

Helping athletes achieve better mental health and improved performance

**Thursday 20 June 2019 – Stamford Bridge, Chelsea FC, London**

**Schedule: 8.45am – Registration & coffee 9.30am – Conference commences 5.00pm – Conference closes**

Never before has the issue of athletes' mental health and welfare been more topical. Following on from key events, such as Dame Tanni Grey-Thompson's Duty of Care Review and the Government Action Plan, there is now real momentum behind a culture change in UK sport. It is now recognised as the role of all of those who support, coach or select athletes to consider and address wellbeing as well as focusing upon performance.

Over the past three years, this Conference has promoted the importance of athletes' mental health on the National stage and witnessed first-hand the developments which have been brought about by many of its speakers and delegates. Support the momentum for change and join us at this year's event where you can participate in the most up to date discussion with the UK's key experts.

## Conference Expert Speakers



**Topic: The Value of Joint Working**  
**Dr Marwan Al-Dawoud: MBChB, MRCPG, MFSEM(UK), DipSEM**  
Sport and Exercise Medicine Physician. Lead Doctor to England Rugby League and England Partially Sighted Futsal.

**Topic: UK Sport - The Culture**  
**Dr James Bell**  
Head of Mental Health, English Institute of Sport; Head of Culture and Development, UK Sport



**Topic: UK Sport - The Practice**  
**Dr Amanda Gatherer:**  
**PhD, MSc Clin Psych., C.Psychol.**  
Clinical Psychologist, Member of English Institute of Sport Mental Health Expert Panel, Director of Psychology Services, Birmingham and Solihull Mental Health NHS Foundation Trust.

**Topic: Exercise, Compulsive Exercise and Eating Disorders**  
**Dr Amit Mistry: BSc MBChB MRCPsych**  
Sports & Exercise Psychiatrist; Specialist Registrar in Eating Disorders, Barnet, Enfield & Haringey Mental Health Trust.



**Topic: Bridging the Gap between Performance Psychology and Well-being in Female Athletes**  
**Dr Tim Rogers: MB BS MRCPsych MSc**  
Medical doctor & consultant sport psychiatrist, Cognacity and Sport Resolutions, London.



## Keynote: David Cotterill

David is a former professional international and league footballer. He played in the premier league and had over 400 appearances at club level. Internationally, he was in the Welsh squad for the European championship in 2016. He now works as an ambassador for the Welsh FA and The Sports Premier Network.

## Conference Chair

**Dr Allan Johnston: MBBS, MRCPsych, Cert.Med.Ed(IU)**

Consultant Performance Psychiatrist to League Managers Association; English Institute of Sport Mental Health Expert Panel; Deputy Chair, RCPsych Sports & Exercise Psychiatry Special Interest Group (SEPSIG); Sports Psychiatrist, The Spire Leeds Hospital, Leeds; Trustee of State of Mind Sports Charity.



## Learning objectives:

- Gain real life insight into athletes' mental health issues by hearing their accounts first hand
- Appreciate the systems for providing support and how these are changing
- Understand the current culture and practice in high performance sport
- Discuss the value of joint working between sports medics, psychiatrists and psychologists
- Hear from expert clinicians and learn about what to look for and when to refer
- Understand relevant theories and science underpinning our knowledge of physical activity, performance and mental health changes
- Discuss the risks and benefits of exercise
- Keep up to date with this rapidly changing area
- Hear from and network with the top experts in the field of athletes' mental health

## Who should attend?

Everyone who has an interest in and a responsibility for the mental health of athletes, for example: sports medicine specialists, performance directors, team managers, coaching staff, clinical psychologists, sports psychologists, psychiatrists, clinical and sporting academics, athletes.

## Conference Fees:

**Standard: £230 (+VAT) per delegate**

All bookings include conference materials, lunch and refreshments

**Promotional Opportunities** Please contact us for further information regarding the sponsorship packages available at the conference.

**For more information and sponsorship enquiries please contact us on 0113 257 2139 or email [enquiries@etnetwork.co.uk](mailto:enquiries@etnetwork.co.uk) or visit our website [educationandtrainingnetwork.co.uk](http://educationandtrainingnetwork.co.uk)**

# Third National Conference: The Mental Health of Athletes – Who cares?

## > Delegate booking form

Enquiry date .....

