

CLAPA Adults Cleft Conference

When: Saturday 17 November 2018

Where: Holiday Inn Camden Lock, 30 Jamestown Road, London NW1 7BY

Who's it for: Anyone living in, or visiting the UK who was born with a cleft and is aged 16 years or over. You may also bring a family member or friend (they will need their own ticket).

Programme

Please note we reserve the right to amend the programme if required.

9:30am Registration, tea and coffee

10:00am Introduction to conference, Adult Services Project, summary report on findings from 2018 roadshow and survey – *Kenny Ardouin, CLAPA Adult Services Coordinator*

10:30am Beth's Cleft Story – *Beth Angella*

11:00am *Morning tea*

11:15am Cleft Collective Update – *Yvonne Wren, Speech Language Therapist, Cleft Collective*

11:30am Decision making around having treatment – *Amanda Bates*

11:45am Surgery and Ongoing Medical Concerns as an adult – when should I consider treatment? If I leave it will it get better? Will it get worse? – *TBC*

12:15pm Teeth – why not to be afraid of the dentist, how to look after teeth and what treatment options are there for teeth? – *Sandip Popat*

12:45pm *Lunch (served in the restaurant)*

1:45pm Relationships & Intimacy with a Visible Difference – *Nick Sharratt, Centre for Appearance Research*

2:30pm Thinking about starting a family – getting your head around genetic counselling and what to do with that information – *TBC*

3:15pm *Afternoon Tea*

3:30pm MRI in the management of patients with repaired cleft palate: could its role be increased? – *Matthieu Ruthven*

3:45pm Strategies for dealing with chronic pain and discomfort – *Amanda Bates*

4:00pm An overview of health-related and social anxiety – strategies for dealing with difficult days and support available – *TBC*

4:45pm Closing thoughts, next steps, things you can be involved with.

5:00pm Finish

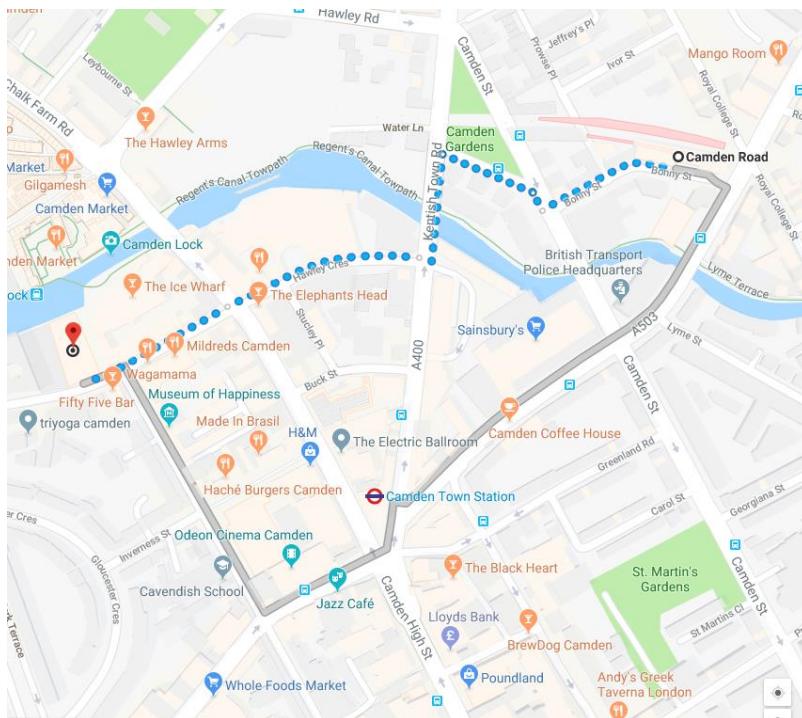
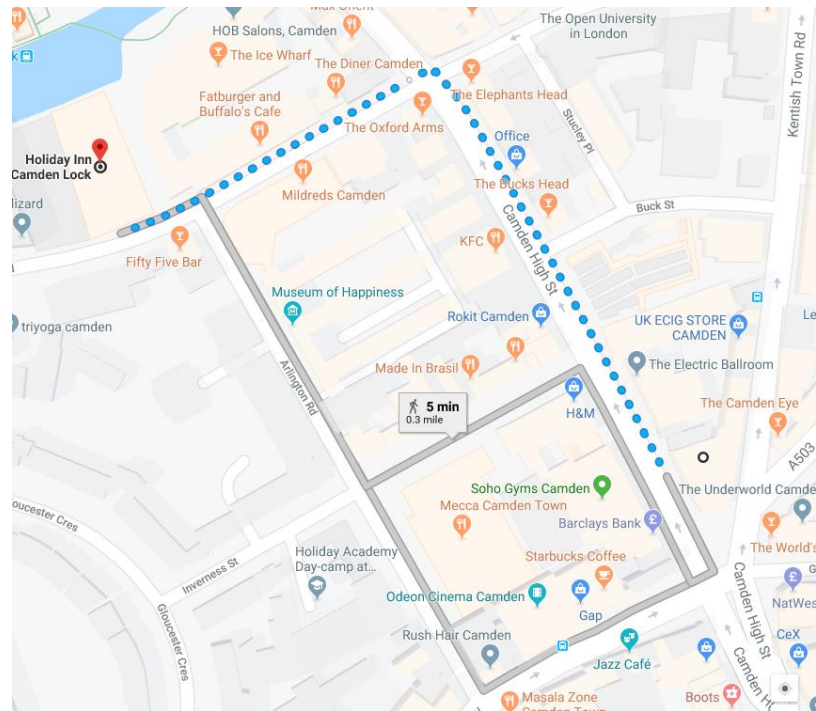
Getting there



The venue is located in the London borough of Camden and is easily accessible by public transport. It is in Zone 2 of the TFL network.

By tube (London Underground)

The nearest station is Camden Town (both Bank and Charing Cross branches of the Northern line travel here). The Holiday Inn is a short 4 minute walk from Camden Town Underground station and is outlined on the map opposite.



By London Overground

The nearest London Overground station is Camden Road. The Holiday Inn Camden Lock is an easy 8 minute walk from the station following the route on the map opposite.

By rail

The Holiday Inn Camden Town is easy to access via rail. If arriving at London Euston, simply take the Northern Line for two stops in the northbound direction to arrive at Camden Town. If arriving at Kings Cross or St Pancras, simply take the Northern Line for three stops in the Northbound direction. From Paddington station, take bus number 27 in an eastbound direction, the journey will take approximately 30 minutes. Alternatively, you can take the London Underground changing at Oxford Circus and Euston stations. From Waterloo and London Bridge stations, take the Northern Line in a northbound direction to Camden Town.

By road

It is much easier to reach the venue using public transport as there is limited parking at the venue. Also the roads around Camden tend to get very busy on the weekend. If you do wish to bring a car, you may wish to consider using a park and ride on the outskirts of London and using public transport to reach Camden.

Food & Drink

In a word, it will be plentiful. In more words, that is to say that there will be tea and coffee on arrival, as well as morning and afternoon tea breaks, and a full tasty buffet lunch in the restaurant. All standard dietary requirements will be catered for – please just make sure you let us know of any requirements when booking your ticket.

Exhibit Displays

There will be a number of displays for you to peruse on the day to find out more about some of the topics discussed, including one from our CLAPA fundraising team.