

Name:.....
 Address:.....

 Mobile:.....
 Email:

SBHI Branch Member: Yes No
 If Yes please state which branch:

Number of Adults (13 years & over) attending:

Number of Children (12 years & under) attending:.....

Number of Children (3 years & under*) attending:

Number of Wheelchair Users attending:.....
 * Children 3 years & under are free

SBHI MEMBERS:

Weekend Package (with accommodation):
 Package includes 2 nights' accommodation, entrance to workshops, meals and entertainment from Friday evening to lunch on Sunday.
 €225 per person Twin Double
 €300 single room
 €550 per family (2 adults & 2 children 12 years & under)
 €15 per additional child (4 years to 12 years)

Weekend Package (without accommodation):
 Package includes entrance to workshops, meals and entertainment from Friday evening to lunch on Sunday.
 €160 per person
 €320 family (2 adults & 2 children 12 years & under)
 €10 per additional child (4 years to 12 years)

NON-MEMBERS:

Weekend Package (with accommodation):
 Package includes 2 nights' accommodation, entrance to workshops, meals and entertainment from Friday evening to lunch on Sunday.
 €250 per person Twin Double
 €330 single room
 €600 per family (2 adults & 2 children 12 years & under)
 €20 per additional child (4 years to 12 years)

Weekend Package (without accommodation):
 Package includes entrance to workshops, meals and entertainment from Friday evening to lunch on Sunday.
 €180 per person
 €350 per family (2 adults & 2 children 12 years & under)
 €15 per additional child (4 years to 12 years)

Please complete and return to SBHI, Positive Life Choices, National Resource Centre, Old Nangor Road, Clondalkin, Dublin 22 by Friday 27 May. Method of payment: Cheque Postal Order made payable to SBHI.

For further information please contact:

George Kennedy, CEO, SBHI on 01 457 2329 or
 Hazel McGeough, FSW, SBHI on 086 8194790 or
 Sarah Jacobsen, FSW, SBHI on 085 711 9062

AGENDA

FRIDAY 10th JUNE:

- 7.00pm–8.30pm **Breaking the Ice**
Primary members' workshop
- 7.00pm–8.30pm **Parent Matters**
*Meet and greet for parents and carers
Hosted by SBHI Board of Directors*
- 7.00pm–8.30pm **Kids Club**
- 9.00pm **Conference Open**
Fiach McDonagh, National Chair SBHI
- 9.15pm–11.30pm **Evening Entertainment & Finger Food**
Hosted by SBHI Youth Forum

SATURDAY 11th JUNE:

- 9.30am–10.00am **Registration**
- 9.30am–5.30am **Kids Camp**
- 10.15am–10.30am **Conference Welcome**
Peter Landy, National Vice-Chair SBHI
- 11.00am–1.30pm **Insights Workshops** (12.15pm Tea & Coffee)
 - **Skills4Life**
 - **Speakeasy**
 - **Caring for YOU**
 - **Making it Work** (group workshop)
 - **Family Law** (11.00am–12.15pm)
- 1.30pm–2.30pm **Lunch**
- 2.30pm–5.00pm **Insights Workshops** (3.45pm Tea & Coffee)
 - **Skills4Life cont.**
 - **Speakeasy cont.**
 - **Caring for YOU cont.**
 - **Making it Work** (one-to-one sessions)
 - **Raising Your Ambitions** (2.30pm–3.45pm)
- 6.30pm–7.30pm **Celebration Mass**
- 8.00pm–10.00pm **Gala Dinner incl. Conference Close**
By Fiach McDonagh, National Chair SBHI
- 10.00pm–1.00am **Gala Entertainment**
Hosted by the Wexford Branch

SUNDAY 12th JUNE

- 10.30am–11.00am **AGM Registration**
- 11.00am–1.00pm **AGM**
- 1.00pm–2.00pm **Lunch**



**SPINA BIFIDA
 HYDROCEPHALUS
 IRELAND**

**POSITIVE LIFE CHOICES
 PRESENTS**



**EXPLORING PERCEPTIONS
 EVOKING CHANGE**

**Carlton Millrace Hotel, Bunclody, Co. Wexford
 10th – 12th June 2011**

SBHI, National Resource Centre
 Old Nangor Road, Clondalkin, Dublin 22
 Tel: (01) 457 2329 Lo-call: 1890 20 22 60
 Email: info@sbhi.ie Web: www.sbhi.ie

EXPLORING PERCEPTIONS, EVOKING CHANGE – *What's it all about?*

The agenda for this year's conference has been directly influenced by the feedback we have received from all members and covers a number of topics which continue to be at the forefront of the SBHI Mission Statement:

“The mission or purpose of Spina Bifida Hydrocephalus Ireland is to provide information, support and advice to people with Spina Bifida and/or Hydrocephalus, their parents and carers, as well as to promote social inclusion and equality for people with Spina Bifida and/or Hydrocephalus in Irish society.”

