



Prof Damien Kenny



Rhona Savage



Dr Claire Conlon



Cleo McCormack



Jack Kavanagh



Tom Coleman



Date: Saturday 24th Feb
Time: 10.00 - 15.00
Location: Institute of Chartered Accountants, 47 Pearse St, D2

The Beat Goes On Transition Conference is for adolescents with Congenital Heart Disease preparing to make the transition from Paediatric to Adult CHD care and their parents. There is also a stream for Adults with CHD. The conference will provide practical guidance and advice on maintaining health & mental wellbeing.

Organised by Heart Children in conjunction with the Children's Heart Centre, CHI Crumlin, and the Adult CHD Unit, Mater Hospital, Dublin.

Programme

10.00 Meet & greet with tea/coffee (Floor level - 1)

10.30 Opening Session (Floor level - 1)

- Sheila Campbell, CEO, Heart Children
- Prof Damien Kenny, Consultant Cardiologist
- Rhona Savage, ANP, Adult CHD Unit, Mater Hospital
- Dr Claire Conlon, Snr Clinical Psychologist

11.30-12.15 Break for Refreshments (Floor level 1)

12.15-14.00 Break-out sessions (Floor level + 1)

Adolescents

- Heart Children Youth Council - Samuel O'Riordan, Siofra Thomas, Sinead Burke & Amy Poynton
- Break-out Discussion Circles - Rhona Savage, Saidhbhe Mooney & Michael Teehan
- Fireside Chat - Jack Kavanagh, Pharmacist & speaker who suffered a life changing spinal cord injury in 2012

Parents

- Mum & Son - Margaret & Michael Teehan
- Building Childhood Resilience - Dr Claire Conlon, Snr Clinical Psychologist
- Q&A Session - Rhona Savage ANP, ACHD Mater Hospital

Adults

- Goal Setting Workshop - Cleo McCormack, Executive Coach
- Adults with CHD & Heart Children - Sheila Campbell, CEO, Heart Children.

14.00 Paul Gillen Bursary Presentation

14.15 Tom Coleman - Sleep, Health & Wellness Consultant

**TO REGISTER EMAIL INFO@HEARTCHILDREN.IE
OR CALL 01-874 0990.**