

## NASS VOICES CARDIFF | 12-13 April 2019

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### FRIDAY 12 APRIL

<b>19.00 - 21.00</b>	<p><b>AS ONE SOCIAL</b></p> <p>Join us at our ASone Social – an informal meet up with other local people who have an interest in axial SpA (AS). Bring your friends and family along, make some new friends, ask the team from NASS those burning questions and enjoy your first drink on us! <b>Note: you don't have to book a place in the NASS Voices conference to attend this gathering.</b></p>
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### SATURDAY 13 APRIL

<b>09.30 -10.00</b> (30 min.)	<b>NASS Voices Registration &amp; Reception</b>
<b>10.00 -10.30</b> (30 min.)	<p><b>OPENING REMARKS</b></p> <ul style="list-style-type: none"> <li>• <b>Welcome to NASS Voices</b> Video and welcome by member of the NASS Council of Management</li> <li>• <b>Housekeeping</b> Flow of the day and other housekeeping by Maxine Napal, NASS Communications</li> <li>• <b>Every Patient, Every Time: what's it all about?</b> Presentation by Dr Dale Webb, NASS CEO</li> <li>• <b>Stretch</b></li> </ul>
<b>10.30-11.10</b> (40 min.)	<p><b>PLENARY SESSION I: GETTING TO KNOW YOU</b></p> <ul style="list-style-type: none"> <li>• <b>Ice breakers and Living with AS: share your care tips</b> 2 sets of questions (1 speed round and 1 round of 'living with AS' questions) on each table. Delegates will choose a question &amp; share answers with the table.</li> <li>• <b>Exercise prize pack giveaway</b></li> </ul>
<b>11.10 - 11.30</b> (20 min.)	<p><b>Coffee / Tea Break</b></p> <p>Posters: 'about NASS' and latest research, meet the NASS team</p>
<b>11.30 - 12.30</b> (60 min.)	<p><b>PLENARY SESSION II: ASK THE EXPERTS</b></p> <ul style="list-style-type: none"> <li>• <b>Every Patient, Every Time: what does excellence look like?</b> An expert Rheumatologist shares what you should expect from your AS care team.</li> <li>• <b>Top Tips on managing fatigue &amp; flares</b> An expert Physiotherapist shares information &amp; techniques for coping with fatigue &amp; flares.</li> <li>• <b>Q&amp;A panel session with our presenters</b></li> </ul>

<b>12.30-13.30</b> (60 min.)	<b>Lunch</b>
<b>13.30 – 14.20</b> (50 min.)	<p><b>DEEP DIVE SESSIONS: THE AS JOURNEY (DELEGATES CHOOSE ONE)</b></p> <p><b>A. Family, work &amp; benefits</b></p> <p>For those newer to AS - presentation by a relevant professional looking at issues around family life and how you can help loved ones adapt to &amp; understand your AS. We'll also cover working with AS and provide a simple signposting to your local benefits.</p> <p><b>B. Coping later in life</b></p> <p>Presentation by a relevant professional discussing actions you can incorporate today to help improve your personal outcomes later in life.</p>
<b>14.20 – 14.40</b> (20 min.)	<b>Coffee / Tea Break</b> Posters: 'about NASS' and latest research, meet the NASS team
14.40 – 15.30 (50 min.)	<p><b>PLENARY SESSION III: SELF-CARE &amp; RAISING AWARENESS</b></p> <ul style="list-style-type: none"> <li>• <b>Let's do it! Exercise Session</b>  A physiotherapist takes you through some stretches and explains the benefits of exercise</li> <li>• <b>Together we're stronger: NASS branches + How you can take part in our latest campaigns</b>  From networking at your local branch, to taking part in research studies, to writing to your MP about issues affecting the axial SpA (AS) community, there are so many ways you can get involved. NASS wants 2019 to be the year we really raised awareness of AS – join us!</li> </ul>
15.30 – 15.45 (15 min.)	<p><b>CLOSING REMARKS</b></p> <ul style="list-style-type: none"> <li>• <b>Feedback collection</b></li> <li>• <b>Closing remarks</b>  Presentation by Dr Dale Webb</li> </ul>