

Randox Health Week

9-11 April 2018

School of Sport & Exercise Sciences, Liverpool John Moores University
in association with Liverpool Hope University

Monday 9 th April 2018	
2pm thru 5:15pm	<p><i>Mental Health and Well-being Seminar:</i></p> <p><i>Well-being and performance in sport: hope for the future</i></p> <p><i>2pm-2:15pm: Welcome - Prof Dave Richardson</i></p> <p><i>2:15pm-3:15pm Mental Health Research:</i></p> <p><i>A collaboration between LJMU & Racing Welfare (funded by The Racing Foundation) Dr Martin Littlewood, Dr Mark Nesti, Will McConn-Palfreyman</i></p> <p><i>3:15pm-3:45pm Break</i></p> <p><i>3.45pm-4:30pm Q&A panel:</i></p> <p><i>Horse racing representatives and scientists helping each other</i></p> <p><i>Chair: Dr David Tod</i></p> <p><i>Franny Norton, Jockey</i></p> <p><i>Simone Sear Director of Welfare, Racing Welfare</i></p> <p><i>Christina Sell (Trust Funding and Impact Executive, Racing Welfare)</i></p> <p><i>Dr Mark Nesti, Will McConn-Palfreyman LJMU</i></p> <p><i>4:30pm-5pm Training practitioners to help Dr Martin Eubank, Dr David Tod</i></p> <p><i>5:15pm Close</i></p> <p><i>Venue: LJMU, Byrom Street Campus</i></p>

Tuesday 10 th April 2018	
2pm thru 5:00pm	<p style="text-align: center;">Activity for Health Seminar: Creating an Active World from our Active City</p> <p style="text-align: center;">2pm Welcome - Prof Keith George, LJMU</p> <p style="text-align: center;">2.10pm The past – Liverpool Active City: "Actively seeking Activity" A Culture on the Move – Prof Gareth Stratton, Swansea University</p> <p style="text-align: center;">2.40pm The present – Liverpool Active Strategy 2014-21: A New Vision – Nicky Yates, Liverpool City Council</p> <p style="text-align: center;">3.10pm – 3.30pm Coffee</p> <p style="text-align: center;">3.30pm The future – "From Vision to Reality: Understandings and Challenges of the Global Sport for All Movement" – Wolfgang Baumann – (TAFISA)</p> <p style="text-align: center;">4.20pm Panel Questions: Led by Chief Executive Officer of Active Cheshire, Anne Boyd</p> <p style="text-align: center;">4.50 Closing Remarks, next steps/photos</p> <p style="text-align: center;">5.00pm Close</p> <p style="text-align: center;">Venue: Exchange Station</p>
Wednesday 11 th April 2018	
2pm thru 5:15pm	<p style="text-align: center;">Radox Health Seminar: The people behind the stories – how to live healthier for longer</p> <p>This session will be led by Radox Health and will include commentary from world leading academics and practitioners aligned to the identification of the key health issues faced throughout the world including cardiovascular health and diabetes. The session will also explore how we can subsequently encourage and transform health behavior.</p> <p style="text-align: center;">2pm Welcome – Margareta Metcalfe, Radox Health Q&A Panel Led by Liz Pilley, Radox Health</p> <p style="text-align: center;">2.10 – 3.10 "Let's reverse it – tackling the threat of Type-2 diabetes" Featuring Sir AP McCoy, 2012 Grand National winner and 20-times Champion Stephen Ryan, Head of the North - Diabetes UK</p>

Susan Hammond, Radox
Dr Denise Roche, Liverpool Hope University

3.10–3.40 Coffee

3.40 – 4.50 “When it runs in the family: why we need to find out early”

Featuring Paul Smith, Boxer

Matt McGovern, Olympic Sailor

Susan Hammond, Radox

Mr Frank Cogley, Liverpool Hope University

Prof John Somauroo, Liverpool John Moores University

5.00 Close – Margareta Metcalfe, Radox Health

5.15 Tour of Radox Health Clinic followed by refreshments

Venue: Exchange Station

Please note: Timings and venues could be subject to change

