

DELEGATE BOOKING FORM

September 30th & 1st October 2011

Conference delegates may attend either Friday or Saturday or both days. Please indicate by ticking the appropriate box

Attending Friday
 Attending Saturday
 Attending Friday & Saturday

Name

Position

Organisation/Group

Address

Contact No.

Email

Access or Dietary Requirements

€20.00/£18 Fee for lunch and snacks is required for the Saturday only. It is essential that the fee is forwarded with booking form by cheque to either BCCN for the amount of €20 or £18 to Early Years.

SOME OF THE INFORMATION STANDS AVAILABLE

- > HSE: Get Ireland Active Stand
- > HSE: Nutrition and Healthy Eating
- > Early Years, the Organisation for Young Children in Northern Ireland
- > BCCN: Smart Start Health Promotion Programme, Promoting well being through the Arts and Play Creating Confident Children Project
- > Sports Partnerships Cavan and Monaghan
- > Local Integrated Development Companies, Monaghan & Cavan
- > Monaghan and Cavan County Childcare Committees
- > Bord Bia
- > Safe Food
- > Little Steps
- > MABS



Please return this booking form along with fee before Monday 19th September to;

For bookings from the REPUBLIC OF IRELAND

BCCN
 Unit 10 d, M:TEK, Knockaconny, Monaghan.
 Tel: 086-7307304 / 047- 72469
 Fax: 047 72491
 Email: info@bccn.ie

For bookings from NORTHERN IRELAND

EARLY YEARS
 6c Wildflower Way, Apollo Road,
 Boucher Road, Belfast, BT12 6TA.
 Tel: +44 (0)28 9066 2825
 Fax: +44 (0)28 9038 1270
 Email: joanna@early-years.org

Early booking is advisable as we expect the conference to be over subscribed. There will be no refunds after the above date. Please be aware prior to booking, BCCN or Early Years cannot accommodate a refund of any kind should you be unable to attend.

Suffolk - 353 47 71585



Promoting Children's and Families' HEALTH and WELLBEING

“WELL in your SKIN”

and launch of the

Up 4 it! Cavan Monaghan Families Getting Healthy Together Project

Keynote Speakers

Professor Doctor Ferre Laevers and Julia Moons Department of Education, Katholieke, University of Leuven, Belgium
Professor Niall Moyna BA, MSc, PhD, FACSM Professor at the School of Health and Human Performance in DCU
Professor Donal O'Shea Consultant Endocrinologist and Head of Weight Management at Colmcille's Hospital, Loughlinstown
 Professor O'Shea is a contributor to RTE's Operation Transformation

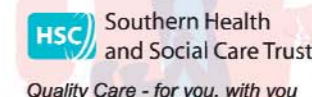
Venue The Four Seasons Hotel, Monaghan

Dates Friday 30th September: 12.30pm - 5.00pm & Saturday 1st October: 9.30am - 4.00pm

Fee €20 or £18 (to cover Saturday lunch and refreshments)



A project supported by the European Union's INTERREG IVA Programme managed by the Special EU Programmes Body and delivered by Co-operation and Working Together (CAWT), the cross border health services partnership



“WELL in your SKIN”

KEYNOTE SPEAKERS

> Professor Dr. Ferre Laevers

Professor Laevers is from the Department of Education, Katholieke, University of Leuven, Belgium and Director of the Centre for Experiential Education. He is an expert in the area of early education and the promotion of children's emotional health and wellbeing in early childhood. Most of his work is linked to the innovative project *Experiential Education* of which he was the founding father more than 30 years ago. He is the co-founder of the European Early Childhood Education Research Association (EECERA) and held its presidency from 2005 until 2007.

> Julia Moons

Julia Moons is a senior member of the Leuven EXE-team and has been involved in several action research projects as a Pre-school Teacher where she has made a major contribution to the development of practice that supports children's wellbeing and development

> Professor Niall Moyna

BA, MSc, PhD, FACS M Professor

Prof. Moyna works in the School of Health and Human Performance in DCU and is a member of the centre for Preventative Medicine in the University. He is the Director of the DCU Sports Academy, and a member of Athletics Irelands High Performance Committee. He has a keen interest in all forms of physical activity and is a Fellow of the American College of Sports Medicine.

> Professor Donal O'Shea

Professor O'Shea is a consultant endocrinologist and physician based in St. Vincent's University Hospital and St. Colmcille's Hospital. He set up the first hospital based multidisciplinary treatment unit for obesity in Ireland and was a member of the Department of Health National Obesity Taskforce, chairing the detection and treatment subgroup. Dr. O'Shea is currently chairman of the Nutrition Council of the Irish Heart Foundation. He is the principle investigator in a research group that currently focuses on the study of the health consequences of obesity.

> Dr. Roslyn Tarrant PhD

Clinical Paediatric & Research Dietician

Dr. Roslyn Tarrant is a senior clinical paediatric and research dietician at Our Lady's Children's Hospital in Dublin. As part of her role, she works with the endocrinology team and consults with patients referred for obesity / weight management issues. Roslyn presents on the Obesity Journey for Dietitians Course and has written a number of articles addressing our increasing paediatric obesity rates and measures to tackle this epidemic.

