

**WORKSHOP 1 (5 PARALLEL SESSIONS) – Sat 10<sup>th</sup> Sept 2011 - 14.45-16.15pm**

Workshop	Theme	Workshop Leaders	Room
A	<b>Self Employed? Ideas for business and marketing</b> This workshop will explore ideas to market your skills and classes	<b>Claudine Aherne Dalena Christian</b>	Spencer
B * (repeated WS 4E)	<b>Models of Innovative Specialist Exercise Delivery – Falls/Stroke specific</b> This workshop will give an insight into the differing models of specialist exercise delivery	<b>Simon Hanna Bex Townley + Competition Winner</b>	Flowers
C	<b>Floor work Progressions</b> This workshop will refresh techniques to get onto and up from the floor and new floor exercises	<b>Dawn Skelton Sheena Gawler</b>	Griffiths
D	<b>Pilates for older people</b> This workshop will give ideas on Pilates exercises for older people with balance problems	<b>Sheila Done Cherry Baker</b>	Cavendish
E	<b>Support Strategies for adherence to exercise</b> This workshop will explore evidence based strategies to increase and maintain engagement in exercise – problems and solutions	<b>Bob Laventure Trish Tenn</b>	Morley

**WORKSHOP 2 (5 PARALLEL SESSIONS) – Sat 10<sup>th</sup> Sept 2011 – 16.30-18.00pm**

Workshop	Theme	Workshop Leaders	Room
A * (repeated WS 3B)	<b>Working with people living with Dementia</b> This workshop will explore communication skills and strategies and a few practical tips	<b>Bob Laventure Cherry Baker</b>	Spencer
B	<b>Working with people living with Osteoporosis</b> This workshop will give an insight into the research behind bone building exercise and cautions and considerations	<b>Ann Murray Susie Dinan-Young</b>	Flowers
C	<b>Working with people with Parkinsons</b> This workshop will cover a research update on exercise for people with Parkinson's and give some practical examples of adaptations and cues.	<b>Vicki Goodwin Bhanu Ramaswamy</b>	Griffiths
D	<b>Exercise and fitness after Stroke</b> This workshop will explore practical issues and exercise delivery of exercise for stroke survivors <b>(This session is not for Efs instructors)</b>	<b>Sara Paul John Dennis</b>	Morley
E * (repeated WS 3E)	<b>Balance progression (&amp; regression!)</b> This workshop will give new practical exercises to progress balance training and will discuss progression and regression	<b>Sheena Gawler Sheila Done</b>	Cavendish

**WORKSHOP 3 (5 PARALLEL SESSIONS) – Sunday 11<sup>th</sup> Sept 2011 – 10.30-12.00am**

<b>Workshop</b>	<b>Theme</b>	<b>Workshop Leaders</b>	<b>Room</b>
A	<b>Assessment and Impact of your classes</b> This workshop will consider basic assessments/outcome measures to show change and how to prove your service works	<b>Dawn Skelton Vicky Johnston</b>	Morley
B * (repeated WS 2A)	<b>Working with people living with Dementia</b> This workshop will explore communication skills and strategies and a few practical tips	<b>Bob Laventure Cherry Baker</b>	Cavendish
C	<b>Tai Chi for balance and strength</b> This workshop will practice PSI Tai Chi exercises and explore new progressions and exercises	<b>Jane Ward Susie Dinan-Young</b>	Griffiths
D	<b>Exercise and Dementia</b> Implementing an evidence based exercise programme for people living with dementia	<b>Edye Hoffman Simon Hanna</b>	Flowers
E * (repeated WS 2E)	<b>Balance progression (&amp; regression!)</b> This workshop will give new practical exercises to progress balance training and will discuss progression and regression.	<b>Sheena Gawler Sheila Done</b>	Spencer

**WORKSHOP 4 (5 PARALLEL SESSIONS) – Sunday 11<sup>th</sup> Sept 2011 – 13.00-14.30pm**

<b>Workshop</b>	<b>Theme</b>	<b>Workshop Leaders</b>	<b>Room</b>
A	<b>New Technologies for engagement</b> This workshop will explore and try out new technologies for engagement including Balance Master and Wii games.	<b>Dawn Skelton Janet Thomas</b>	Morley
B	<b>Ball Games: Co-ordination and reaction</b> This workshop will give practical tips on ball games and other ways to improve reaction and co-ordination	<b>Bob Laventure Kelsey Sprintall</b>	Cavendish
C	<b>Back conditions and considerations to exercise</b> Back pain can impact on many activities of daily living. Learn about back conditions, causes and how the risks of back problems can be reduced	<b>Cherry Baker Sheila Done</b>	Griffiths
D	<b>Functional Exercise for Stroke Survivors</b> This workshop will give an insight into the ARNI CPD programme for Efs tutors	<b>Tom Balchin Susie Dinan-Young Emma Sawyer</b>	Flowers
E * (repeated WS 1B)	<b>Models of Innovative Specialist Exercise Delivery – Falls/Stroke specific</b> This workshop will give an insight into the differing models of specialist exercise delivery	<b>Simon Hanna Bex Townley + Competition Winner</b>	Spencer