



First Timers Guide

Attending your first TSSS conference can be daunting and sometimes overwhelming. To help we have put together this guide for you. We hope you find it helpful.

It is worth remembering that everyone at conference has experienced conference for the first time themselves at some point, so they do understand.

You will have a  on your badge. That tells the members that it is your first conference, so that they can make a special effort to say hello. You will find our members are very friendly and enjoy chatting to other members new and old alike.

Make your way to the registration desk in the Park Suite open from 2-9pm Carlene and her team of volunteers will be there to give you a copy of the conference programme and additional information. This is where you sign all the permission slips for photos, kids club etc. If you arrive later than 9pm you will find Arlene and the trustees/committee members in RED POLO shirts in the bar area talking to members. Registration opens at 8.30am on Saturday morning and 9.30am on Sunday morning.



Your committee

Arlene

In the Park Suite you will find a number of tables with TSSS Goodies available for sale. You are free to have a look round and chat to people as you go round. We always have a raffle, hamper, lucky square to play too. Feel free to bring along unwanted Christmas gifts as prizes. We also try and have something for the kids like lucky dips or lucky square it varies year on year.

This is where the buffet meal is served from 5.30-8.30pm for those who have paid for dinner. The Park Suite & the lounge is the main social area on the Friday night. Some families like to meet others and chat and others prefer to relax and enjoy the hotel facilities Arlene will host a first timer's chat at 6.30pm on the Friday night, in the Lord Lilford Room. Feel free to come along this is a chance to meet other families who are attending for the first time too. Arlene can answer any questions you may have and she will have some members who have been coming for years to introduce you to. Our chat will be relaxed and informal just for half an hour or so.

As it is your first conference please do take the time to read all the information we provide. It does answer most of your questions. It will help you plan your weekend so that you make the most of your time with us. Also giving you time to relax and have some fun too. Please remember if you do need some time out that is OK you can have a walk in the grounds, go for a swim or visit the Auntie Marians our wonderful alternative therapists who can massage away any stress.

The kids have a great time meeting other girls, brothers and sisters it is amazing how quickly they make new friends. It is quite wonderful watching them together. Even the quietest girls seem to relax and join in much to the surprise of their parents. Kylie, Ellie, Melissa, Emily, Natalie and Jazmine are our volunteer nursery nurses they will be on hand to say hello to the kids and introduce them to other kids. Tell them all about what is planned for the kids over the weekend.



Our young girls

their proud Mum's

Friends

Our teen coordinators Ella, Meg C assisted by our teen reps Zoe and Grace. Sam our wonderful artistic director and her many volunteers will be around to share what they have planned for our Musical Performance Show on the Saturday night. It is just a bit of fun that anyone can join in, if they want to. If it is not your thing then there are lots you can do to help with lights, music, helping get the show on stage and off. Many of our girls have wonderful dramatic and musical talent this is a way for them to gain confidence in showcasing how brilliant they are. The parents get a chance to take part too if they want to. It is great fun and we all have a giggle.



Sam, Meg, Ella & Kay Group hug

Friendships made

Conference is a full on weekend and you will go home emotionally and physically drained. You will have gained a lot of knowledge and information and it can take a while to take everything in. The key is to do everything at a pace that suits you. Some families choose to make it a whole weekend and everyone comes along. Others choose to make it a Mother & Daughter weekend. We appreciate it can be costly and really do wish we could put on a free conference. At the moment we just can't so we make the conference self-financing so the cost you pay is what we pay.

We raise some money from our fundraising over the weekend and that goes towards speakers expenses and any other add on costs. Attending conference gives you access to some of the top specialists in the country and their knowledge of Turner Syndrome is excellent. We also have a great deal of expertise within the membership which we share with you whenever we can.

You can be assured of a warm welcome and you very quickly become part of the TSSS family. If you have a question please feel free to contact Arlene on 0141 952 8006 or e-mail turner.syndrome@tss.org.uk.