

KNIGHTON 09.00 – 9.10 09.10 – 9.20 09.20 – 9.30 09.30 – 10.00	Everyone in the KNIGHTON TSSS Highlights, Welcome, Selfie photo POISE & Cortisol Study Updates Team TeenS move to ROOMS 11 & 12 Annual report & AGM Conference update – ALL								
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							09.30 –12.20	8.50 -12.30
	Knighton First Floor	Leighton A 40 + Ladies	Howden A UNDER 40 Ladies	Maple Ground Floor	Room 3 First Floor	Room 7 First Floor	Rms 11-12 Team teens	Willow KIDS CLUB	
10.00 – 11.00	<u>Ear Nose & Throat in girls with TS</u> Mr Haytham Kubba – Paediatric ENT specialist, Glasgow	<u>Let's talk about health & well-being post 40</u> Dr Clementina De La Rosa, UCLH London	<u>Hormone options in TS?</u> Dr Cara Williams, Consultant Gynaecologist, Liverpool	<u>Blood tests/ Blood Pressure demo</u> <u>Know your numbers</u> Emma Weingart Nurse Specialists	<u>TSSS -where to find resources and signposting to additional support</u>	<u>STARRY 2 Cortisol Research</u>	<u>Team TeenS Musical performance workshop</u> with Sam & Co	Fun, games, crafts & lots more	
11.00 – 11.30		Tea-Coffee is available in the Coffee Pod & room 5					Juice	Juice	
	KNIGHTON -OPEN	LEIGHTON A LADIES	HOWDEN A Ladies	Maple	Room 3	Room 7	Rms 11 -12	Willow	
11.30 - 12.30	<u>Living with high blood pressure in children</u> Prof Jo Blair Paediatric Endocrinologist & Dr Helen Shantsila - Liverpool	<u>Liver and all things TS</u> Dr Helen Turner Adult Endocrinologist Oxford	<u>Let's talk about health & well-being in TS</u> Dr Clementina De La Rosa UCLH London	<u>Educational support</u> Nicki Mason – SENCO	<u>Ladies with TS ONLY</u> <u>Let's talk about intimacy!</u> <u>Claire Humphreys</u>	<u>STARRY 2 Cortisol Research</u>	<u>Team TeenS</u>	Fun, games, crafts & lots more	
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 HAVE BOOKED YOUR PLACE								
	Knighton	Leighton A	Howden A	Maple	Room 3	Room 7	Outdoor Games if possible		
14.00 – 15.00	<u>Teen rehearsals</u>	<u>Q & A on all things TS</u> Dr Helen Turner Adult Endocrinologist Oxford	<u>Preparing Transition</u> Dr Caroline Brain – Honorary Paediatrics Endo GOSH London	<u>Heart Health in TS</u> Dr Liz Orchard Cardiologist & Cardiac nurse Emma Weingart Oxford	<u>Friendship Tips – Arlene</u>	<u>STARRY 2 Cortisol Research</u>	<u>SEN TEENS ONLY Rm 8 Let's talk about intimacy!</u> <u>Claire Humphreys</u>	Fun, games & dance Rehearsals	
15.00 – 15.30		Tea & Coffee in the Coffee Pod and the Room 5					Juice	Juice	
	Knighton	Leighton A	Howden A	Maple	Room 3	Room 7-	Knighton	Willow	
15.30 – 16.30 FINAL SESSION	<u>Teen rehearsals</u>	<u>Employment Booklet Review & Tips on the Workplace</u> Hayley Cleaver	<u>Self-care and confidence tips</u> With Tracey Payne	<u>Driving Tips – David Mashall/ Ella & Izzie</u>	<u>Ask Arlene</u> A chance to ask for information and support on any topic	<u>STARRY 2 Cortisol Research</u>	Last rehearsals	PARENTS PROMPT Pickup & before rehearsals	
	CLOSE 16.30 – Show rehearsals in the Knighton, 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. After dinner, it's upstairs to Knighton for the drink's 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.								

Sunday 12th of October 2025– TSSS Workshop Programme AT A GLANCE

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

COLOUR CODE – **Dark Blue-Open**, **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-F/ship Group Leaders**,

Kids Club Willow 09.50 to 12.30 in the Willow Suite – TSSS Movies – A family film to relax after a late night or free play. Juice & biscuits are available all morning.						
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 want to.						
All Workshops are from 10.00 -10.50						
1 Workshop Knighton Suite [100+]	Workshop 2 Room 8[20]	Workshop 3 Howden A [40]	Workshop 4 Leighton A [40]	Workshop 5 Maple	Workshop 6 Room 9 [12]	Workshop 7 Room 3
Heart to Heart Mums, women, & female relatives ONLY - A chance to share thoughts & tips	Heart to Heart Mums ONLY A chance to share thoughts, and tips with each other	Heart to Heart Over 40 Women with TS ONLY A chance to share thoughts, and tips with each other	Mums of Adults with TS ONLY A chance to share thoughts, and tips with each other	Anxiety coping tips can continue or join another session A chance to talk about what makes you anxious and how to cope	Craft & Chat Bring own craft Can continue until 12 noon Have a natter do some crafts	Dads /Partners Male Relatives ONLY Can continue until 12 noon Have your say or talk about sport
Coffee Breaks in the Coffee Pod & room 5, 10.50 -11.10						
All Workshops are from 11.10 -12.00						
Workshop 8 Knighton Suite	Workshop 9 Willow Rear Kids Club [20]	Workshop 10 Leighton A	Workshop 12 Howden A	Workshop 12 Maple	Workshop 13 Room 9	Workshop 14 Rom 3
Heart to Heart Mums, women, & female relatives ONLY - A chance to share thoughts & tips	Extended Family Session	Heart to Heart Under 40 Women with TS ONLY A chance to share Thoughts & tips	Friendship Group Leaders Meeting Share ideas and support each other	Anxiety coping tips A chance to talk about what makes you anxious and how to cope	Craft & Chat Bring own craft Continued Have a natter do some crafts	Dads /Partners Male Relatives ONLY Can continue until 12 noon Have your say or talk about sport
12.00 – 13.00	The final session in the Knighton Suite for all conference delegates, feedback, discussion on the venue & the future					
13.00 – 14.15	Lunch is available in the restaurant. PLEASE DO NOT FORGET YOUR GROWTH HORMONE!					

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

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