



Conference 2025



Turner Syndrome Support Society [TSSS] Annual Conference • 10-12th October 2025.

Yarnfield Conference Centre, Yarnfield Park, Stone, Staffordshire, ST15 0NL, Tel +44(0) 1785 762605

General Information

Welcome to the TSSS conference we hope you find the following information helpful and informative.

If you have any questions, please do not hesitate to ask any of our dedicated team of Trustees, Committee Members, Volunteers, and staff who are in a **BLUE** TSSS t-shirt/polo shirt or zippers.

We have put together an interesting and varied conference programme for you. We have had to make some last-minute changes due to the speakers' availability. We have several expert speakers and expert members who will share their knowledge in a variety of ways. Our experts will be available to you, to answer questions and help you to make small changes that will improve your health and wellbeing.

We are sure there will be something for everyone. Most importantly, it is about being together in a safe space to talk and share. We know covid is still present in various strains. We will have sanitizer available; the venue is spacious and well-ventilated. If you want to wear your mask, please do so. If you prefer not to hug or shake hands, please just say so. To prevent colds and bugs which are high at this time of year, we encourage good hand hygiene and sanitiser to be used. We want you to be as safe as you can be and enjoy meeting up with friends old and new. Our speakers this year have a wealth of knowledge and information; you will find their details throughout this programme.

Our thanks to all of our speakers, volunteers, committee members, trustees, and staff for all their hard work, their support is very much appreciated.

The Venue

Yarnfield Conference Centre is in Yarnfield Village. It has plenty of open space outside and almost all conference rooms have natural daylight and windows that can be opened for additional ventilation. The staff are friendly and helpful. Children are made to feel welcome and there is a lot of space for them to run around in. We have exclusive use of the venue. There is plenty of car parking available.

Accommodation Information

You can check in from 16.00 on Friday at the reception inside the conference centre. If you arrive earlier, you can put your luggage in the luggage store. Please note that Yarnfield is a **cashless centre** and **only card** payments are accepted.

The accommodation is in four blocks just outside the conference centre, a short walk away under a well-lit covered path. The rooms available are double ensuite, and some can be made twin beds (limited availability). A cot or folding bed can be provided

(limited availability) for children. Depending on the age of the children and family size, it may have to be a parent and child in one room and a parent and child next door. Depending on whatever suits your family best. We have plenty of rooms available to us.



Please note it is not a hotel, it is a conference centre so there are some differences such as there is no swimming pool, the bar hours are set, and no food is available once the restaurant is closed. There are vending machines in each accommodation block and snacks are available at the bar. There is also Uber Eats with menus at reception, although not available after 1am. Hairdryers are not in every room, if you need one they are available at reception. Water & biscuits are not provided in the rooms.

If you have a problem with your room, please speak to Yarnfield reception directly. If any issue is not resolved, please report it to Carlene at the TSSS registration desk in Meeting Room 4 on the first floor. You should be packed up and ready to check out by 10am on Sunday morning. Luggage can be stored in the luggage room next to the toilets in the atrium. Please store luggage safely and consider other members. If you need assistance Blue Shirts will be available.

If you do hear the fire alarm during your time at Yarnfield please find the nearest fire exit and guide delegates to the memorial bench next to the roadside and blossom tree. The Duty Manager will be on hand to do a meet and greet when you arrive and will provide any additional information.

Meals and Refreshments

The self-service restaurant has a good range of choices, with soup, salad bar, and desserts. There is water, squash, tea & coffee available from the machines. All dietary requirements are catered for.

Please note to prevent cross-contamination of dietary requirements staff are not able to mix main choices, you can mix veg and potatoes, or rice. Those of you who have dietary requirements please view the menu screens, your desserts are in the kitchen please ask the staff and they will get them for you. I have requested it in a larger format.

Please note all committee members and volunteers wearing **blue** are permitted to go to the head of the queue as their help is needed to run the conference. There are reserved seats for volunteers and those with mobility issues. Otherwise, you can sit anywhere.

Meal Times

Dinner is served from **18.00 – 19.30** on Friday & Saturday

Breakfast from **07.00 – 08.30** on Saturday and until **09.00** on Sunday

Lunch from **12.30 – 13.45** on Saturday & Sunday

Please note there will be no food available onsite after 19.30 if you are delayed, please eat on your way or you can order via Uber Eats, menus at reception.

Refreshments are available from 09.00 until 18.00 at the Coffee Pod Station on the first floor with an additional coffee station in room 5 where the TSSS goodies are on sale. Once you have your coffee, please move away from the area to allow others to use the machines. Teens & Kids club will have water, squash and biscuits available in room 12 and Willow. Hot drinks are available at the coffee pod.

