

<u>TIME</u>	<u>SESSION</u>	<u>ROOM</u>
08:30	Submission of Competition Photos	
09:00 – 09.30	Registration	
09.30 – 10:10	Directors Welcome and Update - <b>Dawn Skelton, Bex Townley</b>	
10.10 – 10.30	<b>Keynote: PARQ plus implementation in WALES – how do you assess readiness to exercise?</b> <b>Jeannie Wyatt Williams</b> , National Exercise Referral Co-ordinator, Welsh Local Government Association	Grace [Ground floor]
10:30 – 10:45	<b>Research Update: VIOLET – PSI/FaME with visually impaired older people</b> <b>Professor Dawn Skelton</b> , Glasgow Caledonian University	
10:45 – 12:15	Choice of WORKSHOP 1	<i>See Workshop Programme</i>
12:15 – 12:30	Geographical networking - meet instructors living/working in your area	Grace [Ground floor]
12:30 – 13:30	Lunch <i>+ chance to view competition photos</i>	Lunch in Café area & Grace Room
13:30 – 14:15	<b>Keynote: Medical causes for falls - when to refer to a medical specialist</b> <b>Professor Tash Masud</b> , Nottingham University Hospitals NHS Trust	Grace [Ground floor]
14:15 – 15:45	Choice of WORKSHOP 2	<i>See Workshop Programme</i>
15:45 – 16:00	Refreshments	Grace [Ground floor]
16:00 – 17:30	Choice of WORKSHOP 3	<i>See Workshop Programme</i>
17:30 – 18:15	<b>Networking / surgeries – Round table discussions and a chance to meet and chat with ‘expert LLT Tutors’. Topics include:</b> <ul style="list-style-type: none"> <li>• Function, Falls &amp; Adherence (Dawn Skelton)</li> <li>• Outcomes – what are you measuring? Why? And who for? (Bob Laventure)</li> <li>• PSI in the community, your experience and tips for long term progression (Sarah Wheatley)</li> <li>• PSI principles in all your classes for healthy ageing (Sara Paul)</li> </ul>	Grace [Ground floor]
18:15 - 18:30	Round-up of day and prizes! <b>Dawn Skelton</b>	
18:30 - 20:00	Buffet Dinner (included in cost)	Inspire [First floor]