



**Medica CPD** is a leading provider of high quality continuing professional development in health and well being subjects

In association with  
Human Nutrition



MEDICA CPD

SUPPORTING PEOPLE WITH LEARNING DISABILITIES TO BECOME MORE  
**PHYSICALLY ACTIVE, EAT HEALTHILY  
& MANAGE THEIR WEIGHT**

A One Day Conference

**Thursday 1<sup>st</sup> October 2015, Glasgow**

Continuing Professional Development

Research tells us people with learning disabilities have some of the poorest health of any group in Scotland. Obesity, physical inactivity and poor diet appear more common in individuals with learning disabilities.

This conference is designed to get professionals who care for and support individuals with learning disabilities talking in more detail about this important area. Key experts and experienced practitioners will share knowledge updates, current information, good practice and practical advice, so you can best support individuals with learning disabilities to eat healthily, maintain a healthy weight and be more active.

The conference will also provide a great opportunity to network and exchange ideas - we do hope you will join us!

4 Easy Ways to Book

- Online** [www.medicacpd.com](http://www.medicacpd.com)
- Telephone** 0141 638 4098
- Post** Using the registration form
- Email** Fill in the registration form with Adobe Reader and return with the Submit button, or email to [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)



# SUPPORTING PEOPLE WITH LEARNING DISABILITIES TO BECOME MORE **PHYSICALLY ACTIVE, EAT HEALTHILY & MANAGE THEIR WEIGHT** A One Day Conference

## Who Should Attend?

The conference has been developed to be of interest to a multidisciplinary audience including those from health and social care support settings, public health teams, learning disability teams, schools & colleges, voluntary sector, mental health services, local authorities, including housing, children's services, sports and leisure organisations and others with an interest are welcome to attend.

## Conference Details

|              |  |
|--------------|--|
| <b>Date</b>  | Thursday 1 <sup>st</sup> October 2015  |
| <b>Venue</b> | Macdonald Crutherland House, Strathaven Road, East Kilbride, Glasgow G75 0QZ. Tel 0344 879 9039<br>The hotel is situated in the Southside of Glasgow; 2 miles from East Kilbride centre and is easy to reach by public transport or car, free car parking on site. |
| <b>Time</b>  | The conference will commence promptly at 9.50am and finish approximately at 4.30pm<br>Registration will be from 9.15am   |
| <b>Cost</b>  | £199 + VAT including lunch and refreshments.   |

## How to Register

|                    |   |
|--------------------|---|
| <b>By Post</b>     | To register for this conference, please complete the registration form and return <b>no later than</b> Wednesday 23 <sup>rd</sup> September 2015  |
| <b>Book Online</b> | <a href="http://www.medicacpd.com">www.medicacpd.com</a>  |
| <b>Telephone</b>   | 0141 638 4098 / 0141 387 4684<br>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. |