The bar is large and spacious with lots of seats, it has a pool table, football table, and large screens and there is a large outdoor area. The bar has a wide range of beers, wines, spirits and soft drinks. **Please bring your ID, you must be over 18 to drink and payment is by card only.** Before the show it would be a good idea to pre-order your drinks with the bar staff so they will be waiting for you when you go downstairs, as it can be very busy.



Bar Opening Times

Friday from **16.00 – midnight** & Saturday from **16.30 – 12.30**

The disco on Saturday evening will begin after the show between **20.30 & 21.00 until 12.30.**

Costa Coffee is also available during the day to purchase coffee in the atrium area and is also **card only**.

General Conference Information and opening times

All times are subject to change.

You will receive a warm welcome from our welcome team, across from the conference entrance.

Conference Registration is in Meeting Room 4 on the first floor. Carlene and her team of volunteers will check you in, and give you your conference programme, badge and other information. If you have questions the volunteers will do their best to help.

Opening times are as follows: Friday 14.00-18.00 & 18.30 -21.00 Saturday 08.30- 0900, 11.00 - 11.30 & 12.30-14.00 Sunday 09.30 -10.00 & 10.50 -11.10 then close.

Check-in at the Yarnfield Reception Desk in the Atrium on the ground floor. Bedrooms are available to check in from 16.00 onwards.

TSSS Goodies & Fundraising

TSSS Goodies are in room 5 and fundraising stalls are in room 2 on the first floor.

Opening times are as follows:

Friday: 14.00-18.00 & 18.30 -21.00

Saturday: 08.30- 0900, 11.00 - 11.30 & 12.30-14.00

Sunday: 09.30 -10.00 & 10.50 -11.10 then close.

“Meet the TSSS Team” & “Meet the Speakers”

Posters will be displayed in room 5.

TSSS Goodies – A selection of TSSS branded items such as mugs, pens, pencils, bears, wristbands etc.

TSSS Clothing – A range of TSSS branded t-shirts, polo shirts, running vests etc. With some pre-loved stock.

TSSS Jewellery – A range of bespoke TSSS Jewellery charms, bracelets, necklaces and broaches

TSSS Anniversary Silent Auction – Please support the TSSS by placing a bid on items you wish. We have a small range of prizes available.

TSSS Raffle – Please support the TSSS raffle by buying a ticket. The draw will take place on Saturday afternoon. Your prizes will be waiting for you to collect on Saturday evening. Just check your number and collect if you win.

Lucky Square – Always popular, put your name on the Lucky Square to win a prize. Will be drawn Sunday morning.

TSSS free literature - We have many useful fact sheets and booklets well worth a look in Room 2 on the 1st Floor.

TSSS photographer – Emily C and Ciara are our official TSSS photographers and have volunteered to take some informal photos for us.

This year we will have a selfie wall, where you can take photos and share them. Plus, any nice personal photos you take, we would like you to share your photos on the conference Facebook group <https://www.facebook.com/groups/646466011668758/>

Please do not tag anyone without their consent. You can also share all photos via an app – look out for the QR code displayed.

TSSS Vlogger – Hannah is the TSSS official vlogger this year and will be speaking to many of the members over the weekend if you want to share a few words about how you are finding the conference. There is also a TikTok challenge for the teens.

TSSS Podcast – Emily is our official podcaster. See her amazing stats and sign up if you want to do a podcast.

TSSS Friendship Groups – See the TSSS Friendship Group Wall and meet Hayley and the friendship Group coordinator who will be in room 2.

First Timer's Session – You will see you have a Smiley Face on your badge. This tells members that you are a first-timer, and they will make a special effort to say hello. We know it can be daunting, so come along and have your questions answered in the Leighton Room A on the first floor with Arlene from 19.30 -20.00.

Dance Rehearsals will be displayed on the screens and the boards please check.

TSSS social media – Please post, share and tweet about the '**Conference 25**'.

Our public Facebook page is <https://www.facebook.com/TSSSUK> please like our page if you have not already done so. You can join all our groups from there. If you are not already on the TSSS conference Facebook page this is the link.