Exploring Perceptions, Evoking Change

The intention of this conference is to explore how we perceive ourselves, how we relate to others and how we enable others to relate to us. We all have the ability to evoke change both within ourselves and in those around us through our attitudes and behaviours. The aim of this weekend is to empower you “to be the change you wish to see in the world” Mahatma Gandhi (1869-1948).

Breaking the Ice

Facilitated by Madge O'Callaghan, Disability Advocate, Facilitator & Physiotherapist

This forum will empower members to reduce the stigma surrounding the language of sexuality, by dispelling false information that can lead to confusion and isolation. The programme will use drama and activities to encourage members to engage in the issue of their own sexual health.

Parent Matters

Facilitated by the SBHI Board of Directors

This is an excellent and exciting opportunity for parents and carers to meet with people from the Spina Bifida Hydrocephalus community, to share views, experiences and information and to network and collaborate with likeminded people.

To view workshop times please see Agenda.

INSIGHTS WORKSHOPS – All-Day Programmes:

Skills4life

Facilitated by the Irish Family Planning Association (IFPA)

“Every person, disabled or non-disabled, is a sexual being and is entitled to the information and services necessary to make informed choices regarding sexual and reproductive health.” IFPA

skills4life is a comprehensive sexual health workshop which explores how sexuality is an integral part of being human.

The skills4life workshop will explore: STIs, contraception, negotiation & self-esteem, human reproduction and anatomy, prejudice & discrimination against people with disabilities, physical and emotional health, mental and social well-being, sexual health, masturbation, condom demonstrations, healthy relationships and healthy feelings, decision-making and communication.

This workshop will be structured to facilitate a number of different learning strategies using group work, videos and activities and has been adapted to meet the needs of our members in conjunction with Anita Butt, IFPA's Training and Education Coordinator for Disability.

Caring for YOU

Facilitated by Madge O'Callaghan, Disability Advocate, Facilitator & Physiotherapist, and Susan Hogan, Caring for Carers Ireland

The role of Carer can make many demands on the Carer and the family unit as a whole, from being a teacher, a nurse, a therapist, a chef, a taxi driver, a PA to being an advocate. It can be difficult for carers to see their caring role as separate from the relationship they have with the person they care for, whether that relationship is as a parent, a son or daughter, a partner or a sibling.

Attitudes towards caring are very diverse and the role of parent and carer can often become blurred. Some people find it fulfilling and in many ways

enjoyable. For others, it can sometimes be a difficult job with inherent emotional and physical responsibilities. The role of caring can be all these things at some stage or another, there are good and bad days.

This programme is designed specifically to empower carers to be mindful of themselves in their role as carer by addressing topics of dependency within the family unit. Topics will be addressed using a number of different techniques such as relaxation, discussion, collage and role play as well as peer-to-peer support.

Speakeasy

Facilitated by the Irish Family Planning Association (IFPA)

People with cognitive or physical challenges may, without adequate sex education, be at increased risk of experiencing sexual abuse, sexually transmissible infections (STIs) or unplanned pregnancy. Many parents don't provide sex education because they mistakenly believe their child 'won't need it'. Other parents have tried, but struggle to present the information in a way that their child can understand.

Speakeasy will explore influences on sexuality from inside and outside the home, the changes of puberty, developing social skills, including understanding and using concepts such as 'public' and 'private', developing and maintaining different types of relationships, the physical mechanics of sex, including reproduction, sexually transmissible infections, safer sex, contraception, coping with relationship difficulties or rejection, appropriate and inappropriate expressions of sexuality, protective behaviours, same sex attraction and keeping children and adults safe from harm.

This workshop is designed to provide parents and carers with the information, skills and confidence needed to talk to their children about relationships and sexuality.

To view workshop times please see Agenda.

INSIGHTS WORKSHOPS – Half-Day Programmes:

Making it Work (1 hour Presentation & Group Discussion)

Facilitated by Pauline Shiels, Sexual Health Clinical Nurse Specialist

This workshop will explore how to build positive sexual experiences by addressing mobility and equipment, integrating bowel and bladder care, staying healthy and fit, self-esteem and body image, sexual function and techniques.

The workshop goals will be achieved through the presentation of topics, equipment demonstrations, facilitated sharing and discussions.

Making it Work (One-to-One sessions)

Facilitated by Pauline Shiels, Sexual Health Clinical Nurse Specialist

These one-to-one sessions are a continuation of the morning workshop. The sessions will facilitate specific individual needs on a more intimate and personal level. Referrals will be made to Pauline's clinics at the National Rehabilitation Hospital, Dun Laoghaire, if required. To book a

one-to-one session please see Colette Darcy, SBHI Family Support Worker, on the day.

Raising Your Ambitions

This workshop focuses on interview techniques. The difference between being the right candidate on paper and winning the job lies in how you perform in the job interview. Discuss with experts what employers are looking for, what you should tell them and how to answer their questions.

Family Law

Facilitated by John Costello, Beauchamps Solicitors

This workshop will cover aspects of the breakdown of the family unit including discussion on a wide range of issues including property arrangements, separations and divorces, powers of attorney, maintenance and guardianship matters, pre-marriage advices and co-habitation.

To view workshop times please see Agenda.