



**South West Wales  
Brain Injury Group**

**Wednesday 22 May 2019  
Liberty Stadium, Swansea**

**The South West Wales  
Brain Injury  
Conference  
2019**

**£35 Professional and Corporate**

**£10 Students**

**Free for non-professional Headway  
members, brain injury survivors and non  
paid carers**

*Pictures and video will be taken at this event to be used on our website and social media, if you do not wish to have your picture taken please advise us prior to or on the day of the event.*

**Book your place at:**

[swwbic-2019.eventbrite.co.uk](http://swwbic-2019.eventbrite.co.uk)

Tweet your questions using  
#swwbic2019



### Session 1 Chair - Dr Jeremy Tree

Associate Professor - Psychology Department,  
Swansea University

**8:45- 9:15** Registration, refreshments and networking

**9:25** Welcome address

### **9:30 Pituitary dysfunction following brain injury**

Dr Rajesh Peter - Consultant Physician in Diabetes and  
Endocrinology - Abertawe Bro Morgannwg University Health  
Board

### **10:15 Providing psychological support after brain injury**

Dr Rudi Coetzer - Consultant Neuropsychologist - Head of  
the North Wales Brain Injury Service

**11:00** Refreshments break and networking  
2nd registration opens

### **Session 2 Chair- Gareth Dimblebee Brain Injury Survivor**

**11:35** Return to plenary session

### **11:45 Andy McCann- Stroke Survivor**

An award-winning Head Teacher, Andy's life was turned upside down after suffering a serious stroke, leaving him to learn how to walk and talk again. Now a published author, Andy is very much in demand as an adviser, mentor and mental skills performance coach. His work has been described as 'cutting edge' (Daily Telegraph, 2009) and he is regularly featured in the national press and on TV and radio.

**12:30** Lunch and networking

**13:30** Return to plenary session

**13:45** Break into workshops

**14:00 Workshop choice 1**

**14:40 Workshop choice 2**

**15:20** Return to plenary session  
SWWBIG chair's closing remarks

**16:30** SWWBIG AGM - *optional for members*

## **Workshops - Please choose TWO of the below workshops to attend**

**A. Healthy eating after brain injury – using nutrition to optimise wellbeing – delivered by Victoria Prendiville, Dietitian** - *This workshop will look at using diet to manage general wellbeing and how making small changes can benefit our mental and physical health. It will provide some top tips on using food, what we eat and when we eat it, to help the fight against ailments such as fatigue, migraine and low energy.*

**B. Rehabilitation after brain injury - Chair pilates - Sonia Hopwood, Therapist at Equinox Physiotherapy -** *Pilates can offer great physical benefits in strength and ability and it is rapidly gaining momentum in brain injury rehabilitation due to the way it deals with core strength and imbalance in our bodies. In this interactive session, you will participate in a short pilates demonstration whilst sitting in a chair, accessible to everyone of all abilities.*

**C. The 'how to' of mental capacity assessments - Dr Sam Fisher-Hicks, Clinical Neuropsychologist and Lynne Morgan, Director and Professional Deputy, JCP Solicitors** - *This workshop will offer a practical introduction to the 'how to' of mental capacity assessments and best interest decision making. It is predominantly aimed at clinicians and those who have a role in conducting such assessments. The speakers will use examples to explore some of the complex issues that can arise and share resources and links to other useful websites and documents.*