OVERVIEW

The Conference "Well in Your Skin" is organised by BCCN (Border Counties Childhood Network), and Early Years, the Organisation for Young Children in Northern Ireland. The initiative is strongly supported by the HSE Dublin NE and other agencies working together to promote children and families' health and wellbeing across the island of Ireland. The conference forms part of a cross border initiative, funded by the European Union's INTERREG IVA programme through CAWT (Co-operating and Working Together) the cross border health services partnership.

The 'Growing Up in Ireland' study 2009, found 'one in four 9-year olds overweight or obese' in the Republic of Ireland. In Northern Ireland, in 2009, '22% of P1 children were also found to be overweight (17% overweight and 5% obese)'. (www.publichealth.hscni.net). This has serious implications for health and wellbeing on the island of Ireland. 'Weight gain brings increased health risks such as the increased risk of type 2 diabetes, cancer, heart and liver disease but can also have a direct impact on psychological wellbeing leading to depression, eating disorders, distorted body image and low self-esteem' (NOO, Obesity and Mental Health, 2011).

Alleviating the rise in childhood obesity and the implications of such obesity persisting into adulthood requires a multi agency and cross sectoral response, which includes engaging with Parents, Early Childhood Practitioners and Teachers who have an essential role to play in helping to influence the development of healthy lifestyles in children and families.

CONFERENCE AIMS

- > To raise awareness of current research highlighting rising obesity levels and the problems this will cause for children, families and society
- > To raise awareness of the importance of promoting children's health and wellbeing in their earliest years thereby preventing obesity and other problems at a later stage
- > To highlight the role that Early Childhood, After School Practitioners and Primary School Teachers have in promoting children's health and well being
- > To build the knowledge and skills of professionals working with young children so as to improve their health and emotional wellbeing
- > To highlight partnership and cross sectoral working between a range of stakeholders involved in the lives of children in Northern Ireland and the Republic of Ireland
- > To highlight the importance of parents in influencing children's healthy lifestyles
- > Provide details of the Up4It! Cavan/Monaghan Families Getting Healthy Together project, funded by the EU's INTERREG IVA programme through CAWT.
- > Facilitate the exchange of ideas and encourage delegates to discuss ways of promoting health and well being from birth thereby preventing obesity in young children and in later life

CONFERENCE SCHEDULE

Friday 30th September

- 12.30-1.30pm Registration and refreshments
Viewing of exhibitions/information stands
- 1.30pm Conference opening / setting the context:
Siobhan Fitzpatrick, CBE, CEO of Early Years, the organisation for young children &
Denise McCormilla, CEO, Border Counties Childhood Network (BCCN)
- 1.45pm Tom Daly Director General of CAWT, Corporate Management, HSE West
- 2.00pm Adrienne Lynam Project Manager HSE,
Implementation Framework for Obesity Population and Health Promotion
Dr. Tracy Owen Consultant in Public Health Medicine and PHA Lead for Obesity Prevention
- 2.20pm Cathal Hand HSE Dublin North East Cavan/Monaghan
- 2.40pm Launch of Up4It! Cavan/Monaghan Families Getting Healthy Together Project - Heather Humphreys T.D.
- 3.20pm Professor Niall M. Moyna, BA, MSc, PhD, FACS M Professor
"Helping children & families to be physically well in their skin"
- 3.40pm Dr. Roslyn Tarrant PhD Clinical Paediatric & Research Dietician,
Our Lady's Childrens Hospital, Crumlin
"Helping children & families to be nutritionally well in their skin"
- 4.00pm Keynote Speaker - Professor Dr. Ferre Laevers
"Helping children & families to be emotionally well in their skin"
- 5.00pm Close

Saturday 1st October

- 9.30am Registration and refreshments
Viewing of exhibitions/stands
- 10.30am Welcome / Setting the context for the second day
Denise McCormilla, CEO, Border Counties Childhood Network (BCCN) & Siobhan Fitzpatrick, CBE, CEO of Early Years, the organisation for young children
- 10.45am Professor Ferre Laevers / Julia Moons
"The importance of promoting children's emotional health and well being"
- 12.30pm Lunch
- 1.30pm Professor Ferre Laevers / Julia Moons
"Creating a powerful learning environment to promote children's health and emotional wellbeing"
- 3.15pm Professor Donal O'Shea
Key Messages for Improving health and well being on the island of Ireland
- 4.00pm Conference Close

ACCOMMODATION

Overnight accommodation must be arranged by the delegate. Available at the Four Seasons Hotel contact no: 047-81888 or see the Monaghan Tourism or BCCN websites www.monaghantourism.com or www.bccn.ie

THE CONFERENCE WILL BE OF INTEREST TO THE FOLLOWING:

- > Primary School Teachers, representatives from the education sector
- > Early Childhood Practitioners delivering Pre-school, Day care, After School services
- > Trainers/ Tutors/Lecturers delivering FETAC/ HETAC accredited Childcare/ Early Childhood Care and Education training Programmes for VECs, FAS, IT Colleges, Further Education Colleges and other training agencies
- > HSE Health / National Health Service professionals
- > Representatives from Equality and Diversity, Disability, Children's & Youth advocacy, Traveller groups
- > Parents
- > Co-ordinators/ Development Staff/ Members of County Childcare Committees
- > Public Representatives from Northern Ireland and the Republic of Ireland
- > MEPs