



**HemiHelp**  
CELEBRATING 25 YEARS

# Primary Years Family Day

## Saturday 22nd October 2016

Maryhill Burgh Halls, 10-24 Gairbraid Avenue, Glasgow, G20 8YE

### 09.30 REGISTRATION

**09.55 Chairs Welcome and Ice Breaker**  
**Siobhan McMahon**  
Patron - HemiHelp

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

- Physical barriers
- Unseen effects of hemiplegia
- Additional difficulties
- Strategies and tips

**Amanda Gray**  
Family & Schools Adviser  
HemiHelp Family Back-up Service

### 11.30 MID-MORNING BREAK

**11.50 Planning the transition from Primary to Secondary School**

- When to start planning
- Things to consider
- Tips and strategies

**Amanda Gray**  
Family & Schools Adviser  
HemiHelp Family Back-up Service

**12.20 Q & A**

**12.40 LUNCH**



### 13.20 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.

**Rachel Haine  
Siobhan McMahon  
Michael McMahon**

### 14.20 Managing emotional effects and challenging behaviour

- Is my child's behaviour down to hemiplegia or their age?
- Understanding your child's behaviour
- Practical tips to try at home

**Professor Lisa Marks Woolfson  
School of Psychological Sciences and Health  
University of Strathclyde**

### 15.05 Q&A

### 15.20 MID-AFTERNOON BREAK

### 15.40 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.

### 16.20 CLOSE

## OUR EXHIBITORS FOR THIS EVENT



HemiHelp is a registered Charity No. 1085349  
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