

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



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In association with



# HEALTHY & HAPPY 2016

IMPROVING HEALTH AND WELL-BEING FOR EARLY YEARS  
AND PRIMARY SCHOOL AGED CHILDREN

## A One Day Conference Thursday 21st April 2016, Glasgow

Knowledge Updates on Hot Topics  
Great Speakers  
Best Practice  
Current Developments  
Ideas & Great Fun  
Networking Opportunities

Every child deserves the best possible start in life as there are lifelong effects on many aspects of health and well-being – from obesity, heart disease and mental health, to educational achievement. This year's conference brings together a great programme covering relevant hot topics to provide you with the latest information and practical advice on health and well-being in early and primary school years.

### *Also Announcing*

#### **Building Emotional Well-being and Resilience in Primary School Children**

*A Half Day Training Course  
Friday 22<sup>nd</sup> April 2016, Glasgow*

Please see inside for training course details. Discounts available if you wish to book the conference & training course together.

### 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)



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# HEALTHY & HAPPY 2016

## IMPROVING HEALTH AND WELL-BEING FOR EARLY YEARS AND PRIMARY SCHOOL AGED CHILDREN

### Why You Should Attend?

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- ▶ 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 & practitioners 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.

### Who Should Attend?

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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, depute 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

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<b>Date</b>	Thursday 21 <sup>st</sup> April 2016
<b>Venue</b>	Hilton Glasgow Grosvenor Hotel, 1-9 Grosvenor Terrace, Glasgow G12 0TA Tel 0141 339 8811
<b>Time</b>	The conference will commence promptly at 9:45am and finish approximately at 4:30pm (Registration 9.15am - 9.45am)
<b>Cost</b>	£198 + VAT including lunch and refreshments.

### How to Register

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**By Post** To register for this conference, please complete the registration form and return no later than Thursday 14<sup>th</sup> April 2016

**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)



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# HEALTHY & HAPPY 2016

IMPROVING HEALTH AND WELL-BEING FOR EARLY YEARS AND PRIMARY SCHOOL AGED CHILDREN

## Conference Programme

9.15 - 9.45	<b>Registration and Refreshments on Arrival</b>		
9.45 - 9.50	<b>Welcome and Introduction from the Morning Conference Chair</b> <i>Tam Baillie, Children and Young People's Commissioner Scotland</i>		
9.50 - 10.30	<b>Health of Children in Scotland</b> <ul style="list-style-type: none"><li>▶ A whistle stop tour of common childhood illness.</li><li>▶ Sleep and emotional wellbeing.</li><li>▶ Physical health problems.</li></ul> <i>Dr Patricia D Jackson, Honorary Fellow University of Edinburgh and Vice Convener Children in Scotland</i>		
10.30 - 10.35	<b>Questions</b>	1.10 - 1.15	<b>Questions</b>
10.35 - 11.15	<b>Eat Better, Do Better</b> <ul style="list-style-type: none"><li>▶ Why nutrition matters for children.</li><li>▶ Children's diets in the UK/Scotland.</li><li>▶ The role of childcare, school and home in children's diet: where can we make a difference?</li><li>▶ Next steps for getting children eating better.</li></ul> <i>Dr Patricia Mucavele OBE, Head of Nutrition, Children's Food Trust</i>	1.15 - 2.05	<b>Lunch</b>
11.15 - 11.20	<b>Questions</b>	2.05 - 2.10	<b>Introduction from the Afternoon Chair</b> <i>Jane Brumpton, Depute Chief Executive, Early Years Scotland</i>
11.20 - 11.45	<b>Refreshment Break</b>	2.10 - 2.50	<b>Mellow Parenting: Getting Relationships Right for Parents and Children</b> <i>Dr Christine Puckering, Programme Director, &amp; Alan McMaster, Development Officer, Mellow Parenting</i>
11.45 - 12.25	<b>Tackling Childhood Obesity: Putting the Lessons into Practice</b> <ul style="list-style-type: none"><li>▶ Understanding the determinants of childhood obesity.</li><li>▶ How to effectively tackle obesity in children.</li></ul> <i>Paul Gately, Professor of Exercise and Obesity, Leeds Beckett University</i>	2.50 - 2.55	<b>Questions</b>
12.25 - 12.30	<b>Questions</b>	2.55 - 3.10	<b>'I Feel Good'</b> A rapid and practical demonstration using song to support well-being. <i>Jed Milroy, Project Leader, Fischy Music</i>
12.30 - 1.10	<b>Play, Risk and Challenge Outdoors</b> <ul style="list-style-type: none"><li>▶ Importance of physical play and playing outdoors and positive effects on children's health and well-being.</li></ul>	3.10 - 3.25	<b>Refresh and stretch your legs break</b>
		3.25 - 4.05	<b>Trauma, Loss and Bereavement</b> Supporting children in your care through difficult times. <i>Aqualma Murray, Independent Trainer and Consultant in Child Protection and Children's Mental Health Needs</i>
		4.05 - 4.10	<b>Questions</b>
		4.10 - 4.25	<b>Stress Reduction Techniques for Children - Laughter Yoga</b> <i>Alaine Walls, Co Director, Well Happy</i>
		4.25 - 4.30	<b>Closing Remarks from the Afternoon Chairs</b>
		4.30pm	<b>Approx. close</b>



# BUILDING EMOTIONAL WELL-BEING AND RESILIENCE IN PRIMARY SCHOOL CHILDREN

## A Half Day Training Course

Friday 22<sup>nd</sup> April 2016, Glasgow

A "MUST" attend course for all primary school teachers and staff and other professionals with a health and well-being remit working with this age group.

