

# Healthy and Happy: Improving Health and Well-Being for Early Years and Primary School Aged Children

Knowledge updates, current  
developments, best practice &  
networking opportunities

A One Day Conference  
**Thursday 30th April 2015,  
Glasgow**

## *Other Forthcoming Courses*

**Can't Learn, Won't Learn, Don't Care:  
Understanding and Managing ADHD and ODD**  
A Half Day Training Course, 29/04/15, Glasgow

**Supporting Children through Trauma, Loss  
and Bereavement**  
A Half Day Training Course, 29/04/15, Glasgow

Please see inside the leaflet for full details of our  
courses. Discounts available if you wish to book the  
above conference & one of our training courses together,  
please see booking form at the back of the leaflet.



MEDICACPD



Partner organisations:



**Early Years Scotland**  
formerly SPPA

**3 Easy Ways to Book**

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

**Telephone: 0141 638 4098 / 0141 387 4684**

**Post: **

# Improving Health and Well-Being for Early Years and Primary School Aged Children Conference

Children's experience in the early years has a major impact on their future life chances and all children deserve the best start in life and support to fulfil their full potential. MedicaCpd has brought together a fantastic line up of speakers and hot topics to provide you with the latest information and practical advice on health and well-being in early and primary school years so you can best support children.

## Why You Should Attend?

- Update your knowledge on key hot topics on health and well being in one day
- Gain practical information, tips & share best practice
- Listen and learn from our key experts who will make your learning informative as well as fun
- A fantastic opportunity to meet and network with others
- Certificates of Attendance - meet your needs for professional development
- Meet with our exhibitors and gain educational resources
- Go back to your workplace re-energised and inspired - so you can really make a difference!

## Who Should Attend?

This conference is a "MUST" attend event for professionals working with early years and primary school aged children including: nursery managers, owners and staff, primary school teachers, deputy heads, head teachers, classroom assistants, school advisers, local authority education staff and managers, children's centre managers, special education needs co-ordinators, social care staff, child minders, nannies, healthcare professionals, students and those working in voluntary and charity organisations. Others with an interest are very welcome to attend.

## Conference Details:

**Date:** Thursday 30th April 2015

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

**Time:** The conference will commence promptly at 9.55am and finish approximately at 4.15pm.

**Registration cost:** £199 + vat including lunch and refreshments.

## How To Register:

**By Post:** To register for this conference, please complete the registration form, and return no later than **Thursday 23rd April 2015**

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

**Telephone:** 0141 638 4098/0141 387 4684

*It is advisable to 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)*



**Discounts:** Book this conference with any of our training courses and receive a discount!  
**Please Note:** Bookings must be under the same name and made at the same time. Please call the office on 0141 638 4098 if you want to book more than one event.

## Conference Programme

9.15 - 9.55	<b>Registration and Refreshments on Arrival</b>	2.20 - 2.25	<b>Questions</b>
9.55 - 10.00	<b>Welcome from the Morning Conference Chair and Opening Comments</b> <i>Tam Baillie, Scotland's Commissioner for Children and Young People</i>	2.25 - 3.00	<b>Physical Activity and Play</b> • What we know? • Harmful levels of screen time and sitting physical activity and screen time in special populations, e.g. children with ADHD <i>John J Reilly, Professor of Physical Activity and Public Health Science, University of Strathclyde</i>
10.00 - 10.30	<b>Early Identification, Support and Intervention for Children who may have Additional Needs in the Early Years</b> <i>Jane Friswell, Chief Executive, nasen</i>	3.00 - 3.15	<b>Refresh Yourself – Fruit Juice Break</b>
10.30 - 10.35	<b>Questions</b>	3.15 - 3.40	<b>Why Attachment Matters for us All</b> How we can support children with attachment difficulties <i>Barbara Godden &amp; Fiona Lettice, Development Workers for Scottish Attachment in Action</i>
10.35 - 11.05	<b>The Curious Case of ADHD</b> <i>Fintan O'Regan, Consultant in Behaviour and Learning and Specialist in ADHD</i>	3.40 - 3.45	<b>Questions</b>
11.05 - 11.15	<b>Questions and discussion</b>	3.45 - 4.10	<b>"A Song Makes You Feel a Thought." Health, Wellbeing and Songs</b> An engaging and fun session showing how singing and an innovative online tool can help to support children's health and wellbeing. <i>Stephen Fischbacher, Creative Director, Fischy Music</i>
11.15 - 11.40	Refreshment Break and Healthy Snacks	4.10 - 4.15	<b>Questions, Discussion and Closing Remarks</b>
11.40 - 12.05	<b>Good Nutrition From the Start: Hot Topics and Practical Advice</b> • Healthy eating in early years and primary settings • Childhood obesity • From Yuk to Yes! Dealing with fussy eaters • Food intolerance and allergies <i>Dr Laura Stewart RD, Tayside Weight Management Pathway Manager, Perth Royal Infirmary</i>	4.15	<b>Approx close</b>
12.05 - 12.10	<b>Questions</b>		
12.10- 12.35	<b>Promoting the Best Food Safety Standards for our Children</b> • Latest trends and legal aspects • Roles and responsibilities within children's education • Identifying the hazards and managing the controls • Our Acton Plan to promote food safety! <i>Stuart Moffat, Director of Raising Standards, National Training and Development Consultants</i>		
12.35 - 12.45	<b>Questions and discussion</b>		
12.45 - 1.45	<b>Lunch</b>		
1.45 - 1.50	<b>Introductions from the Conference Chair</b>		
1.50 - 2.20	<b>Bouncing Back - Building Resilience in Children and YOURS TOO!</b> <i>Aqualma Murray, Trainer and Consultant in Children's Mental Health</i>		

