



# Sleep Masterclass

Monday 14th November 2022

Hilton Hotel, Leeds City, Neville Street, Leeds, LS1 4BX

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

This sleep masterclass is aimed to provide a comprehensive overview of sleep disorders to help busy clinicians identify, assess and manage common sleep presentations in children and adults with emotional difficulties and mental disorders. The program intent to cover various dimensions of sleep disorders. This year the focus will be on Insomnia, effects of psychotropic medications on sleep and useful treatment options.

This course aims to provide delegates with:

- Understand common sleep difficulties in people presenting with emotional difficulties and mental health
- How to write a personal centred and trauma informed sleep care plan
- Therapies and Medication

## Programme:

|         |                                                                                                                                                                                                                                                                                                                           |         |                                                                                                                                                                                                                                                                                                                            |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9.30am  | <b>Welcome and introduction</b><br><b>Dr Miriam Isaac</b> , Consultant Psychiatrist and Honorary Clinical Lead Sleep Pathway North of England Deaf CAMHS, Leeds & York Partnership NHS Foundation Trust                                                                                                                   | 2.00pm  | ~ Afternoon refreshments ~                                                                                                                                                                                                                                                                                                 |
| 9.45am  | <b>Insomnia</b><br><b>Dr Hugh Selsick</b> , Lead Consultant, Non Organic Insomnia Service, The Royal London Hospital for Integrated Medicine                                                                                                                                                                              | 14.15pm | Introduce Speaker                                                                                                                                                                                                                                                                                                          |
| 10.45am | ~ Morning refreshments ~                                                                                                                                                                                                                                                                                                  | 14.20pm | <b>Parasomnia – Assessment and Treatment</b><br><b>Dr Paul Reading</b> , Consultant Neurologist, South Tees Hospitals NHS Foundation Trust                                                                                                                                                                                 |
| 11.00am | <b>Autism and Sleep</b><br><b>Dr Alwyn Kam</b> , Specialty Doctor with both the Leeds Autism Diagnostic Service (LADS) and Psychiatry of Learning Disability at Leeds and York Partnership NHS Foundation Trust & <b>Dr Keri Lodge</b> , Consultant in Learning Disability Psychiatry and Leeds Autism Diagnostic Service | 14.55pm | Introduce Speaker                                                                                                                                                                                                                                                                                                          |
| 11.30am | <b>Effects of Psychotropic Medication on Sleep</b><br><b>Dr Dawn Fleming</b> , Advanced Clinical Pharmacist, Leeds and York Partnership NHS Foundation Trust                                                                                                                                                              | 15.00pm | <b>Obstructive Sleep Apnoea and Mental Health Issues</b><br><b>Dr Dipansu Ghosh</b> , Consultant Respiratory Physician, Leeds Teaching Hospitals NHS Trust                                                                                                                                                                 |
| 12.00pm | ~ Lunch ~                                                                                                                                                                                                                                                                                                                 | 15.35pm | Introduce Speaker                                                                                                                                                                                                                                                                                                          |
| 1.00pm  | <b>Pharmacological and Non-Pharmacological Interventions for Sleep</b><br><b>Dr Nicholas Meyer</b> , Consultant in Psychiatry and Sleep Medicine University College London Hospitals NHS Foundation Trust                                                                                                                 | 15.40pm | <b>Developing a trauma informed sleep plan</b><br><b>Dr Miriam Isaac</b> , Consultant Psychiatrist and Honorary Clinical Lead Sleep Pathway North of England Deaf CAMHS, Leeds & York Partnership NHS Foundation Trust and <b>Dr Gill Nowell</b> , Clinical Psychologist, Leeds, and York Partnership NHS Foundation Trust |
|         |                                                                                                                                                                                                                                                                                                                           | 4.15pm  | <b>Question and Answer</b>                                                                                                                                                                                                                                                                                                 |
|         |                                                                                                                                                                                                                                                                                                                           | 4.30pm  | <b>Close</b>                                                                                                                                                                                                                                                                                                               |

## Course Fees:

**£185.00**

All learning materials, lunch and refreshments are included.

## Reservations:

Please complete the reservation form and email to [andrewsimscentre.lypft@nhst.net](mailto:andrewsimscentre.lypft@nhst.net)

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 Masterclass**

Date: **Monday 14th November 2022**

## 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 click [here](#).

## 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 a credit or debit card
- TELEPHONE:** 0113 855 5638 with a credit or debit card
- EMAIL:** andrewsimscentre.lypft@nhst.net
- BACS:** Account Number: 10003312 Sort Code: 60-70-80  
Please use ref **ASC141122-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 **November 2022**

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 email it to [andrewsimscentre.lypft@nhs.net](mailto:andrewsimscentre.lypft@nhs.net). 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

**From the M1** -Take junction 43 of M1 onto M621, take junction 3, follow signs for the City Centre for approx. 3/4 miles, the Hotel is on the left.

**From the A64/York** - Leave the A64 and follow signs for M1, M621 City Centre Past the Royal Armouries on the left, and bear right at T-junction. Past Crown point retail on left, follow sign for City Centre, join the one way system, Hotel is on the left.

**From the M62/ Manchester** - take junction 27, then on the M621, take junction 3. Follow signs for the city centre for approx. 1/2 mile, hotel is on the left .

**From the M62/Hull** - Take junction 29, join M1 north. At junction 43 turn onto M621. At junction 3 follow signs for the city centre for 3/4 mile, Hotel is on the left.

**Rail** - Leeds Train Station, 3 minutes walk from the train station

**Parking** - The hotel has its own car park and there is an NCP opposite

## 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 [ ]