<https://www.facebook.com/groups/646466011668758> Our hashtags are **#TSSSConference25**, **#TurnerSyndrome**, **#TogetherAgain**, **#BetterTogether**

Chill out room is in Room F on the first floor just after the Howden suite. We will be providing a "Chill out Room" for all attendees and volunteers. The quiet room is Room E next door. The Chill out Room will not be hosted this year; it is just too expensive. But volunteers will pop in and check if anything is needed. You can rest, take some time out and listen to calm music, you can read a book or flick through a magazine, do some mindful colouring, self-regulate with fidget toys, or simply sit back and enjoy the quiet.

Moya Fletcher is not available to join us in person this year. She is not very well at the moment. I am sure you join me in wishing her well. She is still able to do her Zoom counselling sessions. There is a waiting list but worth doing from the feedback we have received. To book these sessions complete the survey <https://www.surveymonkey.co.uk/r/TSSSCounselling>

STARRY 2 research

You may remember that Prof Jo Blair, Dr Helen Shantsila, Dr Cara Williams and Dr Lily Jones from Liverpool have spoken in the past about cortisol levels in TS. The Starry 1 study demonstrated there is an increased cortisol level in some girls with TS. As it was a small study, we really need to have more samples and matched controls to see if there is a pattern and if so, how we can help moving forward. The TSSS conference seems the perfect place to get a larger sample and match controls from Mums, Sisters, friends. All we need is height, weight, blood pressure and 3 saliva samples over the weekend. Therefore, if you are interested in taking part, the team will be in room 7 on Friday evening, all day Saturday to answer any questions you have. If you want to take part, you can give a saliva sample 3 times in total. It is a great opportunity to participate. More details will be provided at the conference, by e-mail and on the closed conference Facebook group. Please support this study if you can.

POISE Research

Prof Melanie Davis is the clinical lead for this very important research on the benefits of the Oral Contraceptive Pill and HRT. We have indications on what is best but not the medical studies to help us know the various benefits & and risks. That is why the TSSS is supporting this research. To take part please visit the POISE website <https://poise.ac.uk/home.aspx> Pick up a leaflet at the free information stand.

Questions

There is no such thing as a stupid question! Please feel free to ask questions. If you have a question and do not want to ask that question, it can be written out and handed to the chair or you can text the number displayed by the chair of your session.

Sessions

We have done our best to ensure the best rooms are allocated to each session. When you join a session, please make your way to the front of the room leaving space for any late arrivals at the rear. That also helps with hearing the speaker. There is a chairperson and a blue shirt in each session should require anything speak to them.

Conference Programme Information

We have worked hard to give you a full and diverse programme. We hope we have the balance right.

COLOUR CODE: **Blue: Open to all** • **Orange: Parents** • **Red: Ladies with TS**
Green: Team TeenS • **Purple: Kids Club**

We have divided the ladies into two groups, under and over 40. The ages are not rigid and if you want to move sessions, it is fine. Likewise, for all other sessions, we want to be as flexible as possible. However, we do ask you to respect any of the sessions that are **RED** are for ladies only. This year we have the majority of sessions open to all as we appreciate that if you are the parent of an adult daughter, some of the ladies sessions are also relevant. You can speak to the speakers throughout the breaks.

Saturday 11th October 2025

07.00 – 08.30: Breakfast in the Restaurant It will be busy, please come down as early as possible. You will receive a warm welcome from our wonderful volunteers in **BLUE** shirts.

08.30 – 09.00: Conference Registration opens for Daily Delegates and Speakers Meeting Room 4 on the first floor. Carlene and her team of volunteers will check you in, and give you your conference programme, badge, and other information.

08.30 to 09.00: TSSS Goodies in room 5 and Fundraising Stalls in room 2 are open to visit on the first floor.

Knighton Suite: Open to All Session 09.00-10.00

09.00 – 09.10: “Some photos of the TSSS over the years”

This year we have some old memories to share thank you to everyone who shared photos.

09.10 - 09.20: Welcome Housekeeping – Arlene Smyth

A chance to go over any programme changes and give a brief overview of the day and take the obligatory selfie for Socials.

09.30: Teens move to their sessions

09.30 – 10.00: AGM, Annual Report & Trustee Elections - Stephen Wall

10.00 – 11.00: Morning sessions Please make your way to your chosen sessions.

See **Ladies**, **Parents**, **Teens** and **Open to All** programmes on page 10 & 11 for more detail.

11.00 – 11.30: Tea and coffee is available in the coffee pod area and room 5 on the 1st floor.

*We kindly ask that once you have your chosen drink, please step back away from the serving area to allow others to get their drinks. If you need assistance, please ask any **BLUE** shirt and they will do their best to help. Feel free to chat, visit the fundraising stalls, or take your drink outside for a breath of fresh air.*

11.30 – 12.30: Final morning sessions Please make your way to your chosen sessions.