### Course Tutors

**Dr Chris Williams**, Medical Doctor and Professor University of Glasgow and President of the BABCP (the lead body for cognitive behavioural therapy (CBT) in the UK).

**Ann McCreath**, Development & Implementation Manager, Five Areas and Clinical Nurse Therapist.

## Save Money!

If you book the **Healthy and Happy 2016 Conference, 21/04/16 & Building Emotional Well-being and Resilience in Primary School Children Course** together, 22/04/2016 - see [www.medicacpd.com](http://www.medicacpd.com) for details.

## 4 Easy Ways to Book

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

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# BUILDING EMOTIONAL WELL-BEING AND RESILIENCE IN PRIMARY SCHOOL CHILDREN

A HALF DAY TRAINING COURSE, FRIDAY 22<sup>ND</sup> APRIL 2016

**Research tells us children and young people who have developed characteristics of resilience are able to cope and adapt more successfully to life's challenges and obstacles, do better at school, have better health, and achieve success.**

## Who Should Attend?

This course should be invaluable to a wide range of professionals including: education professionals, social workers and support workers, youth and community workers, and other professionals who want to learn more about building resilience in primary school aged children and supporting them.

## About the Course

This course developed by Dr Chris Williams, will help you to communicate key life skills to the children in your care more effectively:

▶ **Informative & Fun Learning;**

The course will be taught through a lively mix of presentation, discussion and engaging story-based scenarios which children face at home and at school - you tell the story, children learn.

▶ **Gain Practical Strategies and Ideas for building emotional well-being and resilience in primary school aged children;**

The course uses everyday scenarios to identify common positive negative emotions. Helps children work out why they feel as they do and small changes that add up.

▶ **Think Differently About Your Work & Work More Effectively;**

Builds on how you think and work as a teacher or practitioner.

▶ **It's a "Jargon Free" Course;**

Yet retains the key elements needed for change.

▶ **Educational Resources;**

Takeaway key worksheets & gain 3 months free access to a wealth of additional online course resources developed by Dr Chris Williams which part of a larger educational resource.

▶ **Certificates of Attendance**



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# BUILDING EMOTIONAL WELL-BEING AND RESILIENCE IN PRIMARY SCHOOL CHILDREN

A HALF DAY TRAINING COURSE, FRIDAY 22<sup>ND</sup> APRIL 2016

## About Your Tutors



**Dr Chris Williams** is a medical doctor and Professor at the University of Glasgow, he is also a member of the British Psychological Society (BPS) and Honorary Fellow and Past-

President of the British Association for Behavioural and Cognitive Psychotherapies – the lead body for CBT. Chris is an award-winning and widely recognised researcher and his lively and practical teaching style makes Chris an extremely popular as a trainer, presenting at numerous conferences and courses throughout the world.



**Ann McCreath** is Development & Implementation Manager at Five Areas and is also Clinical Nurse Therapist with extensive experience as a clinician, trainer and supervisor. She has

worked closely with a range of primary and secondary schools and also has previously taught in adult further education. Ann is an accredited CBT practitioner with the British Association for Behavioural and Cognitive Psychotherapies.

## Course Details

<b>Date</b>	Friday 22 <sup>nd</sup> April 2016
<b>Venue</b>	Hilton Glasgow Grosvenor Hotel, 1-9 Grosvenor Terrace, Glasgow G12 0TA Tel 0141 339 8811
<b>Time</b>	The course will commence promptly at 9:30am and finish approximately at 12:30pm
<b>Cost</b>	£97 + VAT

## How to Register

**By Post** To register for this course, please complete the registration form and return no later than Thursday 14<sup>th</sup> April 2016

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

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

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# REGISTRATION



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## 3 Easy Ways To Register

1/ Register online: Please click [here](#) or go to [www.medicacpd.com](http://www.medicacpd.com)

2/ Register by telephone: Call us on 0141 638 4098/0141 387 4684

3/ Register by post: Fill in form below, print and post to address at the bottom or email it to [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com)

### 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

Surname

Job Title

Organisation

Email (required)

Tel

Address

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)

### I wish to attend the following event(s)

Please tick the appropriate box

**Happy and Healthy 2016 Conference, 21/04/2016, £198 + £39.60 VAT = £237.60**

**Building Emotional Well-being and Resilience in Primary School Children Course, 22/04/2016, £97 + £19.40 VAT = £116.40**

**Both the Conference, 21/04/2016 & Training Course, 22/04/2016, £265 + £53 VAT = £318**  
(Must be booked in the same name)

Please call Medica CPD office on 0141 638 4098 for group bookings

### 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** 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/debit card charges)

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

First name

Surname

Job Title

Organisation

Email (required)

Tel

Address

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. 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 **21<sup>st</sup> February 2016**. 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 event organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the event 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 event 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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[Thornliebank, Glasgow, G46 8NG.](#) Tel: 0141 638 4098

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