

Wednesday 14 March 2012, Charles Darwin House Conference Centre, London, WC1N 2JU

Registration 08.45 – 09.30 Conference 09.45 – 16.45

Let's talk about weight



Do you know how to raise the subject of weight and can you use motivational techniques to help people:

- **change their lives**
- **reduce their weight**
- **reduce the risk of developing a long term condition or making an existing condition worse?**

With a morning of lectures focussing on what techniques and options are available to manage and treat obesity, followed by an afternoon in an interactive workshop learning how to start a dialogue with your patients about weight, and motivate them to change their behaviour this meeting will be of interest to:

- nurses, especially those in public health, occupational health and practice nurses
- general practitioners and their Commissioners
- allied health professionals including physiotherapists, dieticians, nutritionists, psychologists
- physical activity professionals

Discounts are available for RCN and IASO/ASO members.

Exhibition enquiries

An exhibition will accompany this event. If you are interested in exhibiting, advertising or sponsorship, please contact the exhibitions team on 020 7647 3959 or email exhibitions@rcn.org.uk

Sponsorship is currently being sought for this event

Programme:

- **Chair**
Professor Philip James, President of IASO
- **Opening address: The health of the nation**
Dr Peter Carter, Chief Executive and General Secretary, RCN
- **Challenging your prejudices**
Professor Nick Finan, Consultant Endocrinologist and Bariatric Physician, University College London Hospitals and UCLH Centre for Weight Loss, Metabolic and Endocrine Surgery
- **Nutrition for weight loss and maintenance**
Dr Clare Grace, Obesity Research Dietician, Kings College Hospital NHS Foundation Trust
- **Who should have obesity (bariatric) surgery?**
Professor Nick Finan, Consultant Endocrinologist and Bariatric Physician, University College London Hospitals and UCLH Centre for Weight Loss, Metabolic and Endocrine Surgery
- **Obesity: The behavioural perspective**
Dr Jason Halford, Appetite and Obesity, Department of Experimental Psychology, University of Liverpool
- **Helping the obese to move more and sit less: why and how**
Professor Stuart Biddle, Physical Activity and Public Health, School of Sport Exercise & Health Sciences, Loughborough University
- **Opportunities to discuss weight issues and how to do it**
Speaker tbc
- **Start the Patient Dialogue**
Professor Alain Golay, President, Swiss Association for the Study of Obesity (ASEMO) and Director, Therapeutic Education for Chronic Diseases Service at University Hospital Geneva
- **Motivational Interviewing**
Professor Alain Golay, President, Swiss Association for the Study of Obesity (ASEMO) and Director, Therapeutic Education for Chronic Diseases Service at University Hospital Geneva

Let's talk about weight

Wednesday 14 March 2012, Charles Darwin House Conference Centre, London, WC1N 2JU

YOUR DETAILS (IN BLOCK CAPITALS)

RCN member Yes No RCN member no.
 IASO/ASO member Yes No This **must** be completed if you wish to pay the membership rate. If you do not know your RCN membership number, please call RCN Direct on 0345 772 6100

Email
 Please write your email address clearly as additional conference information will be sent to you by email.

*Please complete the following as you would like them to appear on your delegate badge

Title *First name *Surname

*Job title

*Organisation *Organisation town

Home no Work no Mobile no

Home address

Postcode Country

Specific requirements (dietary, accessibility)

CONFERENCE FEES

RCN and IASO/ASO member early bird until 01/02/2012	£100.00	<input type="checkbox"/>
RCN and IASO/ASO member standard from 02/02/2012	£120.00	<input type="checkbox"/>
Non RCN and IASO/ASO member standard	£150.00	<input type="checkbox"/>

DISCOUNTS

If you are a member of the RCN, you could be eligible for a discount on the conference fee

nursing student (pre-registration only) / associate retired / HCA/AP 40% off fee

accredited RCN Trade Union Representative 25% off fee

pay using your RCN credit card £15 discount

group discount – six or more delegates booking at the same time 10% off each fee

Only one discount can be used for each booking, and discounts do not apply to the cost of accommodation or conference dinners.

PAYMENT

By cheque: (made payable to the Royal College of Nursing) I enclose a cheque for £

Credit card: I authorise you to debit my VISA / MASTERCARD / MAESTRO (please circle) for £

Card no	Issue number (Maestro)	Card expiry date MM/YY	Card valid from MM/YY	Card security code (3 digit number on back of card)
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Cardholder's name and address (if different from above)

Address

Postcode Telephone no


Email
 (If different from above. For receipt of credit card payment)

BACS: National Westminster Bank Sort code: 60-40-02 Account no: 58898557. (Please send remittance advice with your completed registration form as proof of payment.)

Signature Date

You will not be registered for this event unless payment accompanies your application. Places cannot be held provisionally. We regret that we are unable to invoice.

HOW TO BOOK

 **On line booking** is now available at www.rcn.org.uk/obesity2012

Post this booking form with payment/remittance advice to: **Event registrations, PO Box 2329, Cardiff, CF23 8YZ.**

Phone (payment with credit card/Maestro): 029 2054 6460.

Fax this booking form to: 029 2054 6489 with your credit card details.

Registration confirmation: All bookings will be confirmed in writing, and nearer to the conference you will receive delegate information, including directions to the venue.

If you want to confirm that you are registered for the event, please contact: RCN Event registrations on 029 2054 6460 Mon-Fri 9.00am – 4.30pm.

TERMS OF BOOKING

Conference fees: The conference fee includes registration for the conference, conference materials, lunch and refreshments. It does not include travel or accommodation.

Cancellations: Cancellations received one full month before the start of the event will be refunded, minus a 25% administration fee. No refunds can be processed after this date. Places can be substituted with the prior knowledge and agreement of RCN Events.

It may be necessary for reasons beyond the control of the organisers to alter the content and timing of the programme or the occasional identity of the speakers.

RCN Events take no responsibility for non-refundable travel/accommodation in the case of a changed programme or cancelled event.

Data protection: We like to keep you informed about services, campaigns, events, publications and new initiatives. It is also important for us to find out your views on a range of issues. This may be by post, telephone or electronic messaging. **SHOULD YOU NOT want us to do this, please tick this box**

Please tick the box if you would like to be informed by post or email of favourable rates on a variety of externally provided services

Further information: If you need to enquire about further details of the conference please contact the organiser: **Louise Walczak**, Conference and Events Organiser, Royal College of Nursing, 20 Cavendish Square, London W1G 0RN

Tel: **020 7647 3579**
 Fax: **020 7647 3411**
 Email: louise.walczak@rcn.org.uk
 Website: www.rcn.org.uk/obesity2012