

2018 International Conference on Stillbirth, SIDS and Baby Survival

7th - 9th June 2018
Pre-conference
6th June 2018
Glasgow, UK



A warm welcome to the 2018 International Conference on Stillbirth, SIDS and Baby Survival

7th -9th June sees us welcome [The International Society for the Study and Prevention of Perinatal and Infant Death \(ISPID\)](#), the [International Stillbirth Alliance \(ISA\)](#) and [The Scottish Cot Death Trust \(SCDT\)](#) for their [2018 International Conference on Stillbirth, SIDS and Baby Survival](#).

Baby survival rates across the globe are improving year on year but the sad news is that the number of babies dying is unacceptably high. This conference is about breaking down barriers and uniting participants who have a common goal in working towards reducing the rates of stillbirth, SIDS and other unexpected baby deaths.

What's happening at the conference?

Conference venue:

**Strathclyde University Technology and Innovation Centre
99 George Street, Glasgow, G1 1RD**

You can look at the conference programme online at

<https://ispid-isa.org/2018/scientific-information/scientific-program#.WwwhfXRwbcs>

A conference app will be available for you to use to help decide what you want to hear and see each day. The hard part is choosing what to go along to!

You will also receive a printed mini programme in the conference bag when you arrive.

Times:

The conference times each day are:

Thursday 8am – 5.30pm

(register from 7am if you are a daily delegate on Thursday or if you are attending more days)

Friday 8.30am – 4.30pm (register from 8am)

Saturday 9am – 5.30pm (register from 8am)

The conference provides an opportunity for each delegate to extend their own knowledge base, to forge new partnerships and initiate new work together, as well as strengthening existing relationships.

The conference agenda includes the most inspiring and knowledgeable individuals in this field as well as the most passionate groups from over 38 countries. With 500 delegates registered to attend, there will be numerous opportunities to share knowledge, enlighten others and improve outcomes for future

**2018
International
Conference on
Stillbirth,
SIDS and
Baby
Survival**

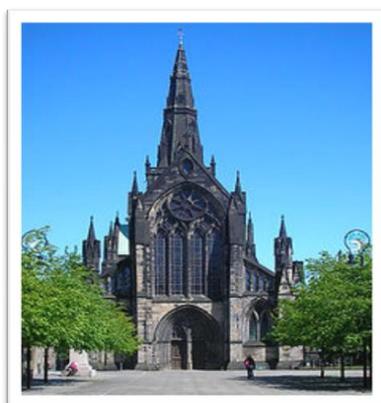
**7th - 9th June 2018
Pre-conference
6th June 2018
Glasgow, UK**



generations. Plenary sessions will take place each day discussing critical topics such as 'Policy and Public Health', 'Innovation', 'Sudden Unexpected Death in Infancy: Quality and Safety' to name but a few.

What else is taking place?

Remembrance Ceremony - Thursday 7th June 7pm-8pm Glasgow Cathedral



Join us on **Thursday 7th June from 7pm -8pm** in the beautiful Glasgow Cathedral as we gather together to celebrate the lives of the babies no longer with us.

This part of the conference allows us all to support the families and one another as we are reminded of why this conference is so important. We want to remember the children no longer here and to let their families know we do not forget their children.

Hear uplifting readings, poems and reflective music during this non-denominational service for those of all faiths and no faith.

Please gather at Glasgow Cathedral at **6.45pm for the service to begin at 7pm.**



Parent Activities during the conference

Thursday 7th June

A self confidence session led by Rose Goodenough and Marilyn Gordon from Inner Space, Glasgow

Session 2F 3.40pm -4.55pm

Self-confidence

Self esteem is how we feel about ourselves at any given moment. Almost everyone of us has been taught to base and build our self esteem on the wrong foundations. We build it on something external instead of something internal. We are taught to tie it to our position, possessions and pay, and by how much regard we receive from others. This is why we very seldom meet people who have rock solid self esteem. Most of us learn how to disguise our fragile self-esteem. Eventually the charade takes its toll, we surrender to the tension and then collapse somewhere in a heap.

Each and every one of us will have to go back to school to learn this inner lesson and find our true inner strength.

High self esteem has a certain humility built into it. The person with the highest self esteem is free of the arrogance of "I know". They know they will be a student of life, for the whole of their life.

You are Already Beautiful

We need to spend some time seeing our own inner qualities and appreciating them, and most importantly expressing them for the benefit of others. In this way we gradually come to know our own true beauty. Are you ready to rediscover what is already there?

Almost everyone of us has been on the end of the voice of criticism. If you have had the courage to admit your self esteem is a bit low, then you have the courage to take the next step – to banish those voices in your head, and set yourself free.

It means accepting them and loving them, but politely disagreeing with them.

Start from where you are and accept, accept, accept!

Accept where you are now, accept what you feel right now.

Realise you are now your own best friend and begin to talk to yourself in accepting, loving and gentle ways. It may sound strange at first, but keep going, and you will be amazed at how quickly your feelings about yourself transform, and how it brings a natural inner strength and resilience.

Take time out to learn how to meditate. This will be the deepest and most effective ability in disarming the power of the inner critic.