### Optional Breakout Sessions:

12.10 - 12.45	<b>Helping Deaf Children to Learn</b> This session will explore: Deaf awareness, growing up deaf, my experience , technology in education settings & support for professionals working with deaf children <i>National Deaf Children's Society</i>
2.25 - 3.00	<b>Teaching Young Children about Healthy Eating</b> Find out how <i>Early Years Scotland</i> is making learning about healthy eating fun!
3.00 - 3.45	<b>Happy Healthy Families: Supporting Children with Autism</b> <i>Charlene Tait, Director of Development, Scottish Autism</i>

# Can't Learn, Won't Learn, Don't Care: Understanding and Managing ADHD and ODD

A Half Day Training Course  
Wednesday 29th April 2015,  
Glasgow

Course Tutor:  
Fintan O'Regan  
MA, PGCE, BSc Hons

This course is a "MUST" attend event for all teachers, administrators of schools, youth offending workers, counsellors and all those who work with children and young people. Others with an interest are welcome to attend.




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### 3 Easy Ways to Book

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# Can't Learn, Won't Learn, Don't Care: Understanding and Managing ADHD and ODD Course

This course will demystify and fully explain two complex conditions Attention Deficit Hyperactivity Disorder and Oppositional Defiant Disorder. It will outline both the impact but more importantly a range of successful interventions for management. The course will be taught through a lively mix of presentation, case studies and discussion.

## Key Areas of Focus:

- How ADHD and ODD overlap and impact at school and at home
- ADHD and ODD in Boys and Girls
- The Multi-Modal Management System
- The potential role of medication in supporting children and families

## Course Tutor: Fintan O'Regan, MA, PGCE, BSc Hons



Fin is one of the leading behaviour and learning specialists in the UK and internationally. He has a real passion for his subject matter which is clearly demonstrated when he teaches. Within the UK he is a SEN and Behaviour Consultant for the Schools Network, an associate lecturer for Leicester University, the National Association of Special Needs, the Institute of Education & the Helen Arkell Dyslexia Centre. He is also Vice Chairman of the UK ADHD Network and a board member of the European ADHD Alliance as well as being an author of numerous books.

## Course Details:

**Date:** Wednesday 29th April 2015

**Venue:** Glasgow Caledonian University

**Time:** 1.00 pm - 4.30pm, registration will be from 12.30 - 1.00pm.

**Registration cost:** £99 + vat.

## How To Register:

**By Post:** To register for this course, please complete the registration form, and return no later than **Thursday 23rd April 2015**

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

**Telephone:** 0141 638 4098/387 4684

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**Discounts:** Book this course with our conference on "Improving Health and Well-Being for Early Years and Primary School Aged Children, 30th April 2015 & you can receive a discount!  
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# Supporting Children through Trauma, Loss and Bereavement

