

METABOLIC HEALTH EVENT
Wednesday 23rd May 2018
Creative Innovation Centre, Taunton, TA1 3PF



- 1415 **Registration**
- 1430 **Welcome** Dr Campbell Murdoch
- Metabolic Health: One of the biggest health challenges of our time**
- How Somerset is finding the answers; an incredible journey of Learning, Collaborating, Action, Enjoyment.

Series of Inspirational Talks

- 1440 **Food and metabolic health – back to basics**
Tara Kelly *Registered Dietitian*
- 1450 **The penny-dropping moment that changed my practice for good**
Catherine Cassell *Practice Nurse*
- 1500 **Look after the pennies and the pounds will look after themselves**
Steve Pacey *A Patient's Experience*
- 1510 **The metabolic syndrome from the front line**
Dr Peter Foley *GP*
- 1520 **Metabolic health involves type 1's too. Here's why**
Dr Ian Lake *GP*
- 1530 **NAFLD: The bright liver epidemic**
Dr Emma Greig *Gastroenterologist*
- 1540 **A Health Coach perspective**
Emily Alden *Health Coach*
- 1550 **Enabling behaviour change: from individual to community support**
Vicky Sullivan *Volunteer Coordinator*
- 1600 **Reversing the Pandemic: realising the possible**
Dr Campbell Murdoch *GP*
- 1610 **Questions to the Speakers**
- 1650 **Tasty buffet, networking and meeting community organisations**
- 1720 **Table discussion and feedback**
- 1820 **Closing comments and depart**

Places are free to attend: If you are working in a Somerset GP Practice please book your place online at:
www.somersetgpeducationtrust.co.uk Otherwise email carol.hobbs4@nhs.net.

Please note: This event will be filmed. Should you not wish to be included please notify Vicky on the day

Travel to the venue:

This event is being held at:



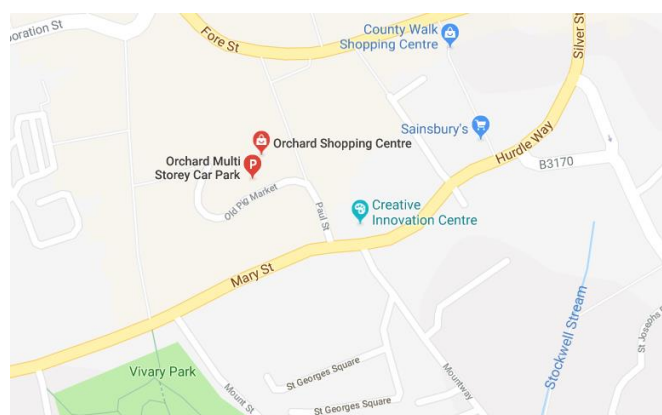
Creative Innovation Centre, Memorial Hall, Paul Street, Taunton TA1 3PF

This is located in the centre of Taunton, to the right of the United Reformed Church, and close to Taunton Library, the Orchard Shopping Centre and the Orchard Car Park.

Parking:

There are two car parks just across the road from CIC, alongside Taunton Library and the Orchard Shopping Centre. Drive into Paul Street onto Old Pig Market Lane, and the Orchard multi-storey car park is on your right. The entrance to the High Street car park, which is at ground level is on your left. **Parking is not free.**

Please note that these car parks close at 7pm.



Train:

Taunton railway station is 0.8 miles from CIC.

Bus:

Taunton bus station is close to County Hall and is 0.3 miles from CIC.

We wish to thank the following for supporting this event:



Somerset Activity and Sports Partnership is one of 44 County Sports Partnerships across England and our main aim is to increase participation in sport and active recreation in Somerset.



Our team has a wealth of experience of working in the voluntary sector and is committed to promoting strong and sustainable communities across South Somerset, Mendip and Sedgemoor.



We are a charity whose aim is to support the development of vibrant, effective and influential voluntary and community sectors in West Somerset and in Taunton Deane.



We are a community business run by local producers, helping you to buy fresh and delicious food which is locally produced. We deliver top quality local food to your door in the most direct way possible.