

Sadie Bristow Foundation

Invitation to our

Live Online Resources and In-Person Event

Understanding Allergies



MISBAH PRIMET

Our Support

- ***Learn how to cope better with our live and recorded allergy resources.***
- ***We have a series of amazing speakers lined up to help you with a range of topics.***
- ***You can like our social pages to see more speaker dates and upcoming news***

Online, 15/11/2023

Please email

Clare@sadiebristowfoundation.org.uk
for the link

Join us on Zoom for an exclusive Q&A session, Misbah Primett, Founder of Little People Dietitian, will answer all your questions on toddlers, nutrition and allergies.

🌱 Key Nutritional Aspects for Toddlers 🌱 Concerns Related to Allergies and Strategies to Address Them 🏠 Takeaway Tips for Home Implementation

Misbah's Specialisations Include:
IgE Allergy (Immediate Allergies)
Non-IgE Allergy (Delayed Allergies)
FPIES (Severe Delayed Allergies)
EoE (Inflammatory Disease of the Oesophagus)
Children with Eczema
Weaning
Nutritional Concerns
Growth Concerns
Exclusion or Restrictive Diets
Fussy Eating

You can sign up to our newsletter for more on our charity events or like our socials



**Sadie
Bristow**
FOUNDATION

Sadie Bristow Foundation

Live Online Resources and In-Person Event
Understanding Allergies

Online, 26/11/2023

Please email

Clare@sadiebristowfoundation.org.uk

for the link



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Join us on Zoom for an exclusive Q&A session, Emma Amoscato, Founder of the Smile App, will answer all your questions on coping with allergies and how her App is designed to help those with anxiety.

Smile is the first mental health app to support people managing chronic physical health conditions



**Sadie
Bristow**
FOUNDATION

Smile

Sadie Bristow Foundation

Invitation

**Understanding Allergies -
How to Manage Allergies with Confidence**

24th February 2024

Book your ticket

<https://tinyurl.com/Understanding-Allergies>



**Are allergies a concern in your family?
Struggling to find expert advice and support?
Join us for an information-led event organised by
The Sadie Bristow Foundation!**

What to Expect:

Meet Psychologists: Learn coping strategies for anxiety related to allergies.

Meet leading Paediatric Consultants: Get your questions answered by specialists from London.

Learn from The Allergy Badge: Gain awareness and training on keeping your child safe in school.

Discover how to minimize airborne allergies at home.

Allergy UK: Understand the national initiatives and the Patient Charter.



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Charity 1182525



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UNDERSTANDING
Allergies

Who Should Attend?

Parents, caregivers, educators, and anyone responsible for a child's wellbeing! Whether you're from an educational setting, children's center, playgroup, foster care, or scouting group – this event equips you to manage and support children with allergies effectively.

With allergies affecting 1 in 10 children, it's crucial to be informed. Join us to bridge the gap in services, combat bullying, and create inclusive environments for all children.

Meet Our Speakers:

Dr Helen Cox: Renowned consultant in paediatric allergy.

Francesca Sawyer: Paediatric Clinical Psychologist.

Misbah Primett: Paediatric Allergy Dietician at Little People Dietitian and St George's Hospital.

Thalina Houghton: From Allergies in Bold and our proud Ambassador.

Natalie Hopkins: Representing The Allergy Badge.

Allergy UK: Sharing national perspectives.

About Us

Clare Bristow, CEO, Sadie Bristow Foundation

The Sadie Bristow Foundation was set up after their daughter Sadie died of an anaphylactic reaction in 2018.

Sadie was the UK's no.1 tennis player at the age of 9.

Their aim is to help other families on their journey with allergies whilst spreading awareness and one day be able to say we now have a full service within Kent.



Understanding Allergies - How to manage allergies with confidence

An information-led event to help you cope with allergies more confidently. Experts from across the UK