

DATE: THURSDAY  
29TH SEPTEMBER

VENUE: GRAND CENTRAL  
HOTEL, GLASGOW



the brain injury association

**"2022 – What Matters to You"**

09.00 – 10.00

Registration

10.00 – 10.15

Main Hall

Welcome, housekeeping, opening remarks

10.15 – 10.45

Neil Stanley

Comfort break

11.00 – 11.30

Ruthanne Baxter, Prescribe Culture

11.40 – 12.10

Liz McConnell – Health & wellbeing

12.15 – 12.30

Comfort break

12.30 – 13.15

Lunch

13.15 – 14.15

Workshops & networking

The Wellington

Sleep & fatigue – Dr Neil Stanley - Sleep Expert

The Buchanan

Health & well-being – Heritage at Home, Caitlin Scally

The Great Western

ABI journeys, with facilitator,

The Quiet Room

Mindfulness Session with Liz McConnell,

[liz@thinkingroom.co.uk](mailto:liz@thinkingroom.co.uk)

13.30 – 14.00

Main Hall

Rogan Grant

14.20 – 15.20

Speakers

Irwin Mitchell

Social Security Scotland

15.20 – 15.30

Closing Remarks & Thanks – Maria Burnett

Headway Leading the Way

Looking forward to 2023; BRAW

Dr Neil Stanley



Dr Neil Stanley is an independent freelance sleep expert and Director of Sleep science at [www.sleepstation.org.uk](http://www.sleepstation.org.uk), a provider of digital Cognitive Behavioural Therapy for Insomnia. He has been involved in sleep research for more than 39 years.

Ruthanne Baxter



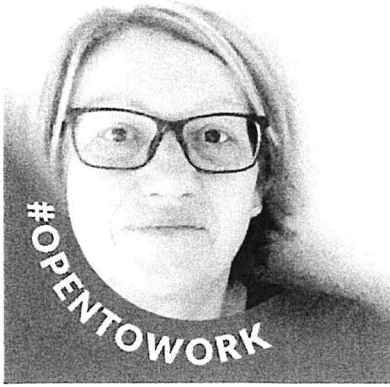
Ruthanne is the Museums Services Manager at the University of Edinburgh and Founder of Prescribe Culture, a heritage-based, non-clinical initiative for those seeking support for mental health and wellbeing. She is an ambassador for the power and benefits of the social prescribing movement, with a particular passion for the role of heritage to be a 'vehicle' for effective social prescribing.

Caitlin Scally



Community Connector with University of Edinburgh Museums, working on the At Home with Heritage project and Prescribe Culture.

Liz McConnell



Quest Cognitive Hypnotherapist & Coach - because we can't solve our problems with the same thinking we used to create them.

Liz brings experience and skill from many management roles in startups, established business, public, charity and social enterprise sectors. She currently runs her own business and uses Cognitive Hypnotherapy, NLP, coaching and personal development workshops to develop people and organisations.

Rogan Grant



The Polymorphic Therapist, Wellbeing Practitioner and Consultant

A Natural Health Practitioner, that believes in the powers within, how we can control the pains and anxieties life has to throw at us. Yes, medication has its time and place, I would never deny that, but I do believe that as a society we over medicate just to simplify the process. The easy road is always the longest! We can retrain our minds and our bodies, we can find answers within.

A speaker on the benefits of natural health and also on the effects of acquired brain injury (ABI)

Clinical Hypnotherapist, Psychotherapist, Holistic Practitioner, Nutritional Adviser, CMI Certified Coach. I use several therapeutic tools to offer the best bespoke experience for the individual.

Specialised in working with Traumatic Brain Injury (TBI) and PTSD for the individuals and carers.