



AndrewSimsCentre
for professional development



Leeds and York Partnership
NHS Foundation Trust



Workshop

Student Mental Health

What's happening why it's happening and what you can do to help

Wednesday 29 January 2020

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

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

University/Medical School is a very different experience from 20 years ago; Students have a constant pressure to perform, be their best self, and compete at all levels. Mental distress has risen as more young people struggle to keep up with the demands of their busy lives whilst dealing with complex issues, including mental illness. Delegates will build their confidence to understand; what mental health in young people can look like, what to say to be supportive and show compassion, how to be of practical support, whilst also learning about how best to look after their own mental health and wellbeing in challenging times. They will have the opportunity to interact and ask questions as well as discuss case studies together, taken from Dominique's vast experience of young adult care. Students will learn about their own wellbeing, and staff about how to care for students and themselves.

After attending this course delegates will be able to...

- Recognise behaviours and feelings to watch out for in themselves or others
- Know when and how to ask for support and get help
- Understand better the pitfalls of modern studying and how to manage or overcome them

About our speaker:

Dr Dominique Thompson: GP, Author, TEDx Speaker and Student Mental Health Expert, Buzz Consulting

Dr Thompson is a GP, young people's mental health expert, TEDx speaker, author and educator, with over 20 years of clinical experience caring for students, including as a police and expedition doctor, and most recently as Director of Service at the University of Bristol Students' Health Service. It was for this work that she was named Bristol Healthcare Professional of the Year 2017. Dominique has helped design apps to support student mental health, and is the author of the Student Wellbeing Series of books. She has been interviewed widely, including by the Guardian and Radio 4's Today programme. Her TEDx talks include "What I learnt from 78,000 GP consultations with university students" highlighting possible causes behind the recent rise in young people's mental health distress, and "Understanding the Why" suggests ways in which everyone can better support the younger generation. She is a Clinical Advisor for NICE, the Royal College of GPs, and for Student Minds, the UK's student mental health charity. She was the GP member of the NICE Eating Disorders' guidelines development group, and the Universities UK StepChange and Minding Our Future committees, as well as the Office for Students' Challenge Fund advisory panel. Dominique is also a member of the UK Mental Wellbeing in Higher Education group (MWBHE). In 2019 she was nominated as one of the Top 100 West Women of the Year.

Course Fees:

£185.00

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:

Medical students (all levels) and staff who work with them (all specialities).

www.andrewsimscentre.nhs.uk
andrewsimscentre.lypft@nhs.net
0113 85 55638





Andrew Sims Centre Reservation Form

Course Title: **STUDENT MENTAL HEALTH**

Date: **WEDNESDAY 29 JANUARY 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 £185.00

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 credit or debit card
- TELEPHONE:** 0113 855 5638 with 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 ASC290120DELEGATENAME
- 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 January 2020

All Payment must be received in advance of event.

HOW TO BOOK

Email andrewsimscentre.lypft@nhs.net to reserve a place and call **0113 85 55638** to confirm payment and booking.

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.

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 []