



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

In association with



MEDICA CDP

HEALTHIER LIFESTYLES

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

A One Day Conference

Thursday 1st October 2015, Glasgow

Continuing Professional Development, knowledge updates, current developments, best practice, networking opportunities, great learning & speakers... Be inspired and re-energised!

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

This conference is designed to get professionals who care 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, be more active and lead a healthy and fulfilled life. 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 |
| 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 |



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

In association with



MEDICA CDP

Healthier Lifestyles - 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, colleges and further education, 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

Date	Thursday 1 st October 2015
Venue	TBC
Time	The conference will commence promptly at 10.00am and finish approximately at 4.30pm Registration will be from 9.15am
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 Wednesday 20 th May 2015
Book Online	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.



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

Conference Programme

9.15 - 10.00	Registration and Refreshments on Arrival
10.00 - 10.05	Welcome and Introduction from the Morning Conference Chair <i>Maura Lynch</i> , Depute Chief Executive, Scottish Consortium for Learning Disability
10.05 - 10.20	A Healthier Lifestyle - What I Need? <i>Lindsay Kinloch</i> , Learning Facilitator, Scottish Consortium for Learning Disability
10.20 - 11.00	Weight Loss and Learning Disabilities The evidence base and the WELLDO project <i>Dr Catherine Hankey</i> , Senior Lecturer, Human Nutrition, University of Glasgow
11.00 - 11.05	Questions
11.05 - 11.30	Refreshment Break
11.30 - 12.00	A Community, Healthy Eating Programme for Adults with Learning Disabilities in Practice: Waist Winners Too <i>Nathalie Jones</i> , Dietitian
12.00 - 12.05	Questions
12.05 - 12.20	Short Case Study Enable
12.20 - 12.25	Questions
12.25 - 1.20	Lunch
1.20 - 1.25	Introduction from the Afternoon Conference Chair <i>Jamie Armstrong</i> , Founder & Development Director, Trust Rugby International
1.25 -1.55	Physical Activity and Learning Disabilities ▶ Benefits of exercise for children and adults with learning disabilities ▶ Recommendations ▶ Barriers and challenges in promoting physical activity in people with learning disabilities ▶ Research and interventions <i>Dr Fiona Mitchell</i> , Research Associate, Department of Physical Activity and Health, University of Strathclyde

1.55 - 2.00	Questions
2.00- 2.45	Promoting Wellbeing for Children and Adults with Autism ▶ Our values and beliefs about people with autism and how these impact on what we do and outcomes ▶ Providing meaningful activities, lots of practical examples ▶ Supporting with stress and high levels of anxiety ▶ Engaging effectively (including communication) ▶ The right to be happy and what this means for people with autism <i>Geoff Evans</i> , Head of Quality Improvement, Options Group
2.45 - 2.50	Questions
2.50 - 3.05	Stretch and Fruit juice break
3.05 - 3.35	Inclusion Opportunities in Sport for People with Intellectual Disabilities <i>Gordon McCormack OBE</i> , Chair of Glasgow Disability Sport
3.35 - 3.40	Questions
3.40 - 4.15	Living well with Down’s Syndrome Case Study – DSSports Programme <i>Down’s Syndrome Scotland</i> Case Study Bonnyton Thistle Flyers Football Club - Supporting players to reach their full potential <i>Steven Mair</i> , Disability Sport Development Officer, Vibrant Communities, East Ayrshire Council <i>John Keast</i> , Coach & <i>Grant Gallagher</i> , Football Development Officer, Bonnyton Thistle Flyers Football Club
4.15 - 4.30	Questions and Discussion
4.30	Close

In association with



MEDICA CDP