

# CLAPA 2019 Adults Cleft Conference Information

**When:** Saturday 14 September 2019

**Where:** The Studio, 67 Hope Street, Glasgow G2 6AE

**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).

**Register here:** <https://www.eventbrite.co.uk/e/2019-clapa-adults-cleft-conference-tickets-57089985684>

## Programme

9:30am Registration, tea and coffee

10:00am Introduction to conference – *David Drake, CLAPA Trustee & Kenny Ardouin, CLAPA Adult Services Coordinator*

10:10am Imposter Syndrome: Living with “just” a cleft palate – *Iona Wallace*

10:35am Personal Story 2 (TBC)

11:00am *Morning tea*

11:20am Overview of Scotland cleft services/how to refer oneself – *Scotland NHS Cleft Team*

11:30am An introduction and overview of genetics – *Peter Mossey, University of Dundee*

12:00pm Self Esteem Workshop – *Jess Hare, Scotland NHS Cleft Team*

1:00pm *Lunch*

2:00pm Interactive Activity – *Kenny Ardouin & TBC, CLAPA*

2:20pm Genetic Counselling and Decision making regarding having children –  
*TBC*

3:00pm *Afternoon tea*

3:20pm Speech concerns in Adulthood and therapies available – *TBC*

3:45pm Looking after your teeth – how to find a good General Dental Practitioner and overcome your reservations about going there – *TBC*

4:10pm Pesky Fistulas – Tips and tricks for living with that irritating hole in the roof of your mouth - *TBC*

4:30pm Closing thoughts, next steps, things you can be involved with.

5:00pm Finish

## Getting there

The venue *The Studio* is located in the heart of Glasgow and is easily accessible by public transport, including train, car, and even plane. Full details on how to get to the venue, including maps, are here:

<http://studiovenues.co.uk/venues/glasgow/map-directions/>.

### By train

There are two train stations near the venue.

The Studio is located directly opposite **Glasgow Central Station**. On arrival at the station concourse you will see a Marks and Spencer Simply Food on your left hand side. Next to this is a small arched exit leading to Hope Street. Cross Hope Street and you'll see the big glass building Sixty Seven Hope Street directly in front of you. Enter the building and you'll find The Studio on the eight floor.

**Glasgow Queen Street Station** is approximately 10 minutes walk away. On exiting the station turn right along West George Street, crossing West Nile Street then Renfield Street. Turn left onto Hope Street and follow the street along until you have Glasgow Central Station on your left hand side, The Studio is located opposite at Sixty Seven Hope Street.

### **By car**

We are able to give discounted rates at two nearby carparks – NCP Mitchell Street , postcode **G1 3LN** and NCP Oswald Street, postcode **G1 4PA**.

To obtain discounted parking at the NCP car park simply ask for an NCP validation ticket for either NCP Mitchell Street or NCP Oswald Street car park at The Studio reception. When you are ready to exit the car park, simply insert your original parking ticket into the payment machines along with the validation ticket to activate the discount. It will be £7 for the day.

Both car parks are 24 hours.

### **By plane**

As a UK-wide conference, we'd love you to come and visit Glasgow from wherever you are coming from. Glasgow Airport is well connected with many daily flights from London, as well as direct flights from Bristol, Birmingham, Belfast, Cardiff and Dublin, as well as from all over Scotland. The airport is a convenient 30 minute bus ride or 20 minute taxi ride from the venue.

### **Food & Drink**

In a word, it will be plentiful. In more words, that is to say that there will be tea, coffee and pastries on arrival, as well as morning and afternoon tea

breaks, and a full tasty buffet lunch. All standard dietary requirements will be catered for – please just make sure you let us know of any specific requirements when booking your ticket.

## Things to do in Glasgow



There's lots to see and do in and around Glasgow, so why not make a weekend of it? Here's a few ideas of things to do:

<https://www.visitscotland.com/blog/glasgow-clyde-valley/fun-things-to-do/>.

## Any Questions?

If you have any questions about the conference, please contact the Adult Services Coordinator by emailing [kenny.ardouin@clapa.com](mailto:kenny.ardouin@clapa.com) or phone 020 7833 4883.