

SuppoRTT

Supported Return to Training

Practical Advice and Signposting



Hello and Welcome to SuppoRTT!

We look forward to meeting you at the event on 24th October 2018
Thorpe Park Hotel and Spa
1150 Century Way
Thorpe Park
Leeds
LS15 8ZB

Please note that this is a baby friendly event.

09:30 – 10:00 Arrival, Registration and Refreshments

10:00-10:15 Welcome

10:15-11:15 Return to training (Dr Ros Roden)

11:15-11:30 Refreshments

11:30-12:00 Return To Training Guidance Document – Caroline Hinds

12:00-12:30 Personal Experience – Guest Speaker

12:30-1:15 Lunch

1:15-2:30 Personal Experience – Guest Speaker Phil Atkinson

2:30-3:15 Practicalities of Returning- Louise Bunchanan

3:15-3:30 Questions and close of day

We look forward to meeting you!