

2019 MEMBERS DAY AGENDA – SUBJECT TO CHANGE

NATIONAL CONFERENCE CENTRE | COVENTRY ROAD SOLIHULL B92 0EJ
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8.30 - 9.15 (45 min)	Premier Suite	NASS Board of Trustees Meeting
09.00 - 09.30 (30 min)	Marble Foyer	Registration & Reception
09.30 - 09.40 (10 min)	Britannia Suite	<p style="text-align: center;">OPENING REMARKS</p> <ul style="list-style-type: none"> • ‘Our Year At NASS’ welcome video (2 min) • Greeting & Housekeeping (8 min) <p style="text-align: center;">NASS CEO Dr Dale Webb & Chairman Raj Mahapatra</p>
09.40 - 10.55 (75 min)	Britannia Suite	<p style="text-align: center;">PLENARY SESSION I</p> <p style="text-align: center;"><i>This session will be filmed.</i></p> <ul style="list-style-type: none"> • Update on latest research developments in axial SpA (AS) (45 min) Presentation by Rheumatologist Dr Arumugam Moorthy • Every Patient, Every Time: what’s it all about? (30 min) Presentation by NASS CEO Dr Dale Webb
10.55 - 11.15 (20 min)	Britannia Suite	<p style="text-align: center;">Refreshment Break</p> <p style="text-align: center;">Be sure to view our posters to learn more about our ongoing work.</p>
11.15 - 12.15 (60 min)	Britannia Suite	<p style="text-align: center;">NASS AGM</p> <ul style="list-style-type: none"> • Approval of report, account and resolutions Led by NASS Chair Raj Mahapatra & NASS CEO Dr Dale Webb
	Manxman Suite	<p style="text-align: center;">FRIENDS & FAMILY SESSION</p> <p style="text-align: center;">The Game of Life</p> <p style="text-align: center;"><i>Delegates who are unable to cast votes in the AGM are invited to take part in this alternative session</i></p> <p style="text-align: center;">Led by physiotherapists Claire Jeffries, Roneleeh Bungue-Tumble</p>

12.15 - 13.15 (60 min)	Britannia Suite	Buffet Lunch & Chat with the NASS Team
13.15 - 14.00 (45 min)	DEEP DIVE SESSIONS	
	Britannia Suite	A. Managing pain with mindfulness Elin Morgan, Breathworks
	Manxman Suite	B. Top tips on self-care: bridging the gap between appointments Susan Gurden, Physiotherapist
	Compton Suite	C. The functional genomics of ankylosing spondylitis Professor Julian Knight, University of Oxford
14.00 - 14.20 (20 min)	Britannia Suite	Refreshments & Posters > Delegates then move to join exercise rotations or (weather permitting) our NASS Championship of Quoits
14.20 - 14.50 (30 min) 14.55 - 15.25 (30 min) 15.30 - 16.00 (30 min)	Manxman Suite	<ul style="list-style-type: none"> Bhangra dance Susi Gaikwad, Physiotherapist 30 minutes per rotation <i>5 minutes to move to next rotation</i>
14.20 - 14.50 (30 min) 14.55 - 15.25 (30 min) 15.30 - 16.00 (30 min)	Compton Suite	<ul style="list-style-type: none"> Ballet Susan Gurden, Physiotherapist 30 minutes per rotation <i>5 minutes to move to next rotation</i>
14.20 - 14.50 (30 min) 14.55 - 15.25 (30 min) 15.30 - 16.00 (30 min)	Premier Suite	<ul style="list-style-type: none"> Alexander Technique Clare Dannatt & Christine Pillath 30 minutes per rotation <i>5 minutes to return to Britannia Suite for prizes and closing remarks</i>
14.20 - 16.00 (100 min)	Courtyard	<ul style="list-style-type: none"> NASS Championship of Quoits (<i>weather permitting</i>) Take aim and try to top the table in our Championship of Quoits – Winner will take home an exercise prize pack!
16.05 - 16.25 (15 min)	Britannia Suite	CLOSING REMARKS
		<ul style="list-style-type: none"> Exercise prize pack giveaway & Quoits winner (5 min) Closing remarks (5 min) Feedback collection (5 min)