Booking date .....

### How to book

**Online:** [www.educationandtrainingnetwork.co.uk](http://www.educationandtrainingnetwork.co.uk)

**Tel:** 0113 257 2139      **Fax:** 0113 257 8159

**Post:** Education & Training Network, Design House,  
1 Coal Hill Lane, Leeds, LS28 5NA

### Your details *(block capitals please)*

Title: ..... First name: .....

Last name: .....

Job Title: .....

Department: ..... Speciality: .....

Organisation: .....

Location/place of work: .....

.....

.....

Email (for all correspondence): .....

Telephone & Mobile Number: .....

Diet or special requirements: .....

Have you previously attended an ETN course? Yes  No

How did you find out about this course?: .....

I am happy to receive ETN's future course information  Please tick.

Occasionally, ETN would like to send you exciting news, and information about our events and services. We will treat your data with respect and you can locate our T&Cs on our website. You can unsubscribe at any time.

### Date

Thursday 20 June 2019 - London

### Accreditation

This event is accredited with 6 CPD hours subject to your peer group approval. You will be asked to sign in at the start and finish of the course in order to receive your certificate of attendance.

### Conference Fee

**Standard: £230 (+VAT) per delegate**  
All bookings include conference materials, lunch and refreshments

### Contact us

**Education and Training Network**

**Tel:** 0113 257 2139

**Fax:** 0113 257 8159

**Email:** [enquiries@etnetwork.co.uk](mailto:enquiries@etnetwork.co.uk)

## Information about your booking

**Confirmation of registration:** All bookings will be confirmed in writing. Online bookings will receive an automated confirmation email/receipt. Joining instructions will be sent as soon as possible. We reserve the right to change the programme without prior notice. Where for any reason, beyond its control, ETN cancels an event, the liability of ETN shall be limited to a refund of the fee payable to ETN for that event. You may wish to take out insurance against cancellation.

**Cancellation and refunds:** All cancellations must be submitted in writing. If verbal cancellations are given, a written communication must follow immediately. If written cancellation is received more than 4 weeks before the event a 80% refund will be given, between 4 weeks and up to 14 days a 50% refund will be given, within 14 days of the event, no refund will be given. Should you be unable to attend, a substitute delegate may attend in your place. Late cancellations may incur additional charges.

**Changes to an order/booking:** All changes in delegate bookings will be subject to an administration fee.

**Accommodation:** If required, delegates will need to book their own overnight accommodation. There are a number of websites that offer accommodation deals eg [www.laterooms.co.uk](http://www.laterooms.co.uk), [www.booking.com](http://www.booking.com), [www.lastminute.com](http://www.lastminute.com).

## Payment information

**By cheque:** a cheque for £..... is enclosed. (Made payable to Education and Training Network UK Ltd)

**By BACS: Barclays Bank Sort Code: 20-48-95 Account Number: 53873218.** Total payment: £.....

**By debit/credit card** (you can also book online using your card). Please enter your credit card details as they appear on the card. Please debit my visa/mastercard/switchcard (delete as appropriate)

Cardholder's Name: ..... Card Number: .....

Start Date: ..... Expiry Date: ..... Issue No (switch only): ..... 3 Digit Security No: .....

Card address (if different from above) .....

**By Purchase order/Invoice:** Please provide the contact details (lead name and telephone number) of the person who will be responsible for the financial reconciliation and full payment of your fee. We must receive a purchase order prior to ETN raising an invoice and payment must be received before the event. Alternatively, your place can be guaranteed with your personal charge card details.

Lead Contact: ..... Contact Number: .....

**Organisations:** Please email a BACS Remittance Form / Purchase Order Form as confirmation of payment to [admin@etnetwork.co.uk](mailto:admin@etnetwork.co.uk) including event name, date and the names of the relevant delegate(s).

**Please add the event & date and delegate name as your payment reference.**

**Individuals: Please add your name and event date as your payment reference.**

Your payment will be processed via Sage Pay and your details will not be stored after successful processing.