Rose Goodenough is the Co-ordinator of InnerSpace Meditation Centre in Glasgow and has been a student and teacher of Raja Yoga Meditation for 35 years.

She is an honest speaker who shares insights from personal reflections & life experiences. Her talks have been described as comforting and powerful.

Marilyn Gordon helps to organise events at InnerSpace & has been practising Raja Yoga Meditation for 22 years. She is a Primary School Teacher in Glasgow.



Shattered – A new play by Lisa Nicoll, directed by Jordan Blackwood. Inspired by bereaved families across Scotland.

Friday 8th June 3pm – 5pm

Delegates wanting to attend should meet by 2.30 pm in room 3 of the TIC building.

The conference will also welcome playwright, Lisa Nicoll, who will perform her new play, Shattered, as part of the social programme. Taking place at the Drygate, Shattered, looks at the themes of grief, loss and isolation and how these affect relationships. This form of engagement with delegates will cascade information in a creative way, encouraging families to share and discuss their own experiences.

The theatre is a short walk from the venue and you will be escorted there. The play will begin at 3pm. Late arrivals will not be admitted. Show running time 1 hour and 15 minutes. A Q&A session will follow the show to allow you to meet and ask questions of the playwright, director and cast.

You can look at the theatre company's website at www.inmotion.co.uk/shattered and view a trailer for the play at <https://vimeo.com/263113266>

Shattered is touring Scotland, its first performance having been at Paisley Arts Centre, on Saturday, May 19.

Inspired by interviews and life experiences, Shattered deals with the universal themes of grief, loss and isolation as well as the things that are left unsaid between the people to whom we are sometimes the closest.

The play is a partnership between In Motion Theatre Company and the Scottish Cot Death Trust



Characters Lucy and Ben



Characters Katie and Tom

Shattered has received four star reviews from the shows toured so far. We hope you can join us for this private showing!

Please register your interest to attend by emailing lisa@inmotiontc.co.uk or visiting the registration desk at the conference.

**2018
International
Conference on
Stillbirth,
SIDS and
Baby
Survival**

**7th - 9th June 2018
Pre-conference
6th June 2018
Glasgow, UK**

ISPID

Scottish
COT DEATH
Trust

international
stillbirth
alliance



Saturday 9th June

A mindfulness session will be delivered by Angie Cameron, from Direction during session 5C Saturday 9th June 11:45 - 13:00

We have a dedicated space for parents to escape to, if they wish some quiet time away from others, during the conference. Room 8 on the third level is set aside for families to use.

Mindfulness in times of difficulty,
an introduction



direction

Mindfulness is simply the ability to focus your awareness on the present moment, training your mind to be aware of where you are right now and accepting your experiences without judgement or criticism.

Research throughout the world is proving the incredibly powerful benefits that mindfulness can bring when facing times of difficulty.

Led by highly experienced psychotherapist and mindful facilitator, Angie Cameron from **direction**, this presentation will give you a gentle introduction to mindfulness.

Angie will share some research and insight into how mindfulness can support people personally or professionally when facing difficulties such as stress, anxiety, loss, grief, relationship problems and many other struggles, as it can help to build inner strength and resilience.

Date: Saturday 9th June 2018
Time: 15:40 - 16:55

**2018
International
Conference on
Stillbirth,
SIDS and
Baby
Survival**

**7th - 9th June 2018
Pre-conference
6th June 2018
Glasgow, UK**



Social Activities

There will be plenty of opportunities to network and share experiences in an informal setting.

The Gala Dinner, being held in the magnificent Kelvingrove Art Gallery and Museum, will give delegates the chance to view one of the finest civic art collections in Britain followed by dinner and entertainment. With the conference concluding on a Saturday, delegates can spend the rest of the weekend taking in the sights and experiencing the cultural treasures Glasgow has to offer.

Kelvingrove Art Gallery & Museum – dress code: smart casual

Date: Friday, 8 June 2018

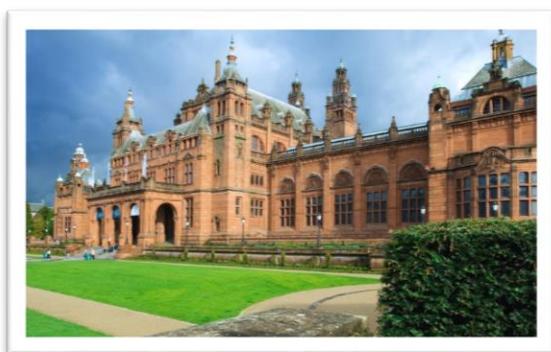
Drinks reception will be available from 7 pm.

Dinner and Entertainment is from 8pm - midnight.

Price: £ 65 | per person

During the evening guests will have the opportunity to visit the Museum.

Tickets can be booked by visiting <https://ispid-isa.org/2018/social-program/gala-dinner#.WwwoFXRwbcs>



Our evening entertainment will be provided by Kilter ceilidh band.

You can have a look at their website to have a peak at their work and previous events they have played at.

www.kilter.co.uk

**For further information on the conference, please contact, [Ms. Neyir Utugen](#)
Conference Secretariat and for any Conferencing and Events enquiries, please
contact Conference Glasgow or call 0141 553 4148.**