

# **SuppoRTT**

## **Supported Return to Training**

# **Practical Advice and Signposting**

**Hello and Welcome to SuppoRTT!**

We look forward to meeting you at the event on 11 July 2019  
**The Bridge Hotel, Leeds**

Please note that this is a baby friendly event.

09:30-09:45 Arrival, Registration and Refreshments

09:45-10:30 Welcome & Return to Training - Dr Ros Roden

10:30-11:00 Return To Training Guidance Document – Maya Naravi

11:00-11:15 Refreshments

11:15-11:45 Guest Speaker- Laura McNally

11:45-12:15 Guest Speaker- Michelle Horridge

12:15-13:15 – Lunch

13:15-13:45 Guest Speaker- Samreen Arshad

13:45-14:15 Practicalities of Returning- Louise Buchanan

14:15-15:00 Questions and close of day

**We look forward to meeting you!**