

Please complete and return to NICMA by Wednesday 19 September 2018
or
visit www.nicma.org and complete an on-line booking form.

Workshops will be allocated on a first come first served basis.

Confirmation of your place will be posted to you after 19 September 2018

NAME:		NICMA MEMBER <input type="checkbox"/> Yes <input type="checkbox"/> No	
ADDRESS:			
TOWN:		POSTCODE:	
SPECIAL DIETARY REQUIREMENTS:		CONTACT TELEPHONE NO:	
		EMAIL:	
WORKSHOP:		WORKSHOP:	
1st Preference No:		2nd Preference No:	



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Registered with the Charity Commission for Northern Ireland. NIC102156

BIG COOK, LITTLE COOK

Healthy Active Lifestyles



NICMA Annual Conference

Saturday 29 September 2018

Armagh City Hotel, 2 Friary Road, Armagh BT60 4FR

9.15am – 10.00am **Registration**

10.00am – 3.45pm **Conference**



FREE
for all Registered Childminders

Public Health Agency



The **Public Health Agency (PHA)** was established in April 2009 as part of the reforms to Health and Social Care (HSC) in Northern Ireland. PHA is the major regional organisation for health protection and health and social wellbeing improvement.

A key theme of the Public Health Agency (PHA) is to 'give every child and young person the best start in life'. Investment in the early years brings significant benefits later in life across areas such as health and wellbeing, education, employment, reduced violence and crime. Consequently, the Agency is committed to pursuing strong evidence-based programmes to build resilience and promote health and wellbeing.

The PHA's work on obesity prevention is based on, 'A Fitter Future for All, the regional framework for preventing and addressing obesity in Northern Ireland 2012-2022.' The framework sets the strategic direction to tackle this important public health challenge with the aim to "empower the population of Northern Ireland to make healthy choices, reduce the risk of overweight and obesity-related diseases and improve health and wellbeing, by creating an environment that supports and promotes a physically active lifestyle and a healthy diet."

The number of children who spend some time being cared for outside the family home has risen dramatically in recent years therefore childminders will impact on the lives of many young children, as well as possibly influencing what is eaten at home. PHA are delighted to be working in partnership with NICMA to encourage and support childminders in providing healthy and nutritious food to the children in their care.



Jenny Bristow is a Northern Irish cook and cookery writer. She is best known for her cookery television series produced by UTV. Jenny was brought up on her family's dairy farm near Coleraine. Before her broadcasting career, Jenny worked as a home economics teacher. She has three children. Jenny made her first television appearance on Ulster Television's *Farming Ulster* in 1989 demonstrating how to cook with potatoes, which led a producer at the station to offer Jenny her own series.

Jenny has so far published twelve cookery books.

As well as her television and writing work, Jenny takes part in cookery demonstrations and corporate and charitable events. Jenny has taken part in corporate events such as the Balmoral Show and Women on the Move, as well as fundraising events for UNICEF, Macmillan Cancer, the British Heart Foundation and Northern Ireland Hospice Care. Jenny has also been involved in awareness campaigns encouraging people to consume less salt and getting children to practice healthy eating.

From her countryside home Jenny also runs a unique cookery school. This is a wonderful opportunity to join Jenny for a unique cookery experience. Enjoy a welcoming reception with Jenny, followed by a cookery demonstration in her renowned cookery TV series kitchen, where Jenny herself will showcase inspirational ideas on entertaining, baking and cooking. One of Jenny's latest ventures is her Masterclass, a series of inspirational cookery events touring Ireland. Masterclass is a mobile kitchen designed to ensure Jenny can deliver top-quality live demonstrations at corporate, government, charity and fundraising events.



Morning Session

9.15am – 10.00am
10.00am – 10.15am
10.15am – 10.30am
10.30am – 11.30am
11.30am – 12.00pm
12.00pm – 1.00pm
1.00pm – 2.15pm
2.15pm – 3.45pm

Registration
Welcome and Official Opening
Keynote Address – Public Health Agency
Cookery Demonstration – Jenny Bristow
View Information Stands
Cookery Demonstration – Jenny Bristow
Lunch
Workshops

Afternoon Session

Workshop No. 1: Lets Get Talking

At this workshop delegates will have a better understanding of:

- speech and language difficulties
- the prevalence and incidence of developmental speech and language difficulties
- the impact of speech and language difficulties
- key messages for encouraging speech and language development
- where to go to for more information

Workshop No. 2: Importance of Good Nutrition for Childhood Development

Healthy eating and physical activity are essential for growth and development in childhood. This workshop will focus on the following topics:

- Eat well guide
- Portion sizes
- Drinks and snacks

Workshop No. 3: Food Hygiene

At this workshop you will learn that food hygiene is much more than cleanliness; it involves all measures necessary to ensure the safety of food during preparation, storage, distribution and handling. It will cover topics such as introduction to food hygiene; who is at risk; food contamination, its prevention and storage and temperature control of food.

Workshop No. 4: Cyber Safety for Parents and Carers

Protecting children in the online world can seem daunting. It is a fast paced, ever changing environment, how are we meant to keep up with the risks that today's children are exposed to? Should we discourage children from the online world? How do we protect the children in our care? And is it all bad news? At this workshop we will guide you through these questions.

Workshop No. 5: Outdoor Play

This interactive workshop will explore methods for engaging children in play activities. Participants will gain a better understanding of the need for play, to be creative and inclusive when planning, designing and implementing play spaces.

- Importance of play
- The play space
- Resources and activities
- Managing risk in play

The Conference is financially supported by NICMA, The Public Health Agency and the Health & Social Care Board.

