

TRAINING DAY FOR SELF HELP GROUP LEADERS

Venue: Royal Victoria Hotel, Sheffield

Saturday, October 22nd, 10.00 am to 4.30 pm

10.00am Welcome, Introduction and Concept

Facilitating self help

10.10am IBS; The Patients Perspective. What do we need to know?

How we might do it differently

11.00am Holistic overview of IBS. Dealing with what happened

Break out session

11.50 am Refreshments

12.10 am Diet and IBS/Food and Mood

Break out session

1.00 pm LUNCH

2.00 pm Might it be anything else? When to refer

2.30 pm Over the counter medications

2.50 pm The role of complementary therapies

3.10 pm How to set up and run a Self Help Group - considerations and logistics

Break out session

4.10 pm Refreshments

Sign up. Distribution of packs. Supervision and support.

4.30pm Close