

How to **Survive** *an* Election **Campaign**

8.45 – 9.45 Monday 11th April 2016
Dunmisk Suite, Stormont Hotel, Belfast

Dear Election Candidate

Political campaigns are one of the most demanding events you could ever be involved in and candidates often overlook the dangers that a hectic election season can pose to their health. To help with this Allied Health Professionals (AHPs) in Northern Ireland have come together to provide practical information and advice to election candidates on how to stay healthy during an election campaign. You are therefore cordially invited to attend the following breakfast event:

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Election
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During the event candidates will receive a nutritious breakfast while hearing a number of brief (5-7 minute presentations) from healthcare professionals on the following:-

You Are What You Eat

Want to know how to keep that bright smile, firm handshake and listening ear during the election campaign? The British Dietetic Association will have a dietitian available to reveal the food you need to keep you energised on the election trail.

Vote With Your Feet

During an election campaign candidates will cover many miles in door-to-door work. The Society of Chiropractors & Podiatrists will have a podiatrist in attendance who will impart practical information on how to look after your feet during an election including what type of footwear to wear and how to take sensible precautions about good foot care.



College of
Occupational
Therapists



The Association
of UK Dietitians

Political Posturing

The Chartered Society of Physiotherapy will have an expert present to give practical advice on the importance of posture and physical activity in health including suggestions on removing the factors that cause muscle pain both now and in the future, such as poor posture, as well as simple stretching exercises for those long periods spent travelling or bent over a computer.

Talk Back

The Royal College of Speech and Language Therapists will have experts on hand to give practical advice on how to avoid vocal strain and improve your communication skills. There will be an opportunity to have a personal consultation with a specialist in voice to give guidance and explain vocal techniques to effectively promote your campaign messages.

Keep Calm and Carry On!

The damaging effects that stress can have on our health are widely known. Election campaigns are very stressful events. There are simple, quick relaxation and mindfulness techniques that can be used on the go to help reduce stress, improve concentration and help you to manage all your occupations, including sleep during the campaign and beyond. The College of Occupational

Therapists will have an Occupational Therapist present to give practical advice and tips on these techniques.

We are sure that the professional advice you receive will help you maintain your physical and mental health during this very intensive period. In addition we hope that it will impart a better understanding of some of the physical and mental disabilities experienced by constituents.

We hope that you will take the time to attend this event and very much look forward to seeing you there. Please can you RSVP as soon as possible to the following address in order that arrangements for the appropriate number of breakfasts can be made? Please specify if you have any special dietary requirements.

Tom Sullivan

**CHARTERED SOCIETY OF
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**The media has been invited
and a photographer will be
in attendance at the event.**