

NASS VOICES LEEDS | 6-7 September 2019

Leeds Marriott Hotel | 4, Trevelyan Square Boar Lane, Leeds LS1 6ET | T: +44 (0) 1132 366 366

FRIDAY, 6 SEPTEMBER

19.00 - 21.00	<p>AS ONE SOCIAL</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!</p> <p>Note: you don't have to book a place at the NASS Voices conference to attend this gathering.</p>
----------------------	--

SATURDAY, 7 SEPTEMBER

09.30 -10.00 (30 min.)	NASS Voices Registration & Reception
10.00 -10.30 (30 min.)	<p>OPENING REMARKS</p> <ul style="list-style-type: none"> • Welcome to NASS Voices Video and welcome by a member of the NASS Council of Management • Housekeeping Flow of the day and other housekeeping matters • Every Patient, Every Time: what's it all about? Presentation by Sally Dickinson Head of Information & Support Services, NASS • Stretch Session
10.30-11.10 (40 min.)	<p>PLENARY SESSION I: GETTING TO KNOW YOU</p> <ul style="list-style-type: none"> • Ice breakers and Living with AS: share your care tips 2 sets of questions (1 speed round and 1 round of 'living with AS' questions) on each table. Delegates will choose a question & share answers with the table. • Exercise prize pack giveaway
11.10 - 11.30 (20 min.)	<p>Coffee / Tea Break</p> <p>Posters: 'about NASS' and latest research, meet the NASS team</p>

<p>11.30 – 12.30 (60 min.)</p>	<p>PLENARY SESSION II: ASK THE EXPERTS</p> <ul style="list-style-type: none"> • Every Patient, Every Time: what does excellence look like? Presentation by Dr Helena Marzo-Ortega Chair, British Society for Spondyloarthritis Dr Marzo-Ortega will share what you should expect from your AS care team. • Top Tips on managing fatigue & flares Presentation by Dr Jane Martindale Chartered Physiotherapist, Wrightington Wigan and Leigh NHS Foundation Trust Dr Martindale will share information & techniques for coping with fatigue & flares. • Q&A panel session with our presenters
<p>12.30-13.30 (60 min.)</p>	<p style="text-align: center;">Lunch</p>
<p>13.30 – 14.20 (50 min.)</p>	<p>DEEP DIVE SESSIONS: THE AS JOURNEY (Delegates choose one session)</p> <p>A. Family and work Presentation by Charlotte Davis Leeds Teaching Hospitals, NHS Trust For those newer to AS – the session will look at issues around family life and how you can help loved ones adapt to and understand your AS. The session also covers working with AS.</p> <p>B. Coping later in life Presentation by Dr Jane Martindale The session will consider action you can incorporate today to help improve your personal outcomes later in life.</p>
<p>14.20 – 14.40 (20 min.)</p>	<p style="text-align: center;">Coffee / Tea Break</p> <p style="text-align: center;">Posters: ‘about NASS’ and latest research, meet the NASS team</p>
<p>14.40 – 15.30 (50 min.)</p>	<p>PLENARY SESSION III: SELF-CARE & RAISING AWARENESS</p> <ul style="list-style-type: none"> • Let’s do it! Exercise Session Presentation by Dr Jane Martindale The session takes you through some stretches and explains the benefits of exercise. • Together we’re stronger: NASS branches + How you can take part in our latest campaigns 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!
<p>15.30 – 15.45 (15 min.)</p>	<p>CLOSING REMARKS</p> <ul style="list-style-type: none"> • Feedback collection • Closing remarks