

TIME	SESSION	ROOM
09:00 – 09.30	Registration	Flowers
09.30 – 10:00	Directors Welcome and Update - Dawn Skelton & Bex Townley	
10.00 – 10.45	<p>Keynote: Dr Juliet Harvey, Practice Development Physiotherapist, NHS Greater Glasgow & Clyde “Improving function in frail older adults with a sedentary behaviour reduction intervention”</p> <p>Sedentary behaviour (sitting time) has a detrimental effect on health and physical function. It appears that frail older adults would gain from reducing their time sitting, particularly as they are less likely to readily engage in formal exercise programmes. Changing sitting patterns may be a gateway intervention to help this group become more active. Juliet will define the extent and context of sedentary behaviour in older adults then describe the findings of a pilot study (Stomp Out Prolonged Sitting Study) which tested a sedentary behaviour reduction intervention on frail older adults living in sheltered housing accommodation.</p>	
10:45 – 12:15	Choice of WORKSHOP 1	See Workshop Programme
12:15 – 12:30	LLT Geographical networking - meet instructors living/working in your area	Flowers
12:30 – 13:30	Lunch (included in cost) <i>+ chance to view competition entries and winners of the LLT Game Changer Awards</i>	
13:30 – 14:15	<p>Keynote: Dr Dave Saunders, University of Edinburgh "Exercise after Stroke: complex intervention & multiple effects"</p> <p>Exercise interventions can improve the low levels of physical fitness commonly observed after stroke yet there is more to ‘fitness training’ than just ‘training fitness’. The benefits of exercise may be far more wide reaching and offer multiple effects which are known to be valued by people with stroke. Exercise now forms a well-established part of clinical guidelines for the management of stroke but the evidence is still growing. As well as exercise interventions to increase fitness there is growing interest in interventions to increase physical activity and interventions to reduce time spent sitting. These types of intervention are all connected as they involve expenditure of energy. This session will illustrate the almost endless potential for complexity in the design of the ‘energy-expenditure interventions’. The flexibility in the nature and dose of these interventions affords wide applicability and relevance for people with stroke.</p>	Flowers
14:15 – 15:45	Choice of WORKSHOP 2	See Workshop Programme
15:45 – 16:00	Refreshments	Flowers
16:00 – 17:30	Choice of WORKSHOP 3	See Workshop Programme
17:30 – 18:15	Motivation and Support Thoughts. Throughout the day Workshop leaders will include their thoughts on motivation and support strategies to increase uptake and adherence within programming and interventions. Bob Laventure will summarise these and remind us all that evidence based practice only works if people do it!	Flowers
18:15 - 18:30	Round-up of day and prizes! Dawn Skelton	
18:30 - 20:00	2 course Dinner (included in cost)	Dining Room