



**Learning Disability Wales**  
**Anabledd Dysgu Cymru**

# Feel Good, Stay Well

Wednesday 18 November and Thursday 19 November 2009  
Holiday Inn, Newport, South Wales.

Ideas and action for the health and well being  
of children and adults with learning disabilities.

# Feel Good, Stay Well

Feeling good, being happy and staying healthy are things most of us want out of life, but research has shown that people with learning disabilities often have poorer health and can be overlooked by health and other services.

## This conference will give you the chance to:

- Find out about what is happening in Wales
- Try something new to improve your own health and well being
- Learn how to make changes in services you provide, or in your own life.

## This lively and interactive event features:

- Drama
- Speakers
- Workshops
- Discussion
- Film

## Feel Good, Stay Well will cover lots of topics including:

- Health checks
- Changes to the NHS in Wales
- Sport and activities
- Cooking and food
- Mental health
- Play schemes
- Sexual health
- Music and dance
- Communication in health care

## CONFERENCE FEES

	18 November	19 November	Both Days
Non members	£105.00	£105.00	£210.00
Learning Disability Wales members	£75.00	£75.00	£150.00
People with learning disabilities	£28.00	£28.00	£56.00
Family Carer or Paid Carer supporting person with learning disabilities	£28.00	£28.00	£56.00

Early Booking Discount: 10% discount is available on the conference fee for bookings made before 30 September. (Prices includes VAT)

## With Support From

## Wednesday 18 November Workshops

### “Ask ME about the sugar”: Questions of Capacity in Health Services

A look at some of the issues faced by people with learning disabilities when they access health services, and ask “Whose capacity is at question here?”. Attendees should be prepared for discussion, challenge, exchange of learning – and to have fun!

### Changes to Local Health Boards

An overview of the recent changes to Local Health Boards and Trusts, and their implications.

### Creative Music Making

Enjoy making sounds and music using percussion, technology and voice; we may even create a small piece of music! This is a fun and accessible session for all.

### Early Support in Wales

Early Support is the Welsh Assembly Government mechanism for achieving better co-ordinated, family focused services for young disabled children and their families. This workshop will give you an introduction to Early Support and the opportunity to explore its principles, values, resources and training.

**Cefnogi Cynnar**  
**Early Support**

### Eating for Health Demonstration

An insight into how easy it can be to produce healthy, tasty, inexpensive food at home that can be fun to make. Cooking does not have to be a chore. Practical demonstration, recipes and tips you will find useful and will be able to repeat at home for yourself.

### Eat Right – How to Eat a Healthy Diet

This workshop will look at how to achieve a healthy diet and the benefits for health. It will be delivered by a dietician with Gwent NHS Trust.

### Golf

Golf Development Wales will be providing the opportunity for 10 people with learning disabilities to have a golf taster session at the world-famous Celtic Manor Resort. The delegates will be taken to the driving range to spend an hour with a golf professional.

### In Search of a Happy Ending – Sex and Relationships

Through theatre and workshop we follow Jack and Charley, in search of their ‘happy ending’. This piece explores issues of communication, self confidence, decision making, safe and safer sex and peer pressure.

### Looking After Your Health

This workshop will look at what it means to be healthy, what it means to be ill and what you need to do to get better. It will discuss the importance of Annual Health Checks and how you can get the most out of them.

### ‘People and Places’ The Facebook Solution for Adults with Learning Disabilities

The People and Places website was developed to give adults with learning disabilities a safe opportunity for social networking, to keep in touch and meet new friends. A fun, practical and interactive demonstration, highlighting benefits toward Person Centred Planning, personalisation and community involvement.

 **People & Places**  
Bringing people together online

### Talk Through Time

A chance to talk about the issues covered in the drama presentation.

### Touch Trust Creative Movement

This workshop of movement and dance will be active, social and fun!! A chance to develop your creativity and movement skills in a positive and nurturing environment.



### Touch Trust Practical Ideas

This workshop for parents, carers and staff will provide some practical ideas for relaxation, stress release and movement activities for self-esteem and well-being.



## Thursday 19 November Workshops

### Breaking Down the Barriers to Open Access Play

A look at how Torfaen's voluntary buddy scheme is breaking down the barriers to promote every child and young person's right to play. The workshop will place a focus on inclusive play provision and include group activities and practical tasks.

### Chi Kung

Advice session on what DART (Disability Advisory & Resource Team) offers including a practical Chi Kung session. Chi Kung is a low impact exercise combining movement and breathing techniques to develop and improve coordination, balance and confidence.

### Communication Tools to Improve Health Outcomes

Find out about this Swansea People First project. Project members have developed tools to promote health advocacy in a peer led way by empowering individuals with knowledge of their health rights and the services they should expect to receive.

### Dance and Feel Good

Arts Care Gofal Celf will demonstrate how the arts, specifically dance, can improve individuals' sense of wellbeing. These two workshops for people with learning disabilities will create a routine to perform at the close of the event. Delegate will attend both sessions to work on their performance.



### 'Hand of Courage' Creative Workshop

This workshop will explore bullying and how best to tackle it. The workshop is designed to enhance the developmental benefit and well being of those who participate, in addition to providing a support mechanism that will encourage a 'culture of telling'.



### Health Passports

A practical look at how Torfaen People First made their Health Passports and how they make information useable and accessible.

### Making Time for Nature

Being outdoors in natural places is good for you!

In this interactive workshop we will talk about why you should get into the countryside or your local park. We will also look at some of the barriers that people face and how you can tackle these.



### Mental Health First Aid

Overview on anxiety and depression, looking at symptoms, causes and treatments available, self-help techniques and resources.



### Take the Health Challenge!

This workshop will look at ARC's Our Good Health project and how we have been working to make it easier for people with learning disabilities to lead a healthier lifestyle through our Happy Heart Groups and our latest project, Take the health Challenge!



### Working as a Volunteer and Basic First Aid Skills

Jamie Roberts, a member of Caerphilly People First, will describe his experiences as a person with a learning disability volunteering for a first aid organisation. Participants will also get the chance to learn some basic first-aid skills.

Learning Disability Wales, 41 Lambourne Crescent,  
Cardiff Business Park, Llanishen, Cardiff. CF14 5GG.

Tel: 029 20681160

Email: [rebeccawatkins@learningdisabilitywales.org.uk](mailto:rebeccawatkins@learningdisabilitywales.org.uk)

Full programme available at [www.learningdisabilitywales.org.uk/feelgood.php](http://www.learningdisabilitywales.org.uk/feelgood.php)