

**WORKSHOP 1 (4 PARALLEL SESSIONS) – 10.30 – 12.15**

Workshop	THEME	WHO/WHAT?	PRESENTER	ROOM
1a	<p><b><u>Continence: activity and incontinence prevention</u></b>                      Bladder symptoms, including leakage (incontinence), are more common as we age and are linked to reduced physical activity and risk of falls. In this workshop we will explore commonly experienced bladder symptoms and their impact on health. We will consider the relationship between bladder function and physical function and examine the evidence for the role of exercise to support bladder health.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• PSIs / Therapists</li> </ul> <p>Also:</p> <ul style="list-style-type: none"> <li>• Exercise / Fitness Professionals</li> <li>• Primary Care / Prevention</li> </ul>	<p><b>Jo Booth</b></p> 	<b>Hope</b>
1b	<p><b><u>Practical Tai Chi – A workshop for Health Professionals and PSIs</u></b>                      In this workshop, you will be introduced to a set of Tai Chi movements that you can then introduce with confidence in your work with clients and patients. These therapeutic exercises are effective in addressing key aspects of health. They improve the body's balance and leg strength. They bring relaxation and concentration to the mind. They lift the spirit and generate a sense of well-being and positive outlook.  <u>NB: It is important to remain within scope of practice to ensure appropriate insurance provision is in place.</u></p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• PSIs / Therapists</li> </ul>	<p><b>Jane Ward</b></p> 	<b>Climb</b>
1c	<p><b><u>Dementia</u></b>                      Instructors and teachers working with people living with dementia often see informal care givers as providing additional support to classes and groups. Is this realistic, how can this be best achieved and what are the challenges?</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• Instructors / leaders who work with people living with dementia</li> </ul>	<p><b>Bob Laventure</b></p> 	<b>Aspire</b>
1d	<p><b><u>Being Social for CPD</u></b>                      This workshop will focus on the use of Twitter as a way of accessing CPD. It will cover the basics of setting up your account, looking at 'Who to follow' and finally looking at how you can access all sorts of up to date information on Social media. Finally we will look at taking part in a Tweetchat and making links that last beyond the Twittersphere! Bring your Tablet or Smartphone for a fully interactive session....</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• Any health/ exercise professional</li> </ul>	<p><b>Janet Thomas</b></p> 	<b>Shout</b>

**WORKSHOP 2 (4 PARALLEL SESSIONS) – 14.30 – 16.15**

<b>Workshop</b>	<b>THEME</b>	<b>WHO/WHAT?</b>	<b>PRESENTER</b>	<b>ROOM</b>
2a	<p><b><u>What instructors need to know: nutrition for bone and muscle health</u></b>                      A healthy balanced diet is recommended for musculoskeletal health, but does such a thing exist, and if so, how can we achieve it? In this interactive workshop, we will explore which foods/nutrients are recommended for optimal bone and muscle health, based on current scientific evidence, and we will discuss practical tips on how to put these recommendations into practice.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• PSIs</li> <li>• OEPs</li> <li>• Therapists</li> <li>• Primary Care</li> </ul>	<p><b>Alex Mavroedi</b></p> 	<b>Hope</b>
2b	<p><b><u>Backward Chaining</u></b>                      There's more to backward chaining than getting down to the floor. Considerations to age related decline/reduced mobility, strength, power, individual tailoring considerations etc. impacting on ability to rise from the floor. Review (effectiveness of) strength and balance exercise performed on the floor and floor coping strategies.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• Exercise / Fitness Professionals</li> <li>• Health Professionals</li> </ul>	<p><b>Bex Townley</b></p> 	<b>Climb</b>
2c	<p><b><u>What's all the fuss about feet?</u></b>                      Our feet change as we age. Many of these changes make us more prone to falling. What are these changes that upset balance? What is the role of foot conditions? Do footwear interventions work? Do foot and ankle exercises reduce falls? We will discuss what current research tells us about it all, and have a go at the exercises. Be ready to take your shoes and socks off!</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• Health Professionals</li> <li>• Primary care / prevention</li> <li>• Secondary care</li> </ul>	<p><b>Montserrat Conde</b></p> 	<b>Aspire</b>

**WORKSHOP 3 (4 PARALLEL SESSIONS) – 16.30 – 18.15**

<b>Workshop</b>	<b>THEME</b>	<b>WHO/WHAT?</b>	<b>PRESENTER</b>	<b>ROOM</b>
3a	<p><b><u>Understanding Frailty</u></b>                      In this workshop we will provide a definition of frailty, what it looks like, and what it means to the individual. We will discuss the role of the therapist/exercise professional in managing frailty as a long term condition and how acute health events may impact on physical function and participation in exercise.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• All</li> </ul>	<p><b>Vicky Johnston</b>  </p>	Aspire
3b	<p><b><u>The role of volunteers in supporting participation</u></b>                      Instructors and teachers often see volunteers as a means of supporting people on their participation journey. Can we be clear about what volunteers can and cannot do, how can we prepare volunteers to do this and what are the challenges involved?</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• Exercise / Fitness Professionals</li> <li>• Health Professionals</li> </ul>	<p><b>Bob Laventure</b>  </p>	Shout
3c	<p><b><u>Exercise and Fitness After Stroke</u></b>                      Working with stroke survivors in exercise settings presents additional challenges and considerations for exercise content, delivery, environments, and motivation. This workshop aims to help us better understand behaviour change theory and exercise delivery considerations for stroke survivors in the longer term. Through case study approaches and inviting you to bring your questions and challenges, Fred and Bex will present a truly problem solving based workshop.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• PSIs</li> <li>• EfS Instructors</li> <li>• Therapists delivering exercise</li> </ul>	<p><b>Prof Frederike van Wijck &amp; Bex Townley</b>   </p>	Climb
3d	<p><b><u>FaME practice</u></b>                      Example Week 40+ PSI session looking at functional progressions and class formats for continued effectiveness and enjoyment.</p>	<p>Most benefit to:</p> <ul style="list-style-type: none"> <li>• PSIs</li> </ul>	<p><b>Dawn Skelton / Sara Paul</b>  </p>	Hope