

# Bouncing Back - Building Confidence and Resilience in Children and Young People

**A One Day Conference  
Tuesday 26th November 2013, Glasgow**

Continuing Professional Development  
Knowledge Updates,  
Best Practice, Great  
Learning & Speakers  
.....Be Inspired



**Also Announcing –  
Empowering Ourselves and Others to Succeed**

A Half Day Training Course  
Wednesday 27th November 2013, Glasgow



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# About the Conference

Many children and young people experience everyday challenges, stressful situations and set backs, why do some individuals “bounce back” from these difficult circumstances and thrive while others don’t? The difference is ‘resilience’ and this makes a big difference in people’s lives, the more resilient we are the better we will be able to adapt to adversity without lasting difficulties.

This conference aims to increase your understanding of resilience, as well as providing practical strategies and approaches on how we can build confidence and resilience in children and young people. The conference brings together leading experts and practitioners in the field who will share their knowledge, wisdom and experience with you and leave you feeling inspired!



## What are the Benefits of Attending?

♥ Stay up to date! Hear the latest information, current thinking, and guidelines ♥ Learn about practical strategies and best practice ♥ Hear and meet leading experts and practitioners ♥ Debate and discuss hot topics ♥ Build your networks ♥ Take home ideas to use ♥ Gain educational resources ♥ Certificates of Attendance.

## Who Should Attend

This conference is a “MUST” attend event for all professionals who have responsibility for supporting well being in children and young people and their families: particularly education professionals from mainstream schools, special schools and local authorities, children’s services social workers, team managers, support workers and others from social care settings, fostering and adoption practitioners and managers, CAMHS workers, voluntary and charity health professionals. Others with an interest in this area are welcome to attend.

## Conference details

**Date:** Tuesday 26th November 2013

**Venue:** Hilton Glasgow Grosvenor Hotel,  
1-9 Grosvenor Terrace, Glasgow G12 0TA,  
0141 339 8811

**Time:** The conference will commence promptly at 10.00am and finish at approximately 4.25pm. Registration will be open from 9.15 - 10.00am.

### Registration cost:

**£198 + vat** including lunch and refreshments

### Accommodation:

Glasgow has a wide range of accommodation to suit every budget. For further information and ideas please visit: [www.seeglasgow.com](http://www.seeglasgow.com)

### Registration

**Online:** You can book online at - [www.medicacpd.com](http://www.medicacpd.com)

**By Post:** Please complete the registration form on the leaflet, detach and return no later than **Friday 8<sup>th</sup> November 2013.**

**Telephone:** 0141 428 3483 / 079 6656 1474

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)

**Save Money** - If you book this conference and our training course on “Empowering Ourselves and Others to Succeed” together! Details on the training course on our website <http://www.medicacpd.com/> or call the office 0141 428 3483.

# Conference Programme – Bouncing Back

- 9.15 - 10.00 **Registration and refreshments on arrival**
- 10.00 - 10.05 **Welcome and introduction to the conference**  
**Gail Taylor**, Clinical Manager, The Notre Dame Centre, Glasgow
- 10.05 - 10.35 **Resilience – Why bother?**  
- *What is resilience?*  
- *Why is it important?*  
- *What's the evidence and how do we measure it?*  
- *Why do some children and young people seem to be able to bounce back and others not?*  
- *What can you do about children and young people you are working with?*  
**Professor Angie Hart**, Boingboing Social Enterprise and Community University Partnership Programme, University of Brighton
- 10.35 - 10.40 **Questions**
- 10.40 - 11.05 **Transforming adversity into opportunity: resilience building practice with disadvantaged children**  
**Mary Glasgow**, Assistant Director Children's Services, Barnardo's Scotland
- 11.05 - 11.10 **Questions**
- 11.10 - 11.35 **Refreshment break**
- 11.35 - 12.00 **Resilience and educational attainment**  
*How can we best support children who are underachieving?*  
**Barry Syme**, Principal Educational Psychologist, Education Services, Glasgow City Council
- 12.00 - 12.25 **“Attachment theory – at the heart of building resilience within a school setting”**  
**Jonathan Wood**, National Manager, Place2Be
- 12.25 - 12.35 **Questions**
- 12.35 - 1.00 **Round table discussion with the morning speakers**  
Resilience - How can we put it into practice– tomorrow?
- 1.00 - 1.55 **Lunch**
- 1.55 - 2.00 **Welcome and introduction to the afternoon session**  
**Gail Taylor** (As Above)
- 2.00 - 2.25 **Building resilience to stress and anxiety in children**  
**Dr Damaris Stuart-William**, Consultant Clinical Psychologist NHS Tayside CAMHS
- 2.25 - 2.30 **Questions**
- 2.30 - 2.55 **Tools and tips for promoting resilience....**  
*What does this mean for children in foster care*  
**Sara Lurie**, Director, The Fostering Network Scotland
- 2.55 - 3.00 **Questions**
- 3.00 - 3.15 **Refreshment break**
- 3.15 - 3.40 **A personal story – Overcoming adversity and bouncing back!**  
*Chris Moon is a former Army officer who was blown up in Africa clearing landmines and lost his lower arm and leg, he has an extraordinary story to tell and valuable insights as to what we can accomplish in life if we maintain a positive, can-do attitude. TBC*
- 3.40 - 3.45 **Questions**
- 3.45 - 4.15 **What about you too!!**  
*Managing stress and building your own resilience*  
**Dr Alex Yellowlees**, Medical Director and Consultant Psychiatrist, Priory Hospital, Glasgow
- 4.15 - 4.25 **Questions, discussion and closing remarks**
- 4.25pm **Approx close**

# Registration Form

## Your Details (Please fill in BLOCK CAPITALS)

First name	Surname	
Job title		
Organisation		
Email (required)		
Address		
Postcode		
Telephone	Fax	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 428 3483 or email carolyn@medicacpd.com

### I wish to attend (please tick the box)

- CONFERENCE - Building Confidence and Resilience in Children and Young People,**  
Tuesday 26<sup>th</sup> November 2013, £198.00 + £39.60 VAT = £237.60

**How to Pay:** It is the responsibility of the delegate to ensure payment is made prior to attendance of the event  
(please tick the appropriate box)

- 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 service charge of 3.4% will be added to all credit/debit card payments
- By Invoice:** Please send invoice to if different from above –

Name: (in BLOCK CAPITALS) \_\_\_\_\_

Job Title \_\_\_\_\_

Organisation \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email (required) \_\_\_\_\_ Telephone \_\_\_\_\_

**Purchase order number (if relevant)** \_\_\_\_\_

An invoice will be sent to the appropriate person by email. If you would prefer to receive confirmation by post please tick this box

**Payment: 30 days from the date of the invoice 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 September 2013. 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 these events will be entered into a database and used by the conference organisers to manage your registration and attendance. Unless you advise to the contrary, in writing and in advance to the Conference 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 Conference 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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