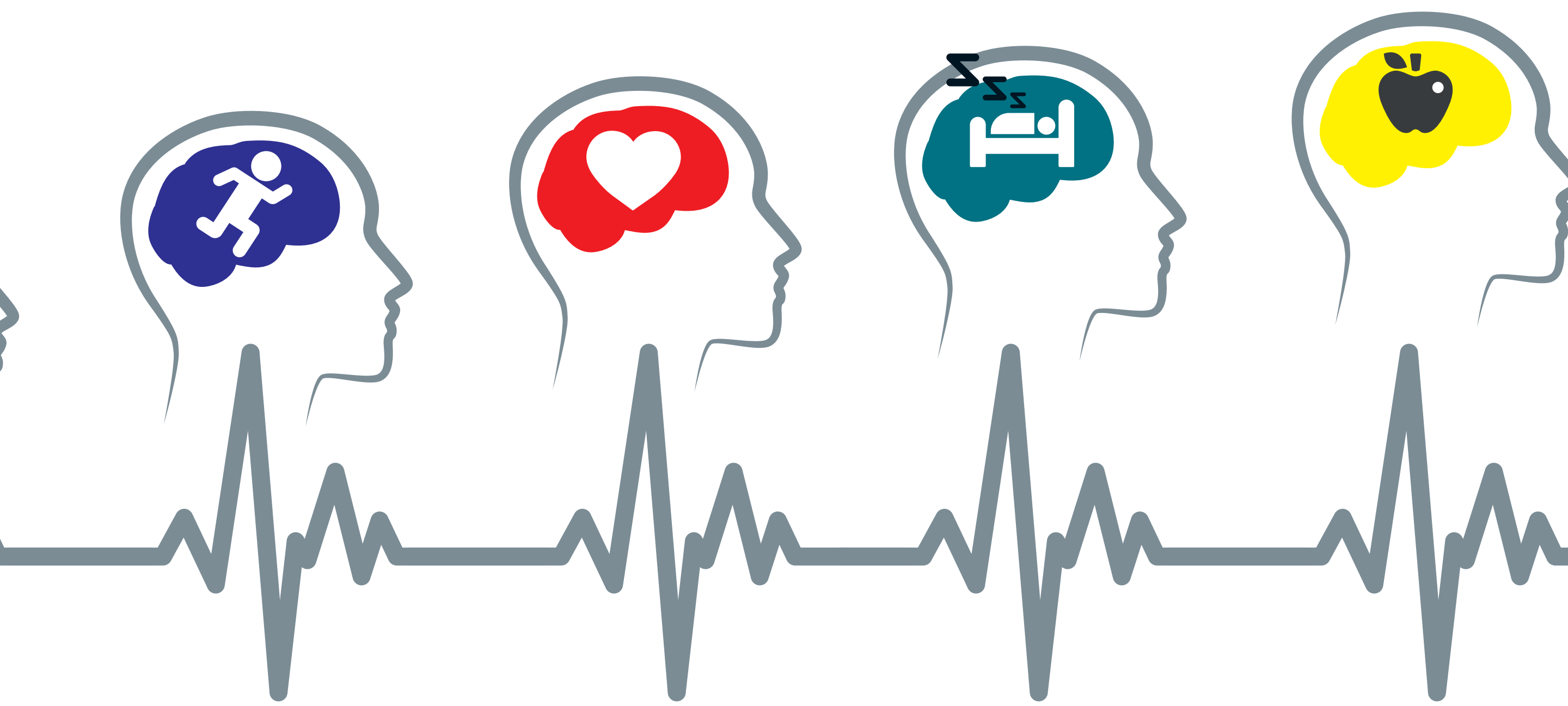


VIRTUAL CONFERENCE

Health and Wellbeing Conference



Inclusivity: supporting physical, mental and neurodiverse wellbeing in students



Health and Wellbeing Conference

Inclusivity: supporting physical, mental and neurodiverse wellbeing in students

Monday, July **10**, 2023

1

09:00 – 09:45 **Strategies for supporting Inclusivity in Education**

- Fintan O'Regan, Behaviour and Learning specialist

Finn O'Regan will explore strategies to support those who needs adaptations in education to enable development both physically and mentally.

09:45 – 10:00 **Break**

SESSION

2

10:00 – 10:45 **Seconds to Snap – Years to Recovery**

- Tina McGuff, Eating Disorder & Mental Health Awareness workshop facilitator, author, Mental Health First Aid trainer

Tina McGuff wrote the critically acclaimed author of "Seconds to Snap". Tina will talk about her journey through anorexia, complex mental health illness to a full recovery and very happy, healthy life. She will bring insight and practical information on how to support young people and their families.

10:45 – 11:00 **Break**

SESSION

3

11:00 – 11:45 **Sudden death in Healthy Young People**

- Dr Steven Cox, Deputy Chief Executive and Director of Screening, Cardiac Risk in the Young

Dr Steven Cox will talk about the incidences, statistics and risks of unidentified cardiac issues in the 15-35 age group particularly where elite sport involved. He will look at the physical clues and signs and symptoms that staff should out for hat may indicate that a young person potentially is of concern.

11:45 – 12:00 **Break**

SESSION

4

12:00 – 12:45 **Innovative solutions for enabling young people to access support in managing their mental health**

- Thomas Freeney, Partnership Development, Tellmi

Thomas Freeney will discuss the role of "Tellmi" in supporting young people and specifically those that other services have been unable to support. Tellmi is an innovative solution and fits into existing care pathways acting as a junction box for young people seeking support.

12:45 – 13:30 **LUNCH**

SESSION

5

13:30 – 14:30 **Living with Complex Regional Pain Syndrome**

- Jamie McAnsh, Living with Complex Regional Pain Syndrome

Jamie McAnsh will talk about his journey and how he adapted his way of living to cope with the life changing situation he found himself in.

14:30 – 14:45 **Break**

SESSION

6

14:45 – 15:30 **A discussion group on when it is safe for a young person to remain at, or return to, school**

- Lee Glaser, Director of Health and Wellbeing and Director, Hieda
- Dale Wilkins, Senior Director, BSA and BSA Group
- Rosie McManus RSCN, Dip HR (Child), BSc (Hons), MSc (Law), Head of Boarding, St John's College School

The group, consisting of Lee Glaser, Dale Wilkins, and Rosie McManus (Hieda Advisor) will discuss the areas to consider when risk assessing a young person's place in boarding or at school

15:30 – 15:45 **Break**

SESSION

7

15:45 – 16:30 **Lifestyle and medicines to improve mental and physical health**

- Dr Dimple Devadas MBBS, BSc (Hons), MRCPCH (2007), MPNLP, D. Hyp, MRCPGP, MA (Psychological Coaching), Dip.Meditation, Dip BSLM/ IBLM, GMBPpS

Dr Dimple Devadas will explore how lifestyle management strategies can improve health and wellbeing and reduce the need for additional support. Simple strategies to support existing ill health and prevent onset of other medical conditions will be shared.

SESSION

8

16:30 – 17:00 **Creating a mentally and physically healthier workplace**

- Lee Glaser, Director of Health and Wellbeing and Director, Hieda

Lee Glaser will summarise the day and discuss ideas which will support a healthier working culture and environment.

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Fintan O'Regan
Behaviour and Learning specialist



Tina McGuff
Eating Disorder & Mental Health Awareness workshop facilitator author, Mental Health First Aid trainer



Dr Steven Cox
Deputy Chief Executive and Director of Screening, Cardiac Risk in the Young



Thomas Freeney
Partnership Development
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