12.30 to 13.45: Lunch is served in the self-service restaurant with soup for starters, 3 main choices, a salad bar, and desserts.

To allow the queue to reduce we are asking the ladies with TS to make their way straight to the restaurant as soon as their session ends. Parents make their way to collect their kids from the kids' club. The teens will already be in the restaurant. The remaining parents and other delegates can visit the stalls, and have a chat or have a comfort break, allowing 10 minutes to let the queue go down. We suggest you find a table, select your cold items first, your soup, and then make your way to the main course selections

Having enjoyed your lunch, you can do any of the following before the afternoon sessions begin:

Visit the stalls, pick up some of the free information, or visit the Chill out Room in room F on the first floor. Take part in the STARRY 2 research study in room 7 on the first floor. **Self-defence and confidence skills for women with Tracey Payne 14 plus only - IF YOU HAVE BOOKED YOUR PLACE MAX 20.** Many of the speakers will be available if you want to ask them something you did not get the chance to in your session. Afternoon sessions begin at **14.00** in chosen sessions.

14.00 – 16.30: Afternoon sessions Please make your way to your chosen sessions.

See **Ladies**, **Parents**, **Teens** and **Open to All** programmes on page 10 & 11 for more detail.

15.00 - 15.30: Tea and coffee is available in the coffee pod area and room 5 on the 1st floor.

*We kindly ask that once you have your chosen drink, please step back away from the serving area to allow others to get their drinks. If you need assistance, please ask any **BLUE** shirt and they will do their best to help. Feel free to chat, visit the fundraising stalls, or take your drink outside for a breath of fresh air or visit the EventWell Room.*

16.30: All sessions close.

16.30: There will be a final rehearsal in the Knighton please see the board for details. Collect your kids from the kid's club before rehearsals, please be prompt to allow volunteers to get changed.

16.30 - 12.30: The bar is open if you want to pre-order drinks to have with your meal you can do so at the bar.

17.00 - 18.30: Visit our selfie wall for some fun photos.

18.00 - 19.30: Dinner in the restaurant, there is a table reserved a table at the front for anyone with mobility issues and one for blue shirts. The Team TeenS table is at the rear of the restaurant. Otherwise, it is a case of taking a seat anywhere in the restaurant or the Oak Suite at the rear of the restaurant and enjoying your meal.

19.15: Drinks Reception Make your way up to the Knighton Suite for the drinks reception.

19.30 sharp: The Awards Presentations followed by the **"TSSS Blast from the Past Show"**, by far the highlight of the conference. This is a chance for the girls and ladies to do what they love and show off their amazing talent. For the parents to show that it's ok to have fun and laugh, with whatever dance Sam comes up with for us. Relax and enjoy the entertainment.

21.00: Disco

The show should be finished and we head downstairs to the bar for a disco with Keith and dance the night away until **12.30am** the bar closes at **12.30**. Sorry, there is no chip club available. You can always order Uber eats if you want, before midnight is best.

Sunday 12th October 2025

07.00 - 09.00: Breakfast in the Restaurant It will be busy, please come down as early as possible.

08.30 - 10.00: Because of the late night we start the sessions slightly later on Sunday morning to give you time to pack up after breakfast and hand your keys in for 10.00. The luggage can be stored in the luggage room on the ground floor. Please store your luggage carefully and consider other members, Thank you.

10.00 - 10.50: Various workshops are available

Choose which one you would like to attend and sign up. This helps us with the planning of the rooms. Any changes will be displayed on the screens and on the boards.

10.50 - 11.10: Tea and coffee is available in the coffee pod area and room 5 on the 1st floor.

*We kindly ask that once you have your chosen drink, please step back away from the serving area to allow others to get their drinks. If you need assistance, please ask any **BLUE** shirt and they will do their best to help. Feel free to chat, visit the fundraising stalls, or take your drink outside for a breath of fresh air or visit the EventWell Room.*

11.10 - 12.00: Various workshops are available

Choose which one you would like to attend and sign up. This helps us with the planning of the rooms. Any changes will be displayed on the screens and on the boards.

12.00 - 12.30: The final session for all conference delegates, feedback, discussion on the venue & the future.

12.30 - 14.00: Lunch is available in the restaurant.

Please don't forget your growth hormone.