## Conference Programme

|                      |  |                    |   |
|----------------------|--|--------------------|---|
| <b>9.15 - 9.50</b>   | <b>Registration and Refreshments on Arrival</b>  | <b>1.55 - 2.00</b> | <b>Questions</b>  |
| <b>9.50 - 9.55</b>   | <b>Welcome and Introduction from the Morning Conference Chair</b><br><i>Maura Lynch, Depute Chief Executive, Scottish Consortium for Learning Disability</i>   | <b>2.00- 2.45</b>  | <b>Promoting Wellbeing for Children and Adults with Autism</b> <ul style="list-style-type: none"> <li>▶ Our values and beliefs about people with autism and how these impact on what we do and outcomes</li> <li>▶ Providing meaningful activities, lots of practical examples</li> <li>▶ Supporting with stress and high levels of anxiety</li> <li>▶ Engaging effectively (including communication)</li> <li>▶ The right to be happy and what this means for people with autism</li> </ul> <i>Geoff Evans, Head of Quality Improvement, Options Group</i> |
| <b>9.55 - 10.10</b>  | <b>A Healthier Lifestyle - What Do I Need?</b><br><i>Lindsay Kinloch, Learning Facilitator, Scottish Consortium for Learning Disability</i>  |                    |   |
| <b>10.10 - 10.35</b> | <b>Fit from the Start - Can Paediatricians do Better?</b><br><i>Dr Una Macfadyen, Consultant Paediatrician, NHS Forth Valley</i>   |                    |   |
| <b>10.35 - 10.40</b> | <b>Questions</b>   | <b>2.45 - 2.50</b> | <b>Questions</b>  |
| <b>10.40 - 11.10</b> | <b>Weight Loss and Learning Disabilities</b><br>The evidence base and the WELLDO project<br><i>Dr Catherine Hankey, Senior Lecturer, Human Nutrition, University of Glasgow</i>  | <b>2.50 - 3.05</b> | <b>Stretch and Fruit juice break</b>  |
| <b>11.10 - 11.15</b> | <b>Questions</b>   | <b>3.05 - 3.35</b> | <b>Inclusion Opportunities in Sport for People with Intellectual Disabilities</b><br><i>Gordon McCormack OBE, Chair of Glasgow Disability Sport</i>   |
| <b>11.15 - 11.40</b> | <b>Refreshment Break</b>   | <b>3.35 - 3.40</b> | <b>Questions</b>  |
| <b>11.40 - 12.10</b> | <b>A Community Healthy Eating Programme for Adults with Learning Disabilities in Practice: Waist Winners Too</b><br><i>Nathalie Jones, Dietitian</i>   | <b>3.40 - 4.15</b> | <b>Living well with Down's Syndrome</b><br><b>Case Study - DSSports Programme</b><br><i>Sarah Van Putten, Family Support Service Manager &amp; Depute Chief Executive, Down's Syndrome Scotland</i>   |
| <b>12.10 - 12.15</b> | <b>Questions</b>   |                    | <b>Case Study - Bonnyton Thistle Flyers Football Club - Supporting players to reach their full potential</b>  |
| <b>12.15 - 12.30</b> | <b>Case Study - Promoting Healthy Eating, ENABLE Scotland</b>  |                    | <i>Steven Mair, Disability Sport Development Officer, Vibrant Communities, East Ayrshire Council, John Keast, Coach &amp; Grant Gallagher, Football Development Officer, Bonnyton Thistle Flyers Football Club</i>  |
| <b>12.30 - 12.35</b> | <b>Questions</b>   |                    |   |
| <b>12.35 - 1.20</b>  | <b>Lunch</b>   |                    |   |
| <b>1.20 - 1.25</b>   | <b>Introduction from the Afternoon Conference Chair</b><br><i>Jamie Armstrong, Founder &amp; Development Director, Trust Rugby International</i>   | <b>4.15 - 4.30</b> | <b>Questions and Discussion</b>   |
| <b>1.25 - 1.55</b>   | <b>Physical Activity and Learning Disabilities</b> <ul style="list-style-type: none"> <li>▶ Benefits of exercise for children and adults with learning disabilities</li> <li>▶ Recommendations</li> <li>▶ Barriers and challenges in promoting physical activity in people with learning disabilities</li> <li>▶ Research and interventions</li> </ul> <i>Dr Fiona Mitchell, Research Associate, Department of Physical Activity and Health, University of Strathclyde &amp; Victoria Penpraze, University Teacher, School of Life Sciences, University of Glasgow</i> | <b>4.30</b>        | <b>Close</b>  |

# BOOKING FORM

Supporting People with Learning Disabilities to become more Physically Active,  
Eat Healthily & Manage their Weight, 1<sup>st</sup> October 2015, Glasgow



MEDICA CPD

## Your details

Please fill in BLOCK CAPITALS or with Adobe Reader ([get.adobe.com/uk/reader/](http://get.adobe.com/uk/reader/)) and click Submit to email back

First name  
Job Title  
Email (required)  
Address  
  
Surname  
Organisation  
Tel  
  
Postcode

### 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](mailto:carolyn@medicacpd.com)

## Event attendance

Please tick the box

**I wish to attend the above event - 1<sup>st</sup> October 2015, Glasgow**

£199 + £39.80 VAT = £238.80

Group Bookings - Please call the Medica CPD office on 0141 638 4098

## How to pay

Please tick the appropriate box. It is the responsibility of the delegate to ensure payment is made prior to attendance of the event

**By Cheque** Please write a cheque for the appropriate amount made payable to "Medica CPD Ltd" and send with this booking 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/debit card charges)

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

First name  
Job Title  
Email (required)  
Address  
  
Surname  
Organisation  
Tel  
  
Postcode

Purchase order number (if relevant)

An invoice will be sent to the appropriate person by email. If you would prefer to receive an invoice 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. Cancellations must be made in writing. A refund less an administration charge of £25 will be given to cancellations received before 1st September 2015 after this date the full fee is due, substitutions can be made if we are notified up to 3 days before the event. 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 conference, 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.



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Keep up to date with our forthcoming events at [www.medicacpd.com](http://www.medicacpd.com)