\_\_\_

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box

**Payment: 30 days from the date of the invoice or before the event date (whichever comes sooner).**

Confirmation will only be issued when payment of invoices are received in full, early registration is essential for invoices.

**Terms and Conditions** 1. Your registration constitutes a legally binding agreement. Payment must be received before the event. 2. Cancellation policy: Cancellations will only be accepted in writing. A refund, less an administration charge of £25.00 will be given to all cancellations received before the 28 February 2013. After this date the full fee is payable, regardless if the delegate attends or not. Substitutions can be made if we are notified up to 3 days before the event. “No shows” on the day are liable for the registration fee. 3. The organisers reserve the right to change the programme, speakers and venue as required. 4. In the unlikely event that we have to cancel the event we will issue a refund for the registration fee. We are not responsible for any other costs.

**Data Protection** The personal data that you supply during the registration of these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference Organiser, your name and affiliation may be made available in a list of delegates to both attendees at, and the sponsor(s) of the events. The personal data in the database will be retained by the Conference Organisers unless requested in writing, and may be used to inform you about other appropriate services and events that may be organised in the future.



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Registered in Scotland No: SC404764

VAT Registration nos: 131 3638 40