***We hope you
have had a
wonderful time.
Safe journey
home.***



Team TeenS

Saturday 11th October 2025

08.30 - 09.00:

Registration & goodies stalls open

09.00 - 09.10:

"Highlights" Welcome

09.30:

Team TeenS Move to Rooms 11 & 12

09.30 - 11.00:

Welcome, Ice breakers (with Teen Reps), Musical Performance Workshop

11.00 - 11.30:

Break with juice and biscuits (hot drinks from the coffee pod)

11.30 - 12.20:

Workshop continued

12.20 - 14.00:

Lunch with parents/teens in the Restaurant

Visit rooms 5 & 2 - TSSS goodies stall & last chance to buy raffle tickets.

14.00 - 15.00:

Rooms 11 & 12

Games & crafts with Izzie

Room 8 - Senior Teens ONLY

(18 plus or 16 with parent's consent)

Let's talk about Intimacy

with Matron Clare Humphreys, Nurse Specialist
Chaired by Ella Phillips

15.00 - 15.30:

Break with juice and biscuits (hot drinks from the coffee pod)

15.30 - 16.30:

Knighton Suite - Show Rehearsal & Stage Prep

16.30:

Time to get ready for dinner and the show!



Sunday 12th October 2025

10.00 - 10.50:

Arlene to visit & Teens take home crafts

10.50 - 11.10:

Conference feedback & Teen chat

12.00 - 13.00:

Final session in Knighton

Programme subject to change.

Saturday 11th October 2025: Programme: at a glance

09.00 – 09.10 09.10 – 09.20	Everyone in the KNIGHTON – First Floor TSSS Highlights, Welcome, Selfie photos POISE & Cortisol Study Updates		
10.00 – 12.30	Visit the Quiet Room to take some time out if you need it. ROOM F on the first floor towards room 7 on right.		
10.00 – 11.00	Knighton First Floor Ear Nose & Throat in girls with TS Mr Haytham Kubba – Paediatric ENT specialist, Glasgow	Leighton A 40 + Ladies Let's talk about health & well-being post 40 Dr Clementina De La Rosa, UCLH London	Howden A UNDER 40 Ladies Hormone options in TS? Dr Cara Williams, Consultant Gynaecologist, Liverpool
11.00 – 11.30	Tea and Coffee is available in the Coffee Pod & Room 5		
11.30 – 12.30	Knighton First Floor Living with high blood pressure in children Prof Jo Blair Paediatric Endocrinologist & Dr Helen Shantsila - Liverpool	Leighton A 40 + Ladies Liver and all things TS Dr Helen Turner, Adult Endocrinologist – Oxford	Howden A Ladies Let's talk about health & well-being in TS Dr Clementina De La Rosa UCLH London
12.30 – 13.45	Restaurant - Lunch for all – Dance Rehearsal – See board for details		
12.30 – 14.00	Visit rooms 5 & 2 - TSSS Goodies Stalls & Last Chance to buy raffle tickets		
13.00 – 13.50	Maple Ground Floor - Self-defence and confidence skills for women with Tracey Payne 14 plus only - IF YOU HA		
14.00 – 15.00	Knighton First Floor Teen rehearsals	Leighton A Q & A on all things TS Dr Helen Turner Adult Endocrinologist Oxford	Howden A Preparing Transition Dr Caroline Brain – Honorary Paediatrics Endo GOSH London
15.00 – 15.30	Tea and Coffee is available in the Coffee Pod & Room 5		
15.30 – 16.30 FINAL SESSION	Knighton First Floor Teen rehearsals	Leighton A – Adult Employment Booklet Review & Tips on the Workplace Hayley Cleaver	Howden A – Child Self-care and confidence tips Tracey Payne
CLOSE 16.30 - Rehearsals in the Knighton, if required 16.30 – 17.00, see board for details (STRICTLY NO FILMING). Time to get dressed up for dinner in the restaurant from 18.00 to 19.15. The bar opens at 16.30 & visit the selfie wall.			

