

Meeting of the Intellectual Disability Forum  
of the Royal Society of Medicine

*Thursday 28 September 2006*  
*at*

The Royal Society of Medicine, 1 Wimpole Street, London, W1G 0AE



*The* **ROYAL**  
**SOCIETY of**  
**MEDICINE**

## **Sports, exercise and intellectual disability**

### **AN ACTIVE LIFE: THE CONTRIBUTION OF EXERCISE AND PHYSICAL ACTIVITY TO THE WELL-BEING OF PEOPLE WITH INTELLECTUAL DISABILITIES**

There is now ample evidence that people with intellectual disabilities have less opportunity to contribute to a healthy life by engaging in physical activities and benefiting from exercise. This state of affairs contributes to poor health, particularly with respect to the disproportionate number of people with intellectual disabilities who are overweight. This conference reviews research evidence on exercise for and the health of people with intellectual disabilities. Speakers will consider ways in which through engagement in sports and arts activities such as dance they may exercise and improve their well-being. In the context of person centered planning, the option to choose or reject an active life rises important ethical issues that service providers must confront if they are to ensure the well-being of those for whom they are responsible. The conference will consider the range of ability, including recent developments in sports activities for people with profound intellectual and multiple disabilities.

#### PROVISIONAL PROGRAMME

- 9.00 am      **Registration and coffee**
- 9.30 am      **Introduction**
- 9.45 am      **Research into the effect of exercise on the health of people with intellectual disabilities**  
*Tamar Heller (USA)*
- 10.30 am    **Tea & coffee**

- 10.45 am **The impact of lifestyle on being obese or underweight among people with intellectual disabilities living in community accommodation**  
*(Speaker to be confirmed)*
- 11.30 am **Ethical issues and choice in engaging in exercise programmes or changed lifestyle**  
*(Speaker to be confirmed)*
- 12.15 pm **Lunch**
- 1.30 pm **Physical activity and community inclusion**  
*Caroline Argent, Development Officer (Learning Disability), London Sports Forum for Disabled People*
- 2.15 pm **Engaging people with profound intellectual and multiple disabilities in sporting activities: Special Olympics Motor Activities (SOMA)**  
*Eileen Ramsay (Healthy Lifestyles Project, PAMIS) and Joyce Carle (SOMA Coach, PAMIS)*
- 3.00 pm **Tea & coffee and completion of evaluation forms**
- 3.15 pm **Dance and physical well-being**  
*Avril Hitman (Artistic Director, Magpie Dance)*
- 4.00 pm **Close of meeting**

*CPD Points (Applied for)*

## REGISTRATION INFORMATION

***Intellectual Disability Forum***

***Sports, exercise and intellectual disability***

*Thursday 28 September 2006*

*Venue :*

Office use only

Received:

Delegate: / 3460

Finance: LE-A10-5

Publicity:

***Please fill in your name and present appointment and institute as you would like them to appear on the delegate list, your name badge and the attendance register.***

**Please use one form per person, feel free to photocopy.**

**Please complete in BLOCK CAPITALS**

Name (title, forename, surname)	
Present appointment & institute	
GMC/GDC No (for those requiring approval)	
Address (or RSM membership N <sup>o</sup> )	
Postcode	
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Payment details, please tick the appropriate box(es) (Office use. Batch N<sup>o</sup>: )

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| <input type="checkbox"/> Fellow: £60                             | <input type="checkbox"/> Associate: £60                       |
| <input type="checkbox"/> Student Members: £25                    | <input type="checkbox"/> Trainee - Fellow: £40                |
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| <input type="checkbox"/> Student: £40                            | <input type="checkbox"/> Leisure & Recreational Officers: £75 |
| <input type="checkbox"/> Voluntary & Statutory Sector staff: £75 | <input type="checkbox"/> Group booking: £60*                  |

\*Group fees – This fee applies for 3 or more delegates from the same organisation. Please note all registration forms must be sent at the same time.

**PLEASE COMPLETE BOTH SIDES OF THIS FORM**

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\*Please use a separate sheet to provide the cardholder's name and address if different from above

Please invoice my employer's/organisation's **Finance Department** (please note that registrations WILL NOT be accepted without payment unless your employer is to be invoiced)

**Payment is required 4 days before the meeting**

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**Please return your form by Tuesday 19 September 2006 to:**

Annmarie Blythe, Academic Department, Royal Society of Medicine, 1 Wimpole Street,  
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Tel: (+44) (0) 20 7290 3934, Fax: (+44) (0) 20 7290 2989 email:  
learning.disability@rsm.ac.uk

***Book on-line at: [www.rsm.ac.uk/learning-disability](http://www.rsm.ac.uk/learning-disability)***

If you are a Non-Fellow/Non-Member of the RSM please tick here if you do not wish to receive future mailings from the Royal Society of Medicine:

*Registrations will not be accepted over the telephone. If after sending us your payment, you decide to cancel, you have 7 days in which to do so in writing, by fax, or by email and a full refund will be given. After this time refunds will only be given on fees over £10.00, and will incur a 15% administration charge. Reservations/refunds must be received by the date specified above, otherwise a refund cannot be made. Places are only guaranteed upon written confirmation. Acceptance on to this meeting is at the discretion of the event organiser. If pre-payment has not been made by the date of the event, the event organiser reserves the right to refuse admission to the event.*