



MEDICA CPD

# The Annual Children's Mental Health Conference 2018

Really Practical Ways to Support Children and Young People's Mental Health & Wellbeing

**A One Day Conference**

**Wednesday 3rd October 2018**

*Bringing You Five Inspirational, Knowledgeable & Enthusiastic Keynote Speakers:*



**Martin Crewe**

*Director, Barnardo's Scotland*



**Dr Pooky Knightsmith**

*Mental Health Author & Educator,  
Vice Chair - Children and Young People's  
Mental Health Coalition*



**Sophie Andrews**

*Chief Executive of Silverline &  
Volunteer for Samaritans*



**Annie Smith**

*Senior Educational Psychologist,  
South Lanarkshire Council*



**Andrew Black**

*Trainer, Art of Brilliance*

## 3 Easy Ways to Book:

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

Tel: **0141 638 4098**

Post: 

## Gold Sponsors:



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



**The Annual Children's Mental Health Conference is back!! Come and hear our amazing inspirational speakers who are passionate about sharing their knowledge and most importantly providing you with lots of practical strategies and ideas on what you can do to best support children and young people's mental health and wellbeing tomorrow and in the years to come.**

#### **Great reasons to attend?**

This conference is a MUST attend event for all professionals who support children and young people, particularly in education and social care settings.

- Update your knowledge and understanding on children's mental health and wellbeing.
- Takeaway plenty of practical ideas, strategies and resources that you can use immediately.
- In-depth sessions delivered by our handpicked key experts who'll make your learning informative as well as fun!
- Share best practice and network with other professionals.
- Certificates of Attendance
- Download speaker's presentations and gain educational resources
- Go back to your workplace re-energised and inspired – so you can really make a difference

### **CONFERENCE DETAILS**

**Date: Wednesday 3rd October 2018**

**Time: 9.35am-3.45pm** (Registration 9am-9.35am)

**Venue: Crutherland House Hotel**

*Strathaven Rd, East Kilbride, Glasgow G75 0QJ*

The hotel is situated south of Glasgow city in 37 acres of unspoiled countryside, 20 minutes' drive from Glasgow centre and a 5-minute drive from East Kilbride (EK) Railway Station, offering trains to Glasgow. (A mini bus will be put on from EK station there and back).

**Cost: £199 + vat** (Including lunch & refreshments)

### **HOW TO REGISTER**

Book online [www.medicapd.com](http://www.medicapd.com)

Tel: **0141 638 4098**

Post: **Please complete the registration form and return by 24th Sept 2018**

It is advisable to book ASAP as places are restricted, please ensure you read our terms and conditions on the booking form before submitting your registration. 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

09.00 - 09.35am	<b>Registration &amp; Refreshments on Arrival</b>
09.35 - 09.40am	<b>Welcome and Opening Remarks from the Morning Conference Chair</b> <i>Elizabeth White, Headteacher, Calderglen High School</i>
09.40 - 10.10am	<b>What's Really making Children and Teens Feel Anxious?</b> <i>Martin Crewe, Director, Barnardo's Scotland</i>
10.10 - 10.15am	<b>Questions</b>
10.15 - 11.15am	<b>"It's Ok not to be Ok" Anxiety, Depression &amp; Self Harm</b> 8 very practical ideas to engage and support children and young people who are struggling with anxiety / depression / self harm for the non-health professional and educational resources to take away. <i>Dr Pooky Knightsmith, Mental Health Author and Educator, Vice Chair - Children and Young People's Mental Health Coalition</i>
11.15 - 11.20am	<b>Questions</b>
11.20 - 11.45am	<b>Refreshment Break</b>
11.45 - 12.40pm	<b>Are We Listening?</b> Sophie Andrews's harrowing childhood experiences, inspired her to become a local volunteer for the confidential 24/7 helpline Samaritans, over 25 years ago, and she later served as the organisation's national chair for three years. Sophie will tell the story of how a simple human connection can really help and save lives. <i>Sophie Andrews, Chief Executive of The Silver Line Helpline and former National Chair of Samaritans</i>
12.40 - 12.50pm	<b>Questions and discussion from morning session</b>
12.50 - 13.50pm	<b>Lunch</b>
13.50 - 13.55pm	<b>Welcome and Opening Remarks from the Afternoon Conference Chair</b> <i>Jim Taylor, Director, Knows Autism</i>
13.55 - 14.25pm	<b>Autistic Spectrum Disorder</b> Understanding and supporting teens and young people on the autistic spectrum in mainstream settings. <i>Annie Smith, Senior Educational Psychologist, South Lanarkshire Council</i>
14.25 - 14.30pm	<b>Questions</b>
14.30 - 15.30pm	<b>Building Resilience</b> Andrew will be focusing on what educators and others can do to decrease the likelihood of children and young people developing mental health problems & building good mental health & wellbeing. He will be sharing his many practical strategies and ideas that can be used in a variety of settings. <i>Andrew Black, Trainer, Art of Brilliance</i>
15.30 - 15.45pm	<b>Questions, Discussion and Closing Remarks</b>
15.45pm	<b>Approx. Close</b> with coffee on departure

## **DATE FOR DIARY... "TEMPLE TALKS AUTISM"**

**15th May 2019, Glasgow**

Learn with Dr Temple Grandin the most accomplished and well-known adult with autism in the world, and named as one of the 100 Most Influential People in the World by Time Magazine. Booking open at [www.medicacpd.com](http://www.medicacpd.com)

# Registration

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Register online at: [www.medicacpd.com](http://www.medicacpd.com)

Register by telephone: 0141 638 4098

Register by post: Fill in the registration form and [post to us at the address at the bottom of the form](#)

## Your Details *Please fill in BLOCK CAPITALS*

First Name  Surname

Job Title  Organisation

Email (required)  Tel No

Address

Postcode

Special diet/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 *Please tick the appropriate box*

**The Annual Children's Mental Health Conference:** 03/10/2018, £199 + £39.90 VAT = £238.80

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*

**By Cheque** I enclose a cheque for the appropriate amount payable to "Medica CPD Ltd" and send with the form to the address below

**By Credit Card** Please book online at [www.medicacpd.com](http://www.medicacpd.com)

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

First Name  Surname

Job Title  Organisation

Email (required)  Tel No

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.

**REGISTRATION TERMS & CONDITIONS:** 1. Once we have received your booking online, by telephone, email or in the post this constitutes a firm booking. 2. Your registration constitutes a legally binding agreement, payment must be received before the event. Any outstanding payment becomes the responsibility of the named delegate attending. 3. Cancellations must be made in writing. A refund less an administration charge of £25 will be given to cancellations received before 3rd August 2018. After this date the full fee is payable, regardless if the delegate attends on the day or not. Substitutions can be made, if we are notified up to 3 days before the event. 4. The organisers reserve the right to change the programme, speakers and venue as required. 5. 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 incurred. Please visit our website at [www.medicacpd.com](http://www.medicacpd.com) for full terms and conditions.

**PRIVACY POLICY:** We take your privacy very seriously. Please see our full privacy statement and how we use your data on our website [www.medicacpd.com](http://www.medicacpd.com)

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