



AndrewSimsCentre  
for professional development



Leeds and York Partnership  
NHS Foundation Trust



Conference

# Sleep Psychiatry Study Day

**Monday 16 September 2019**

The Met Hotel, King Street, Leeds, LS1 2HQ

9am Registration, 9.30am Welcome and 4.30pm, Close

Sleep disorders involve problems with the quality, timing and amount of sleep, which impacts functioning and quality of life. There are several sleep disorders of which insomnia is the commonest. Sleep disorders in people with mental illness and emotional difficulties are less understood and possibly under recognised. Mental illness can contribute or exacerbate sleep difficulty. This multi-speaker programme aims to provide a comprehensive study day capturing the salient topics relevant for a busy clinician.

This course aims to provide delegates with:

- Understand common sleep difficulties in people presenting with emotional difficulties and mental illness
- How to write a person centred good sleep care plan
- Therapies and medications

## About our Chair:

Dr Miriam Isaac, Consultant Psychiatrist in National Deaf CAMHS, Leeds and York Partnership NHS Foundation Trust, is a Consultant Psychiatrist working with deaf young people and families in the national service based in York. She is also a consultant in intellectual disabilities. Miriam developed an interest in sleep during her higher training working with children with disabilities. She felt that understanding the complex presentations of a seemingly simple vital function is fascinating. She feels that the field of sleep psychiatry is at an exciting cross roads with scientific advances and technology assisted interventions to understand how and why we sleep and what happens when we don't. Miriam has been providing specialist assessment for children and adults with disabilities since 2012. She is CBT trained in insomnia and experienced in supervising and formulating comprehensive sleep assessment and treatment plan. She has provided expert input in developing sleep pathways for mental health trusts and for national Deaf CAMHS services. She is an invited speaker at several forums on sleep psychiatry.

## Course Fees:

**£150.00**

All learning materials, lunch and refreshments are included.

## Reservations:

Please complete the reservation form overleaf and post or scan to: Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, LS15 8ZB. (Please note this is our correspondence address only.)

If you are paying by debit or credit card, why not BOOK ONLINE and receive a £10 discount on the advertised price?

## Study Methods and Accreditation:

Lectures, small group work, group discussions, question and answer sessions, case studies, case directed discussions etc. This course is eligible for 6 CPD hours subject to your peer group approval.

## This conference is suitable for:

Primary Care Physicians and Mental Health Professionals





# Andrew Sims Centre Reservation Form



Leeds and York Partnership  
NHS Foundation Trust

Course Title: **SLEEP PSYCHIATRY STUDY DAY**

Date: **MONDAY 16 SEPTEMBER 2019**

## YOUR DETAILS

PLEASE PRINT YOUR DETAILS IN BLOCK CAPITALS

Title ..... First Name .....

Surname ..... Job Title .....

Speciality .....

Trust / Organisation .....

Preferred Mailing Address .....

..... Postcode .....

Work Telephone ..... Mobile .....

Email .....

Dietary ..... Other .....

Signature ..... Date .....

## NEWSLETTER AND MARKETING

We want to stay in touch, to let you know about our future courses, discounts and ASC news. If you want to receive this information via our email Newsletter, sent every two weeks, please tick [ ]

## COURSE FEES

[ ] One Place £150.00

Promotional Code ..... Making Course Fee £.....

## BOOKING & PAYMENT OPTIONS

Please choose ONE of the following payment options (1 to 6)

- ONLINE:** andrewsimscentre.nhs.uk and RECEIVE £10 DISCOUNT with a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- POST:** Administrator at Andrew Sims Centre, 2150 Century Way, Thorpe Park Industrial Estate, Leeds, LS15 8ZB
- BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref ASC160919-DELEGATENAME
- INVOICE:** Please send a copy of Purchase Order with delegate details to andrewsimscentre.lypft@nhs.net  
Trust .....  
Purchase Order Number .....
- LYPFT Internal Transfer:**  
Budget Holder Name.....  
Budget Holder Email .....  
Budget Code: .....  
Budget Holders signature .....  
Budget Transfer will occur in **September** 2019

All Payment must be received in advance of event.

## HOW TO BOOK

If you are paying by debit or credit card, please BOOK ONLINE, otherwise please complete the reservation form and either post to: **Events Administrator, Andrew Sims Centre, 2150 Century Way, Thorpe Park, Leeds, West Yorkshire, LS15 8ZB** or Email it to **andrewsimscentre.lypft@nhs.net**.

Please note this is our correspondence address only. Please check individual courses for venue details.

## PAYMENT METHODS

We prefer to receive payment by credit card. If you would like us to invoice your organisation, a copy of your Trust's or organisation's official purchase order must be enclosed with this booking. **Payment must be received before the course date.** If payment is not received by the day of the course, you will be asked to guarantee your place with a personal credit card on the day. Leeds and York Partnership NHS Foundation Trust staff must provide a budget code and budget holders authorisation.

## ACCREDITATION

This course is eligible for 6 CPD hours subject to your peer group approval.

## THE VENUE

The Met Hotel is approx. 2 minutes' walk from Leeds city train station. If you are travelling by car, please note that The Met has no parking for delegates and it is recommended that you park in the long-stay train station car park off Aire Street or one of the other city-centre car parks.

## OVERNIGHT ACCOMMODATION

Please contact the venue directly to arrange accommodation.

## CONFIRMATION OF RESERVATIONS

All reservations will be confirmed immediately in writing. Further details including programme times and venue information, will be forwarded approximately 2 weeks prior to the event date. Please ensure you have provided an email address as all booking confirmations will take place by email.

## RESERVATION & CANCELLATION POLICY

Cancellations must be received in writing at least two weeks prior to the course date to be entitled to a refund, which will be subject to a 20% administration fee (minimum £20). We regret that cancellations received after this date cannot be refunded, and refunds cannot be made for failure to attend the event. However, a substitute delegate will be welcomed in your place at any time.

## FURTHER INFORMATION

The Andrew Sims Centre ("ASC") is part of Leeds and York Partnership NHS Foundation Trust ("LYPFT"). Your personal information will be stored and processed by the ASC, Stripe and HMA according to the General Data Protection Law ("GDPR"). If you would like further information about this please contact us. Your personal information will be used by the ASC to process your application to attend our events.

If you would like to keep up to date with our events and activities, please tick [ ]

If you have booked with the ASC before and already receive our Newsletter and want to unsubscribe please tick here [ ]

If you would like your details to be made available to our third-party partners such as selected event co-partner organisations, or to companies sponsoring or exhibiting at our events, please tick [ ]

