

KNIGHTON	Everyone in the KNIGHTON							
09.00 – 9.10 09.10 – 9.20 09.20 – 9.30 09.30 – 10.00	TSSS Highlights, Welcome, Selfie photo Study Updates Team TeenS move to ROOMS 11 & 12 Annual report & AGM Conference update – ALL Sessions in BLUE are open to all sessions in RED are open to Ladies with TS only.							
10.00 – 12.30	<u>Visit the Chill-out ROOM F on the first floor towards room 7 on right</u> <u>Visit the Quiet Room E to take some time out if you need it.</u>						09.30 –12.20	8.50 -12.30
	KNIGHTON -OPEN First Floor	LEIGHTON A Ladies with TS	HOWDEN A Ladies with TS	MAPLE - OPEN Ground Floor	ROOM 3 – OPEN First Floor	ROOM 7 - OPEN First Floor	Rms 11-12 Team teens	Willow KIDS CLUB
10.00 – 11.00	<u>Everything about blood pressure in TS</u> Dr Vikas Kapil, Consultant Cardiovascular Medicine, Barts Hospital, London	<u>Let's talk about hormones and why they are important.</u> Prof Melanie Davies Gynecologist UCLH London	<u>Anxiety coping tips</u> Share tips and coping strategies	<u>Cardiac surgery preparation and recovery</u> Roxanne Noces Cardiac Nurse Specialist	<u>Diabetic Nurse TBC</u>	<u>STARRY 2 Cortisol Research Feedback</u> Dr Lily Jones & Prof Jo Blair Alderhey Liverpool	<u>Team TeenS Musical performance workshop with Sam & Co</u>	Fun, games, crafts & lots more
11.00 –11.30	Tea-Coffee is available in the Coffee Pod please take your drink and move away so others can collect theirs.						Juice	Juice
	KNIGHTON -OPEN	LEIGHTON A -OPEN	HOWDEN A - OPEN	MAPLE - OPEN	ROOM 3 - OPEN	ROOM 7 – OPEN	ROOMS 11 -12	WILLOW
11.30 - 12.30	<u>Current Practice Variability in Care in Paediatric TS Services in the UK</u> Dr James Law, Hon Ast Prof in Paediatric Endocrine Notts/Derby	<u>Liver do we need to worry</u> Dr Helen Turner Adult Endocrinologist Oxford	<u>Employment Booklet Launch –</u> Hayley Cleaver - Ciara O'Keeffe	<u>Practical support, ideas to use both in school, & for families to use with girls to support learning & everyday life.</u> Nicki Mason – SENCO	<u>Health and well being</u> Dr Lily Jones & Prof Jo Blair Alderhey Liverpool	<u>TSSS -where to find resources and signposting to additional support</u> Arlene Smyth TSSS	<u>Team TeenS</u>	Fun, games, crafts & lots more
12.30 - 13.45 12.30 - 14.00	RESTAURANT - LUNCH FOR ALL – DANCE REHEARSAL – SEE BOARD FOR DETAILS VISIT ROOMS 5 & 2 - TSSS GOODIES STALLS & LAST CHANCE TO BUY RAFFLE TICKETS							

Saturday 17th of October 2026 Programme at a Glance 17th October 26

Sessions in BLUE are open to all sessions in RED are open to Ladies with TS only.

	KNIGHTON - OPEN	LEIGHTON A – OPEN	HOWDEN A OPEN	MAPLE- OPEN	ROOM 3 -OPEN	ROOM 7 <u>Ladies with TS ONLY</u>	ROOMS 11 -12	KNIGHTON
14.00 – 15.00	<u>Teen rehearsals</u>	<u>Q & A on all aspects in adults TS</u> Dr Helen Turner Adult Endocrinologist Oxford	<u>Q & A on all aspects of childhood in TS</u> Dr Caroline Brain – Honorary Paediatrics Endo GOSH London	<u>Formal support available in education primary, secondary & beyond & tips to accessing it.</u> Nicki Mason – SENCO	<u>How to get the best from your clinic appointment</u> Arlene Smyth TSSS	<u>Ladies with TS ONLY</u> <u>Let's talk about intimacy!</u> Prof Melanie DaviesUCLH London	SEN TEENS 16+ONLY <u>Rm 8 Let's talk about intimacy!</u> <u>Ella & Izzie</u>	Fun, games & dance Rehearsals
15.00 – 15.30		Tea & Coffee in the Coffee Pod and 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>BSL /hearing tips</u> Robina Wason, Emma Taylor & Eli Winstanley	<u>Gynae HRT Q & A</u> Prof Melanie Davies Gynecologist UCLH London	<u>Driving Tips –</u> Ella & Izzie	<u>Partners session</u> Stephen and Susie Wall	<u>Ask Arlene</u> A chance to ask for information and support on any topic	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 until midnight.

Sunday 18th of October 2026– 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 – 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 and Nicki 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.						
Feeling creative, visit Craig in room 10 for an art class 10.00 to 12.00						
All Workshops are from 10.00 -10.50						
1 Workshop	Workshop 2	Workshop 3	Workshop 4	Workshop 5	Workshop 6	Workshop 7
Knighton Suite [50+]	Room 8[20]	Howden A [40]	Leighton A [40]	Maple	Room 9 [12]	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 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 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	Workshop 9	Workshop 10	Workshop 12	Workshop 12	Workshop 13	Workshop 14
Knighton Suite	Room 7	Howden A	Leighton A	Maple	Room 9	Room 3
Heart to Heart Mums, women, & female relatives ONLY – A chance to share thoughts and tips	Heart to Heart Dating relationships A chance to share thoughts and tips	Heart to Heart Women with TS ONLY A chance to share thoughts and tips	Friendship Group Leaders Meeting Share ideas and support each other	Ask Arlene Ask Arlene anything that has not been covered.	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/Conference2026survey>