A Half Day Training Course  
**Wednesday 29th April 2015**  
**Glasgow**

**Course Tutor:**  
**Aqualma Murray**  
Independent Trainer and Consultant  
in Child Protection and Children's  
Mental Health Needs



*Feedback from Previous Delegates:*

*"Aqualma is an inspirational tutor"*  
Child & Youth Care Worker

*"Practical ideas linked to theory and lots of tips"*  
Social Worker

*"Very relevant"* Nurse

*"Real life case studies and stories"* Teacher




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**3 Easy Ways to Book**

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

Telephone: 0141 638 4098 / 0141 387 4684

Post: 

# Supporting Children through Trauma, Loss and Bereavement Course



## About the Course:

This training course will address the issue of how children and young people cope with trauma, distress and bereavement. We aim to provide you with more understanding in this area and offer practical strategies to equip you in helping children in your care.

## The Course Will Help You To:

- Understand the impact of trauma, loss and bereavement in children and young people.
- Gain skills in relating and communicating effectively with children and young people who have experienced loss and trauma.
- Appreciate the relationship between trauma, loss and the risk of mental illness in children and young people.
- Develop coping strategies and relevant skills when addressing the needs of children/young people who suffer trauma/loss and bereavement.

## Course Tutor: Aqualma Murray, Independent Trainer and Consultant in Child Protection and Children's Mental Health Needs

Aqualma's training style is dynamic, inclusive and valuing of what participants bring and share. Aqualma has worked in social work for over 25 years with a range of services in most care settings including child protection, brain injury and working with physical disabilities. Aqualma has worked as the national lead manager for a charity promoting the rights and wellbeing of children who are looked after by local government and within young offender's institutions, secure children's homes and secure training centres.

## Training Course Details

**Date:** Wednesday 29th April 2015

**Venue:** Glasgow Caledonian University

**Time:** 1.00pm - 4.30pm, registration will be from 12.30 - 1.00pm.

**Registration cost:** £98 + vat.

## How To Register:

**By Post:** To register for this course, please complete the registration form, and return no later than **Thursday 23rd April 2015**

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# Registration Form

## Your Details (Please fill in BLOCK CAPITALS)

First name \_\_\_\_\_ Surname \_\_\_\_\_

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

Organisation \_\_\_\_\_

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

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Special diets/mobility \_\_\_\_\_

Confirmation of your registration and further details will be sent by email. If you would prefer to receive confirmation by post, please tick this box. If you do not receive confirmation of your booking within 10 days please call 0141 638 - 4098 or email carolyn@medicacpd.com

## I wish to attend the following event/s: (please tick the appropriate box)

**CONFERENCE - Health and Well-Being for Early Years and Primary School Aged Children**, £199 + £39.80 vat = £238.80, 30th April 2015

**TRAINING COURSE - Understanding and Managing ADHD and ODD**, £99.00+ £19.80 vat = £118.80, 29th April 2015

**TRAINING COURSE - Supporting Children through Trauma, Loss and Bereavement**, £98.00+ £19.60 vat = £117.60, 29th April 2015

**Discounts - I wish to attend both Health and Well-Being for Early Years and Primary School Aged & Understanding and Managing ADHD and ODD Children**, £265.00 + £53.00 vat = £318.00, 29th & 30th April 2015

**Discounts - I wish to attend both - Health and Well-Being for Early Years and Primary School Aged Children & Supporting Children through Trauma, Loss and Bereavement**, £265.00 + £53.00 vat = £318.00, 29th & 30th April 2015

Group Bookings – Please call the Medica Cpd Office on 0141 638 4098

## How to Pay:

It is the responsibility of the delegate to ensure payment is made **prior to attendance of the event/s**. (Please tick 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 charge of 3.4% will be added to all credit credit/debit card charges)

**By Invoice:** Please send invoice to (if different from above) –

Name (in block capitals) \_\_\_\_\_

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

Organisation \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_ Tel \_\_\_\_\_

Email \_\_\_\_\_

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 due:** 30 days from invoice date 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 **20th February 2015**. 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 this event 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.

Medica Cpd Ltd, Suite 23, 1 Spiersbridge Way, Spiersbridge Business Park, Thornliebank, Glasgow, G46 8NG.

Tel: 0141 638 4098

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Keep Up To Date With Our Forthcoming Events:

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