

**HemiHelp**  
CELEBRATING 25 YEARS

# Secondary Years Family Day

## Saturday 12<sup>th</sup> November 2016

Thornhill Church Centre, Excalibur Drive, Thornhill, Cardiff, CF14 9GA

### 09.30 REGISTRATION

09.55 Chairs Welcome and Ice Breaker

10.15 **How to help teachers understand hemiplegia and support your child through the Secondary School Years**

- Physical issues
- Unseen problems with hemiplegia
- Additional difficulties
- Strategies and tips

**Lisa Reakes**  
**Family & Schools Adviser**  
**HemiHelp Family Back-up Service**

### 11.30 MID-MORNING BREAK

11.50 **Physiotherapy and Puberty**

- How important is physiotherapy during puberty?
- What are the benefits?
- How to engage a stroppy teenager to use it or lose it
- Practical tips on preparing for the transition to adult services

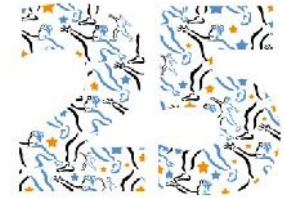
**Speaker TBC**

12.35 Q & A

12.45 LUNCH

**NB THIS IS A DRAFT PROGRAMME – CONTENT AND TIMINGS MAY THEREFORE BE SUBJECT TO CHANGE**

HemiHelp is a registered Charity No. 1085349  
[www.hemihelp.org.uk](http://www.hemihelp.org.uk)  
HemiHelp, 6 Market Road, London, N7 9PW  
Office Tel: 0345 120 3713 Helpline: 0345 123 2372  
Email: [support@hemihelp.org.uk](mailto:support@hemihelp.org.uk)



**HemiHelp**  
CELEBRATING 25 YEARS

### 13.30 Stepping Back

- Guidance and support for parents of children going through the Secondary Years Transition
- Addressing issues young people with hemiplegia might face as they move on to becoming a more independent teenager
- Tips on how parents can navigate their way through this period of their child's life

**Lildonia Lawrence**  
Transitions Adviser  
HemiHelp

### 14.15 Q&A

### 14.25 Letter to my younger self

- Sometimes it's not until you look back that you can see how far you've come. Originating from a meme in our Facebook Group, this session will explore the advice and reassurance three adults would offer their younger selves on their hemi-journey.

**Sascha Kindred - Paralympian Gold Medalist and HemiHelp Patron (TBC)**  
**Kathryn Palmer-Skillings - HemiHelp Trustee**  
**Jen Clarke - HemiHelp Member**

### 15.10 Q&A

### 15.20 MID-AFTERNOON BREAK

### 15.30 Parents Chat

At this point in the day, we will invite the audience to split into smaller groups to allow parents to share their experiences on issues relating to hemiplegia.

### 16.15 CLOSE

## OUR EXHIBITORS FOR THIS EVENT



**NB THIS IS A DRAFT PROGRAMME – CONTENT AND TIMINGS MAY THEREFORE BE SUBJECT TO CHANGE**

HemiHelp is a registered Charity No. 1085349  
[www.hemihelp.org.uk](http://www.hemihelp.org.uk)  
HemiHelp, 6 Market Road, London, N7 9PW  
Office Tel: 0345 120 3713 Helpline: 0345 123 2372  
Email: [support@hemihelp.org.uk](mailto:support@hemihelp.org.uk)