



Hybrid (Face to Face & Virtual) Study Day

4th **Ready Steady Go & Hello: Moving On Up Together**

Delivering patient empowerment, shared decision making and transition

Friday 7th March 2025

Dear All,

I hope this message finds you well and thriving.

We are **thrilled** to invite you to our **4th Ready Steady Go Hello: Moving on Up Together Study Day**, taking place **face-to-face in Southampton** or **virtually on Teams**.

This event is highly relevant for **MDTs, patient groups, NHS decision-makers, service leads, commissioners, and NHS service leaders**. Whether you're involved in **paediatric or adult services** (from **cradle to old age!**) or working with **patient charities**, this day offers **valuable tools to transform care across your teams and organisations**.

Aims of the Day

- **Familiarise participants** with tools that deliver **high-quality, sustainable healthcare** for patients and families, supporting them from **childhood through transition into adult services**.
- Discuss the **psychosocial impacts** of living with a long-term condition and explore **strategies to address these challenges**.
- Share **examples of good practice and resources** while identifying areas needing **further development**.

We've also included a **dedicated session** on applying the **Ready Steady Go Hello programme** to individuals with **complex medical needs and neuro-cognitive issues**. This session highlights the **co-production of the programme with patients and families**, including those supporting children with **severe neuro-cognitive challenges and life-limiting conditions**.

Why Attend?

This is an **unmissable opportunity!** Our fantastic lineup of **expert speakers** will share **invaluable insights** on **patient empowerment, shared decision-making, and transition**.

All talks will be recorded, and recordings will be available to **everyone who registers** – so you won't miss out, even if you can't join us live.

This Study Day will bring a **fresh perspective** and provide **actionable ideas** to transform your practice. It's the perfect chance to:

- **Engage with colleagues,**
- **Expand your network,** and
- Take away **practical strategies** for your teams and services.

Register Now!

Please **share this event** with your **MDT, networks, organisations, and associations** – we aim to reach as many people as possible to make a **real difference**.

For the **full programme (draft attached)** and to **secure your place**,
[Click here to secure your place!](#)

For questions or further information, contact hello@readysteadygo.net.

Thank you, and we look forward to seeing you on the day!

Best regards,

The Ready Steady Go Hello Team

Arvind Nagra, James Edelman, Yincen Tse, Alun Williams, Neeta Patel, Kay Tyerman, Ben Reynolds, Dean Wallace, Gary Connett, Aisling McMahon, Evgenia Preka, Matt Harmer, Rosemary Dempsey, Sarah Sharni, Caroline Anderson

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