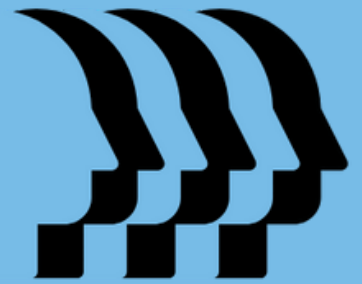
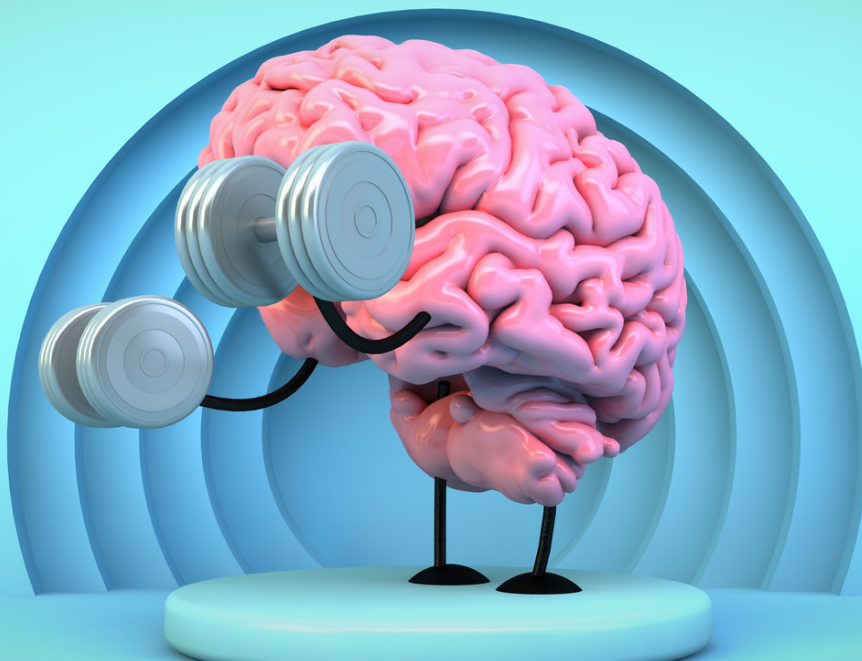


LETS GET PHYSICAL

12 MARCH 2024
DYNAMIC EARTH, EDINBURGH



**SCOTTISH HEAD
INJURY FORUM**



SPONSORED BY



REGISTRATION OPENS 9:30AM

Holyrood Rd, Edinburgh EH8 8AS

PROGRAMME

SHIF EDINBURGH OPEN FORUM

- 10:00 - 10:15** **WELCOME AND INTRODUCTION**
Paula Gribben (SHIF Convener)
Andrew Patterson (Business Director, JSP, Event Sponsor) &
Brian O'Neill (Neuropsychologist Active Care Group, Event Sponsor)
- 10:15 - 11:00** **BUILDING ACTIVE, FUN HABITS TO LAST**
Kenny Thoms (Neurophysiotherapist, NeuroPhysio Scotland)
Leuty Parker (ABI Survivor & NeuroPhysio Scotland Client)
- 11:00 - 11:45** **COFFEE/TEA BREAK**
- 11:45 - 12:05** **SURVIVOR STORY**
Nick Guest (ABI Survivor)
- 12:05 - 12:25** **DISABILITY SNOWSPORTS**
Shaun Murphy, Senior Instructor, Disability Snowsport UK
- 12:25 - 12:45** **SEAGULL TRUST**
Captain Nick Bates (Captain, Seagull trust)
- 12:45 - 13:45** **LUNCH**
- 13:45 - 14:05** **DR INCLUSIVE FITNESS & WELLBEING EDINBURGH**
Penny Hendricks (Manager, DR Inclusive Fitness & Wellbeing Edinburgh)
- 14:05 - 14:25** **FRAME RUNNING AS AN EXERCISE OPTION FOR PEOPLE WITH MODERATE-TO-SEVERE WALKING IMPAIRMENTS: A FEASIBILITY STUDY**
Dr Gary McEwan (Queen Margaret University)
- 14:25 - 14:45** **WET WHEELS**
Peter Carden, Director of Operations, Wet Wheels
- 14:45 - 15:05** **EQUINE THERAPY**
Michelle Sutton, Chair,, Muirfield Riding Therapy
- 15:05 - 15:30** **CLOSING REMARKS**
Paula Gribben (SHIF Convener)

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