Sunday 12th October 2025: Workshop Programme: at a glance

Willow KIDS CLUB – 09.50 to 12.30 in the Willow Suite – TSSS Movies – A family film to relax after a late night or free play.			
Team Teens Rooms 11 & 12 – 10.00 to 10.50 – Arlene to visit followed by Tea & Juice Break 10.50 – 11.10. 11.10 to 12.00 – Conference feedback, planning a heart-to-heart or both. Then carry on or join the final session if you wa			
All Workshops are from 10.00 - 10.50			
Workshop 1	Workshop 2	Workshop 3	Workshop 4
Knighton First Floor Heart to Heart – Mums, women, & female relatives ONLY A chance to share thoughts, and tips with each other	Room 8 (20) Heart to Heart Mums ONLY A chance to share thoughts, and tips with each other	Howden A (40) Heart to Heart Over 40 Women with TS ONLY A chance to share thoughts, and tips with each other	Leighton A Heart to Heart – Mums of Adults with TS ONLY A chance to share thoughts, and tips with each other
Coffee Breaks in the Coffee Pod & Room 5 – 10.50 -11.10			
All Workshops are from 11.10 - 12.00			
Workshop 8	Workshop 9	Workshop 10	Workshop 11
Knighton First Floor Heart to Heart Mums, women, & female relatives ONLY A chance to share thoughts, and tips with each other	Willow – Rear Kids Club (20) Extended Family Session	Leighton A Heart to Heart Under 40 Women with TS ONLY A chance to share thoughts & tips	Howden A Friendship Group Leaders Meeting Share ideas and support each other
12.00 – 13.00 The final session in the Knighton Suite for all conference delegates, feedback, discussion on the venue & the future.			

Thank you for your company and have a safe journey home.

09.20 – 09.30 09.30 – 10.00		Knighton First Floor Team TeenS move to Rooms 11 & 12 Annual Report & AGM Conference update – ALL		
		09.30 –12.20		8.50-12.30
Maple Ground Floor Blood tests/ Blood Pressure demo – Know your numbers Emma Weingart Nurse Specialist	Room 3 First Floor TSSS - where to find resources and signposting to additional support	Room 7 First Floor STARRY 2 Cortisol Research	Rooms 11-12 Team TeenS Musical performance workshop With Sam and co	Willow KIDS CLUB Fun, games, crafts & lots more
		Juice		Juice
Maple Ground Floor Educational support Nicki Mason – SENCO	Room 3 First Floor Ladies with TS ONLY Let's talk about intimacy! Claire Humphreys	Room 7 First Floor STARRY 2 Cortisol Research	Rooms 11-12 Team TeenS Educational support Nicki Mason – SENCO	Willow KIDS CLUB Fun, games, crafts & lots more

WE HAVE BOOKED YOUR PLACE

Maple Ground Floor Heart Health in TS Dr Liz Orchard Cardiologist & Cardiac nurse Emma Weingart Oxford	Room 3 First Floor Friendship Tips Arlene	Room 7 First Floor STARRY 2 Cortisol Research	Room 8 Senior Teens ONLY – Let's talk about intimacy! Claire Humphreys NS Younger Teens Outdoor Games if possible	Willow KIDS CLUB Fun, games & dance rehearsals
			Juice	Juice
Maple Ground Floor Driving Tips David Mashall	Room 3 First Floor Ask Arlene A chance to ask for information and support on any topic	Room 7 First Floor STARRY 2 Cortisol Research	Knighton First Floor Last rehearsals	Willow PARENTS – PROMPT pickup before rehearsals

After dinner, it's upstairs to the Knighton for the drinks reception at 19.15. The awards start at 19.30. The door-to-show closes at 20.00 then we settle down for the SHOW! Followed by dancing downstairs in the Cedar Suite at the rear of the bar with the lovely Keith.

a glance

Juice & biscuits are available all morning.

ant to.

Workshop 5	Workshop 6	Workshop 7
Maple Anxiety coping tips A chance to talk about what makes you anxious and how to cope	Room 9 (12) Craft & Chat – Bring own craft – Can continue until 12 noon – Have a natter and do some crafts	Room 3 Dads /Partners/Male Relatives ONLY – Can continue until 12 noon – Have your say or talk about sport

Workshop 12	Workshop 13	Workshop 14
Maple Anxiety coping tips A chance to talk about what makes you anxious and how to cope	Room 9 Craft & Chat – Bring own craft – continued Have a natter and do some crafts	Maple Ground Floor Dads /Partners/Male Relatives ONLY – Can continue until 12 noon – Have your say or talk about sport

13.00 – 14.15 Lunch is available in the restaurant.
PLEASE DO NOT FORGET YOUR GROWTH HORMONE!

Please sign up for workshops as soon as possible to help with the allocation of rooms for each one, thank you.

COLOUR CODE:

Blue: Open to all

Red: Ladies with TS

Light Green: Team TeenS

Purple: Kids Club

Orange: Mums

Light Brown: Female ONLY

Brown: MALE

Dark Green: Mothers of Adults with TS

Pink: Friendship Group Leaders

Don't forget to complete the exit questionnaire <https://www.surveymonkey.com/r/TSSSConference25Feedback>

Kids Club!

