



# The Way Ahead

29 June - 1 July 2018



The Way Ahead will once again be returning to Yarnfield Park Training and Conference Centre, Staffordshire.

Easily accessible from the M6; Stafford & Stoke train stations (23 minutes) and Stone train station (10 minutes). There are also over 600 free parking spaces available to delegates.



## The venue

Currently undergoing the final phase of its major £3 million redevelopment, Yarnfield Park Training and Conference Centre is a purpose-built training and conference facility. In addition to meeting all of our needs, Yarnfield Park offers us;

- Newly refurbished restaurant ✓
- Improved bedrooms (all within 100 yards of the main Conference Centre) ✓
- Free high speed Wifi ✓
- Onsite Costa Coffee - open for *The Way Ahead* ✓
- Free use of gym facilities ✓
- Increased number of disabled access bedrooms ✓

Further information on the venue is available on the following link: <http://www.yarnfieldpark.com>

## Accommodation and booking

Prices frozen for the third consecutive year!

Headway groups / branches Rate (per person)	Early Bird (Before 1 <sup>st</sup> June)	After 1 <sup>st</sup> June
Full weekend	£140	£175
Friday – Saturday (afternoon)	£100	£130
Saturday – Sunday	£100	£130
Day delegate	£60	£60

For those wishing to travel to the event on the Thursday and stay an additional night a separate rate is available. Please get in touch for further information.

**To secure your place please complete the online booking form by clicking on the link below:**

<https://headwayuk.wufoo.eu/forms/the-way-ahead-2018-booking-form/>

## Special requirements

There are a limited number of accessible rooms which will be allocated on a first-come-first-served basis and we will do our best to accommodate individual requirements. Please email the team on [twa@headway.org.uk](mailto:twa@headway.org.uk) to discuss specific needs prior to completing your booking form.

## Speakers

### Managing sleep and fatigue in people who have had a brain injury

**Dr David Lee**

This presentation will begin by introducing participants to the science of sleep, why we need it, how it changes as we get older, and the impact of having a brain injury on sleep quantity and sleep quality. The presentation will then continue by introducing participants to some strategies to help improve their sleep before concluding with a question and answer session with the speaker.

### Where did I go?

**Polly Williamson**

Polly Williamson suffered a life threatening brain injury that instantly changed her life. A mother to two young children she struggled to find her new life as her equestrian business was closed and she was unable to care for her two young boys. Moreover she had lost her identity, unsure who she really was.

This talk shows how a life can be successfully taken up again, that with time, support and determination a new path can be found.

### Title to be confirmed

**Mark Bowra MBE**

Mark was a Lieutenant Colonel with the Royal Marines, Mark had his life change dramatically when he suffered a stroke. Mark took part in the Invictus Games in 2017 and has recently taken part in the X Forces self-employment course, funded by Help for Heroes, with the intention of setting up a business providing BOWRA bags to help others with a brain injuries begin their own rehabilitation and recovery.

## Friday 29th June

12.00pm - 3.00pm	Reception: Registration for Friday workshop delegates only
12.00pm - 5.30pm	Conference Suites: <b>Workshops</b>
3.30pm onwards	Reception: Registration and room check in for all delegates
6.30pm - 9.00pm	Restaurant and bar Dinner (self service)
9.00pm onwards	Bar: <b>Quiz</b>

## Saturday 30th June

9.00am - 9.45am	Reception: Registration for day delegates
9.45am - 10.00am	Knighton Suite: Welcome & Morning speaker
11.00am - 12.15pm	Conference Suites: <b>Workshops</b>
12.15pm - 1.30pm	Restaurant: Lunch & exhibition
1.30pm - 2.15pm	Knighton Suite: Afternoon speakers
3.15pm - 4.30pm	Conference suites: <b>Workshops</b>
4.30pm onwards	Conference suites: Therapy sessions