

'Healthy Lives, Healthy Students'

Conference Programme



Who Looks After You?



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Conference Programme

Time	Speaker and session	Venue/room
8.30 - 9.15am	Registration and coffee <i>Arrival and registration for afternoon workshops</i>	Small Hall
9.30 - 9.45am	Opening welcome <i>Tim Wheeler - Vice Chancellor, University of Chester</i>	Molloy 006
9.45 - 10.30am	<i>Professor Rod Thompson - Deputy President, Royal College of Nursing</i>	Molloy 006
10.30 - 11.15am	Refreshments and break	Small Hall
11.15 - 12pm	<i>Cathy Warwick, CBE - Chief Executive, Royal College of Midwives</i>	Molloy 006
12 - 12.30pm	<i>Julie Sheen, Mental Health Nurse</i>	Molloy 006
12.45 - 1.45pm	Lunch	Small Hall
2 - 2.45pm	Workshop A <i>See list</i>	
3 - 3.45pm	Workshop B <i>See list</i>	
4 - 4.30pm	Feedback and final thoughts <i>Dr Annette McIntosh Scott, Dean, Faculty of Health and Social Care</i>	Molloy 006

Conference Workshops

Workshop A (2 – 2.45pm)		
Workshop title	Presenter	Room
Children's Nursing	<i>Jenny Devine, Eva McDermott, Suzanne Seabra and Marie Toleman</i>	Binks Building CBK013/2
Midwifery	<i>Elaine Hanzack and Taniya Roberts</i>	Binks Building CBK106/1
Sexual Health	<i>Gill Hughes and Jo Bates</i>	Beswick Building CBE013
Art Therapy	<i>Sue Young</i>	Binks Building CBK106/2
Hearing Voices	<i>Eve Collins</i>	Beswick Building CBE017
Dementia Friends	<i>Amy Fullwood</i>	Binks Building CBK013
Learning Disability SPACES	<i>Helen Bridge, Ellen Bassett, Gemma Gregory and Amy Wixey</i>	Beswick Building CBE001/3+4
Territorial Army	<i>Mike Brownsell</i>	Beswick Building CBE001/1+2

Workshop B (3 – 3.45pm)		
Workshop title	Presenter	Room
Children's Nursing	<i>Jenny Devine, Eva McDermott, Suzanne Seabra and Marie Toleman</i>	Binks Building CBK013/2
Midwifery	<i>Elaine Hanzack and Taniya Roberts</i>	Binks Building CBK106/1
Sexual Health	<i>Gill Hughes and Jo Bates</i>	Beswick Building CBE013
Art Therapy	<i>Sue Young</i>	Binks Building CBK106/2
Hearing Voices	<i>Eve Collins</i>	Beswick Building CBE017
Dementia Friends	<i>Amy Fullwood</i>	Binks Building CBK013
Learning Disability SPACES	<i>Helen Bridge, Ellen Bassett, Gemma Gregory and Amy Wixey</i>	Beswick Building CBE001/3+4
Territorial Army	<i>Mike Brownsell</i>	Beswick Building CBE001/1+2

Midwifery

Elaine Hanzack and Taniya Roberts
Binks Building CBK106/1

Another twinkle in the eye – contemplating another pregnancy after perinatal mental illness

The decision to have a baby is one that involves many aspects – yet what do you do when a previous perinatal period has resulted in a mental illness? Is there anything that can be done to reduce the risk another time?

Elaine Hanzack developed puerperal psychosis after the birth of her much wanted son. As a school teacher she was so used to making plans that went as expected and never thought she 'was the type' to have a mental illness. She made a full recovery and shared her story in her autobiographical 'Eyes without Sparkle – a journey through postnatal illness (Radcliffe, 2005). Her messages of hope and inspiration have been spread worldwide since her book was published, through her talks, media appearances and via social media.

By sharing her story, many others have shared theirs with her. A common question has been what to do if you want to consider another baby – what if it is unplanned? What if one partner wants one and not the other? What if you both do and are frightened? As a healthcare professional, what can you advise people?

To aid all those involved in this process, Elaine has used much of the good practice and research she has learned over the years along with a survey of many parents to write her second book. 'Another twinkle in the eye – contemplating another pregnancy after perinatal mental illness' is published this September.

