



MedicaCPD

# Children's Mental Health & Wellbeing Conference

## Really Practical Ways to Support

A One Day Conference

24th May 2022, Glasgow



Knowledge updates, practical ideas, strategies and resources that you can use tomorrow!

A 'MUST' attend conference for all professionals who support children and young people particularly in education, social care and health settings.

Easy Ways to Register

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

Tel: **0141 638 4098**



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# Children's Mental Health & Wellbeing Conference

24th May 2022

Never before has the mental health and wellbeing of our children and young people been more under pressure. Our hand picked inspirational speakers will provide you with knowledge updates, best practice, practical information, ideas and resources on what you can do to best support children and young people's mental health and wellbeing.

## 7 GREAT REASONS TO ATTEND

- Gain a better understanding of the mental health challenges facing children & young people today
- Takeaway practical ideas and strategies 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 in person
- Certificates of Attendance
- Download speaker's presentations and gain educational resources
- Go back to your workplace better informed, re-energised and inspired – so you can really make a difference

## EVENT DETAILS:

**Date:** Tuesday 24th May 2022

**Time:** 9.25am-4.15pm (Registration from 9.00am)

**Venue:** Glasgow Grosvenor Hotel

*1-9 Grosvenor Terrace, Great Western Road, Glasgow, G12 0TA*

**Fee:** £206+ vat

## HOW TO REGISTER

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

**Tel:** 0141 638 4098

**Email:** [carolyn@medicacpd.com](mailto:carolyn@medicacpd.com) *for more information*

Please contact us for information on group bookings discount for 5 or more delegates

# Conference Programme

09.00 - 09.25	<b>Registration and Refreshments on Arrival</b>
09.25 - 09.30	<b>Welcome and Introduction</b>
09.30 - 10.00	<b>Helping Children Cope with Stress &amp; Anxiety</b> <i>NSPCC – Childline</i>
10.00 - 10.05	<b>Questions</b>
10.05 - 10.35	<b>Promoting Positive Relationships</b> <i>Graeme Lamb</i> , Depute Head Teacher, Woodfarm High School, East Renfrewshire How do we define what we mean by effective relationships? Graeme will examine international evidence and his own experience in schools to develop student wellbeing and achievement and provide practical strategies to promoting positive relationships in context.
10.35 - 10.40	<b>Questions</b>
10.40 - 11.10	<b>Refreshment Break</b>
11.10 - 12.00	<b>Transforming Challenging Behaviours</b> <i>Dr Pooky Knightsmith</i> , Mental Health Advisor, Autho, Speaker, Educator & former Chair - Children and Young People's Mental Health Coalition Pooky will support you to look beyond behaviour and gain an understanding of why children and young people sometimes challenge us with their behaviour. We'll build on this understanding with a range of ideas for working with children during high-challenge moments as well as exploring supportive strategies to create medium and long-term impact.
12.00 - 12.05	<b>Questions</b>
12.05 - 12.35	<b>No Child Left Behind</b> <i>Michael Hamilton OBE</i> , Founder of <i>Commando Joe's</i> Innovative & practical strategies and ideas to build resilience, empathy, self-awareness, positivity in children and young people
12.35 - 12.40	<b>Questions</b>
12.40 - 13.25	<b>Lunch</b>
13.25 - 13.30	<b>Welcome back and Introduction</b>
13.30 - 14.00	<b>Sleep, Circadian Rhythms, Light and Mental Health in Young People.</b> <i>Professor Daniel Smith</i> , Chair of Psychiatry and Honorary Consultant Psychiatrist, University of Edinburgh
14.00 - 14.05	<b>Questions</b>
14.05 - 14.35	<b>Eating Disorders and Self Harm</b> <i>Dr Karen McMahon</i> , Clinical Lead/Service Manager, Connect Eating Disorders, NHS Greater Glasgow & Clyde As rates of eating disorders and self-harm are on the up among children and young people, Karen will provide you with a better understanding in this area, spotting early warning signs, and practical information to best support.
14.35 - 14.40	<b>Questions</b>
14.40 - 15.00	<b>Music to Support Children's Mental Health through Good Times and Tough Times.</b> <i>Stephen Fischbacher and Suzanne Butler</i> , Fischy Music This session will feature some live music, teaching ideas and resources to nurture children's mental health and wellbeing.
15.00 - 15.15	<b>Fruit Juice Break and Stretch your Legs!</b>
15.15 - 15.35	<b>The Invisible Addiction – Gambling and Teens</b> <i>Paul Pettigrew</i> , Founder and CEO of GAMTALK UK Inspirational speaker, Paul, shares his story on how he got addicted to gambling at 18. What you need to know and what we can do to prevent gambling-related harm
15.35 - 15.40	<b>Questions</b>
15.40 - 16.15	<b>The Adults Matter Too – Practical Ideas for Promoting Post Pandemic Wellbeing</b> <i>Dr Pooky Knightsmith</i> , Mental Health Advisor, Author Speaker & Educator & former Chair - Children and Young People's Mental Health Coalition The pandemic has taken its toll on the wellbeing and mental health of staff and parents as well as children, Pooky will highlight easy to implement ideas to boost the wellbeing of adults. We'll consider both top-down and bottom-up ideas for a happier, healthier workplace and highlight some fantastic tools and resources to help you on your way.
16.15	<b>Questions &amp; Close</b>

# Registration - Book now

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A One Day Conference, 24th May 2022, Glasgow



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

**Register by Telephone: 0141 638 4098**

Confirmation of booking and further information will be emailed to your registration email address

If you have not received confirmation within ten days of submitting your booking, please check junk mail box or call the Medica Cpd office 0141 638 4098.

Group Bookings – 5 or more delegates from the same organisation, please call the office for further details.

## REGISTRATION TERMS & CONDITIONS

1. Once we have received your booking either online or by telephone, 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 £30 + vat will be given to cancellations received before 10th March 22. 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 working days before the event.
4. The organisers reserve the right to change the programme, speakers and venue as required. The conference will revert to being online if there is a requirement by the Government regarding Covid restrictions.
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.

## 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

Please visit our website at [www.medicacpd.com](http://www.medicacpd.com) for full terms and conditions

***Please ensure you read our terms and conditions & privacy policy on the booking form & homepage of the website before submitting your registration.***

## FORTHCOMING EVENTS:

### **Let's Talk About Attachment & Trauma Difficulties In Children & Young People**

A One Day Conference, Tuesday 10th May 2022, Glasgow.

Keep checking our website for more information - [www.medicacpd.com](http://www.medicacpd.com)

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