Our fabulous kids club ladies are Kylie, Emily R, Ellie, Natalie, Melissa and Cherry.

**Refreshments
are available
all morning**

Saturday

Kid's Programme: Willow Suite

Baby & Toddlers Programme

There will be free play, story and song time, and creative play.

It also helps them to bring along a few of their own toys to play with.

4-12 years programme

- 08.50:** Name games and decoration of children's name badges
- 09.45:** Arts and crafts
- 10.15:** Games - Free Play
- 11.00:** Crafts for Saturday Evening Show
- 12.00:** Take home craft
- 12.30:** Lunch with parents, please collect children promptly
- 13.50:** Meet back at the Willow Suite

- 13.50:** Free Play
- 14.15:** Dance class with Daisy, a simple routine to perform at the Saturday Evening Show in the Willow Suite
- 15.15:** Free Play & complete crafts
- 16.30:** Finish - Parents please pick up your children promptly from the Willow Suite

Sunday Morning

- 10.00 Kids Club - Willow Suite**
 - 12.30:** For the fun mini cinema to watch a double bill family film or free play.
 - 12.30:** Close
- We hope you had fun, and we look forward to seeing you again next year.

Please collect your children promptly, to allow the volunteers to get their lunch & ready for dinner.

Please sign your child in and out of the club and ensure that you have completed the consent form.

We hope you have had fun, and we look forward to seeing you again soon!

Please note parents are responsible for their child at all times, thank you.



Our Speakers

We are very lucky to have some of the most respected expert speakers in the world on TS joining us. They have kindly given up their time to share their knowledge and expertise with the TSSS members. Thank you to all our speakers for their continued support it is very much appreciated.

Dr Helen Turner

Dr Helen Turner (MA (Cantab.) MD FRCP LLB Hons) studied at Cambridge University followed by clinical training at St Bartholomew's Hospital and has been a Consultant Endocrinologist in Oxford since 2000. Her MD research was 'angiogenesis in endocrine tumours'. She has authored many research papers and her main clinical and research interests include Turner Syndrome, management of Thyroid eye disease and more recently the Endocrinopathies secondary to Immune Checkpoint Inhibitor Treatment. She initiated and edits the successful Oxford Handbook of Endocrinology which is now in its fourth edition as well as the Oxford Desk Reference in Endocrinology, and organises the annual Oxford Endocrine Masterclass. She also helped with the development of the Cardiac cards and fact sheets.



Dr Liz Orchard

Dr Orchard is a Consultant Cardiologist at Oxford University Hospitals NHS Foundation Trust. She has subspecialty interests in adult congenital heart disease, paediatric and adolescent cardiology, Turner Syndrome, obstetric cardiology and pulmonary hypertension. Together with Dr Helen Turner, she runs the Turner Clinic in Oxford. She is the clinical lead for the ACHD service. She undertakes peripheral clinics monthly in Reading, Northampton, and Jersey. Her research interests are in Turner Syndrome and in mobile health technologies to improve patient care. She also helped with the development of the Cardiac cards and fact sheets.



Professor Jo Blair

Jo has worked at Alder Hey Children's Hospital in Liverpool as a paediatric endocrinologist for almost 20 years, having trained as a specialist at St Bartholomew's Hospital in London and Yorkhill Children's Hospital in Glasgow. She has a long-standing interest in Turner Syndrome since meeting Arlene and Kylie many years ago in Dr Donaldson's clinic in Glasgow, and she works closely with Miss Cara Williams, paediatric gynaecologist, in the Turner Syndrome clinic in Liverpool. Her first scientific publication was on Turner Syndrome.

In Liverpool, she works with academic colleagues in the Liverpool Centre for Cardiovascular Science to understand how hormone conditions in childhood affect the health of the heart in adult life.

She lives by the sea with her husband and bouncy Labrador and enjoys a walk on the beach or in the mountains and a good glass of wine with friends.



Dr Caroline Brain

Dr Brain is a Honorary Consultant Paediatric Endocrinologist at GOSH & UCLH. Previously Consultant Paediatric & Adolescent Endocrinologist @ St George's Hospital 1995-2000 then GOSH & UCLH 2000-2024 Developed a special interest in TS and established dedicated Paediatric and Adolescent Turner Clinics with integrated CNS support and Clinical Psychology/Psychotherapy.



