

Do we forget a third of our life? Does sleep help us to remember

A workshop designed to introduce you to the Sleep Memory project in which the East Midlands Region is collaborating with the University of Lincoln.

Venue: Grantham Guildhall Arts Centre

Date: Friday 3 October 2014

Objectives:

- to provide sufficient background on Sleep and Memory to enable participants to decide whether they would be interested in signing up for the Sleep Memory project
- to make delegates aware of the benefits they can derive from participating in the workshop and to apply the results for the benefit of their members

1000 - 1030	Registration and coffee
1030	Introduction
1045 - 1130	Dr Simon Durrant, University of Lincoln Sleep - an introduction
1130 - 1215	Breakout groups
1215 - 1230	Feedback from Breakout groups
1230 - 1330	Lunch
1330 - 1430	Dr Simon Durrant, University of Lincoln Sleep and Memory (including proposed Project)
1430 - 1515	Discussion on Sleep and memory
1515 - 1530	Feedback
1530 - 1600	Review and evaluation

Apply to Liz Wilson lizskill@tiscali.co.uk by 1 September 2014

Cost: £5 payable on the day as a contribution towards lunch