In this session Elaine will briefly describe her journey to create this book; highlight some of the concerns held by parents and how best healthcare professionals can support them in their decision.

Perinatal mental health problems carry a total economic and social long-term cost to society

of about £8.1 billion for each one-year cohort of births in the UK. Come and listen to some of the ways Elaine suggests we can reduce this together.

Dementia Friends

Amy Fullwood
Binks Building CBK013

Dementia effects many people during their lives. This interactive session aims to clear some of the stigma surrounding dementia and give a clearer understanding of what dementia is how it biologically affects the individual. Everyone attending will be given a free dementia friends badge and leaflet and any questions will be answered to the best of our knowledge.

Learning Disability SPACES

Helen Bridge, Ellen Bassett, Gemma Gregory
and Amy Wixey
Beswick Building CBE001/3+4

I am Gemma Gregory, wife to Craig Gregory and mum of 3 wonderful children Isaac, Imogen and Isabelle. I am now a stay at home mummy and 'carer' for my middle daughter Isabelle. I am a trained mental health nurse and worked as a nurse for 10 years until Isabelle was born.

My daughter was born with mitochondrial disease causing her to have complex health needs. I became part of a world I never expected to. I found that there was very little support for parents locally. This inspired me to set up the charity space. The aim of SPACE is to provide a local, fun, safe and accessible environment in which children with disabilities and additional needs can play. Also opportunities for parents and carers to meet and provide mutual support. It's impossible to understand what it is like to be a parent of a child of special needs unless you live it. From the grief of loosing the child you thought you would have to the absolute pride you feel when they achieve the smallest of milestone you would normally take for granted. In this session we will look at the experience of the family and how Space aims to help families locally.



Hearing Voices

Eve Collins

Beswick Building CBE017

Earlier this year the Hearing voices project team based at the University of Chester launched the "Hearing Voices: A Guide to understanding helping and empowering individuals" Mobile App.

This valuable resource was developed by pooling the expertise of a wide range of healthcare professionals, learners and voice hearers to devise this comprehensive educational package which simulates the experience of hearing voices to provide a deeper insight and understanding of this experience. Join this workshop to hear more about the app, find out more about the evaluation study and also experience some of the interactive exercises for yourself so that you too can discover more about what it really means to Hear Voices.

Sexual Health

Gill Hughes and Jo Bates

Beswick Building CBE013

Positive Sexual Health and Staying Safe

As students and future health promoters it is important to consider how positive sexual health and staying safe can be promoted not just for yourselves but also the women and patients you work with. This session therefore aims to explore and discuss the importance of maintaining positive sexual health and staying safe. It will briefly include topics around contraception, sexual health, risk taking behaviours and how safety can be maintained. It is anticipated that this will generate lively debate and discussion.

The leaders of the session are Gillian Hughes and Jo Bates. Both are Senior Midwifery lecturers from the University of Chester. Both have worked within the specialism of contraception and sexual health for many years both here and in Jo's case

Australia too prior to becoming Lecturers and have been teaching the subjects for the past 15 years. Jo Bates also leads the post registration Practice of Sexual Health Module and Gillian Leads the post registration Contraception and Sexual Health module. Gillian still works part time within the contraception and sexual health service which includes young persons' clinics.

Army Reserve Medical Corps

Mike Brownsell

Beswick Building CBE001/1+2

A team from the 208 Field Hospital (V) will be giving a talk about emergency procedures within various military environments.

Children's Nursing

Jenny Devine, Eva McDermott,

Suzanne Seabra and Marie Toleman

Binks Building CBK013/2

Want to learn more about mindfulness and resilience?

This practical and interactive taster session will introduce you to the main concepts of mindfulness and resilience and how to utilise them effectively in both your professional and personal life. Marie has developed close links with many local health care organisations and has a special interest in promoting these techniques for both healthcare professionals and adolescents.

Art Therapy

Sue Young

Binks Building CBK106/2

Do you want to know more about art therapy and how it is used to promote health and wellbeing in our clients?

This interactive workshop will demonstrate various therapies and you will be able to have a go at using these creative therapies yourself.



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