Dr Helen Shantsila

Dr Helen Shantsila is a Lecturer in Cardiovascular Health at the University of Liverpool, UK. She is a clinician by background, and her main interest is in blood pressure control in adults, ranging from clinical practice to translational research to understand the mechanisms of abnormal vascular function and high blood pressure. Recently, she expanded her research to the children population, thanks to the collaboration with Alder Hey Hospital, to see how to improve cardiovascular health.



Dr Cara Williams

Dr Cara Williams is an experienced Consultant Gynaecologist based at Liverpool Women's Hospital.

She is now the Clinical Lead for Paediatric and Adolescent Gynaecology at Alder Hey Children's Hospital. She continues to be active in research and has published research in reputable peer-reviewed journals as well as having worked on textbook chapters in award-winning textbooks. In addition to her other qualifications, Dr Williams also holds a BMS Advanced Certificate in the Principles and Practice of Menopause Care. She is highly knowledgeable on this and is a registered BMS Menopause Specialist. Her expertise includes a range of conditions, including pubertal problems (including delayed puberty and primary amenorrhea), adolescent menstrual dysfunction, polycystic ovarian syndrome (PCOS), mullerian duct anomalies, premature ovarian insufficiency, differences in sex development, and Turner Syndrome.



Mr Haytham Kubba

Mr Haytham Kubba is a Consultant ENT Surgeon, Honorary Clinical Associate Professor and Hospital Sub-Dean for Child Health. Haytham's clinical interests include airway surgery, head and neck anomalies and neurodisability. His research interests include obstructive sleep apnoea, sialorrhoea, epistaxis, airway disorders, syndromes in ENT and quality of life outcomes. He has extensive knowledge on the treatment of ENT issues in TS and written numerous research papers.



Matron Claire Humphreys

Matron Claire Humphreys has a wealth of experience she has worked as an Adolescent Endocrine Clinical Nurse Specialist and lead Clinical Nurse Specialist for National Gender Identity Dysphoria Service.

While maintaining specialist interests in Thyroid Disorders, Genetic Endocrinology, Turner Syndrome, Klinefelter and PWS. Claire supported the TSSS at many conferences over the years.



Sr Emma Weingart

Cardiac Nurse Specialist Nurse in Oxford. Working with Dr Orchard and Dr Turner and has spoken at previous TSSS seminar days. She also helped with the development of the Cardiac cards and fact sheets.



Nicki Mason

Nicki Mason is a SENDco teacher with a wealth of experience she is a member and has a daughter with TS.



David Marshall

David Marshall (MIAM Masters with distinction) was a driving instructor for 32 years and has specialised working with people with disabilities from young children requiring specialised special car seats to those people who have developed a disability later in life.

He has worked, for many years, with people with Turner Syndrome (teaching and assessing their ability to drive) and became a team leader for the Regional Driving Assessment Centre in Oxford where he developed various outreach centres including one at the national spinal injuries centre. During this time David undertook a post graduate diploma "driving assessment and outdoor mobility" with Chester University.

Married to Jannette who has Turner Syndrome, David has chaired a session on driving with Turner Syndrome at the national conference for several years. His interests include cycling, walking and caravanning.



Our TSSS Team

TSSS Staff



Arlene Smyth

Executive Officer
& Mum of an adult
daughter with TS



Carlene Connor

Admin Assistant & Sister
of an adult with TS

TSSS Trustees



Susie Wall

Co-Chair &
lady with TS



Stephen Wall

Co-Chair & husband
of lady with TS



Jackie O'Keeffe

Treasurer & Mum of a
daughter with TS



Simon Holden

Vice Chair & Dad of
a TS daughter



Sam Cubitt

Secretary & mum of
a daughter with TS



**Kerry
Bruerton**

Lady with TS



Phil Hatcher

Aspects Editor & Dad
to a daughter with TS

TSSS Committee members



Jane Raper

Fundraising & mum
of a daughter with TS



Meg Cubitt

Lady with TS



Kylie Smyth

Lady with TS



Ellie Hatcher

Lady with TS



Ella Phillips

Social Media &
lady with TS



Charlotte Flintham

Lady with TS



Emily Seymour

Podcaster &
lady with TS



Grace McGowan

Teen Rep &
lady with TS



Zoe Glasgow

Teen Rep &
lady with TS



BLUE SHIRTS



PIC COLLAGE

TURNER SYNDROME
TSSS
SUPPORT SOCIETY [UK]

Registered Office: 4 Overbury • Carterton • Oxon OX18 1HQ

TSSS Office: 12 Simpson Court • 11 South Avenue
Clydebank Business Park • Clydebank G81 2NR

Registered Charity (England & Wales): 1080507. **Registered Charity (Scotland):** SC037932