

'Self care & resilience: How can we care?'
Multi-Disciplinary Student Summer School 2014

Friday 5th September – Lectures *(all lectures in Edmond J Safra Lecture Theatre)*

- 09.50 -10.20 **Registration (Coffee/Tea & Refreshments)**-River Room & Small Somerset Room
- 10.20-10.25 Welcome from King's- Professor Ian Norman
- 10.25-10.55 **Reducing distress and building resilience in the talking therapies: a case study**
D Rosier & Professor Ian Norman, Deputy Head, Florence Nightingale School of Nursing
Midwifery King's College London
- 10.55-11.05 Q & A's
- 11.05-11.25 Welcome from the College of Medicine, Professor George Lewith, CoM Governing Council
- 11.25-11.55 **Self-Management isn't just for patients: what HCP can learn**
Anya De Iongh, Patient Leader & Self Management Coach
- 11.55-12.10 Q & A's
- 12.10-12.25 *Refreshment Break- (River Room & Small Somerset Room)*
- 12.25-12.55 **Well London project – community engagement for self care**
Professor Adrian Renton, Director of the Institute for Human Health & Development
University East London
- 12.55-13.05 Q & A's
- 13.05-13.30 **Student Poster presentations-** *(River Room)*
1min 30s presentation and 1min 30s of questions per student (6 presentations)
- 13.30-14.25 *LUNCH* (poster judging) (55mins)-*River Room & Small Somerset Room*
- 14.25-14.55 **Self care starts in Schools – capturing them early**
Dr Barbara Vann, Former Headmistress, Penair Schools Project Lead
- 14.55-15.10 Q & A's
- 15.10-15.40 **Delivering improved support for people with long-term conditions**
Dr Simon Eaton, Consultant Diabetologist & Clinical Lead for Year of Care Partnerships,
Northumbria Healthcare NHS Foundation Trust
- 15.40-15.55 Q & A's
- 15.55-16.15 *Refreshment Break- (River Room & Small Somerset Room)*
- 16.15-16.45 **Resilience and self care – the well being of the Health & Social Care workforce**
Tony Coggins, Head of Mental Health Promotion, South London and Maudsley NHS
Foundation Trust
- 16.45-17.00 Q & A's
- 17.00-17.30 **The self management of musculoskeletal conditions in the context of
employment**
Dr Zofia Bajorek, Researcher & Kate Summers, Research Assistant, the Fit for Work
programme, The Work Foundation
- 17.30-17.45 Q & A's
- 17.45-18.00 Closing remarks

19.30-21.00 **Summer School Dinner-** (Terrace Café)

Poster & Essay Award Presentation & Pre -Dinner Speaker – Dr Michael Dixon, Chair,
Governing Council, College of Medicine

Saturday 6th September - Collaborative learning & working

08.30-09.15 **BREAKFAST** (*River Room*)

09.15-09.30 **Briefing** (*River Room*)

09.30-11.30 WORKSHOP

11.30-11.45 **Refreshment break** (15mins)-*River Room & Small Somerset Room*

11.45- 13.45 WORKSHOP

13.45-14.15 **LUNCH** (30mins)-*River Room & Small Somerset Room*

14.15-16.15 WORKSHOP

16.15-16.30 **Refreshment break** (15mins)-*River Room & Small Somerset Room*

16.30-16.45 Group breakout session – review key findings/outcomes- (*Lecture Theatre K-1.56*)

16.45-17.10 Chaired plenary discussion – group feedback (25mins)- (*Lecture Theatre K-1.56*)

Workshop 1 (*Classroom K0.18*): The unsolvable problems of healthcare and the unstable nature of people – how to make progress and not lose your way – Steve Andrews, UCLH Staff College;
<http://www.staffcollege.org/sectors/faculty/>

Workshop 2 (*Classroom K0.20*): What is resilience and how can we look after it? – Professor David Peters & Justin Haroun, WMIN Centre for Resilience: <http://www.westminster.ac.uk/resilience>

Workshop 3 (*Classroom K0.16*): Enabling Patient Self-Management – Petrea Fagan, The Centre for Self Management Support www.cuh.org.uk/csms

Close of Summer School

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Thanks also to: