

NASS AGM & Members Day
6 September 2025 • 10.00 to 16.30
Conference Aston • Birmingham B4 7ET



Time	Session	Room
10.00 to 10.30	Tea, coffee, registration	Courtyard Lounge
10.30 to 11.00	AGM <i>Raj Mahapatra, NASS Chair</i>	Conference Room 1
10:30 to 11:30	Friends & Family Session – those who are not NASS members will be asked to join this session as they will not be permitted to join the AGM <i>Dr Tim Blake, Consultant Rheumatologist and Cat Tonks, Advanced Practice Physiotherapist in Rheumatology, University Hospitals Coventry and Warwickshire NHS Trust</i>	Meeting room 123
11.00 to 11.20	NASS update <i>Dr Dale Webb, NASS CEO</i>	Conference Room 1
11.20 to 11.30	STRETCH <i>Claire Jeffries, NASS Trustee and Clinical Specialist Physiotherapist, Hampshire and Isle of Wight Healthcare</i>	Conference Room 1
11.30 to 12.30	Managing energy and setting boundaries to live well with axial SpA <i>Helen Jones, Coach and Psychologist living with axial SpA and fibromyalgia</i> Acceptance as a Path to Healing: From Resistance to Resilience <i>Beatriz São Pedro, MSc Criminal Psychology, Certified Life Coach</i> Beyond the Diagnosis – Living Well, Your Way <i>Deimante Sidlauskaitė, Health and Wellbeing Coach, NHS Wellbeing Lead & Patient Voice Advocate</i>	(Room allocation pending Conference Room Meeting Room 123 Meeting Room 127)
12.30 to 13.10	Tai Chi Qigong <i>Julia Mitchell, Healthy Steps</i>	Conference Room 1
14.15 to 15.10	Latest in treatment and research <i>Dr Jane Freeston, Leeds Teaching Hospitals NHS Trust, and newly elected NASS Trustee</i>	Conference Room 1

	<p>New to axial SpA</p> <p><i>Professor Antoni Chan, Consultant Rheumatologist, Royal Berkshire NHS Foundation Trust, and NASS Trustee</i></p> <p><i>Claire Jeffries, Clinical Specialist Physiotherapist, Hampshire and Isle of Wight Healthcare, and NASS Trustee</i></p>	Meeting Room 123
15.10 to 15.40	<p>Self-management app</p> <p><i>Luhith Herath, Researcher, Keele University</i></p>	Conference Room 1
15.45 to 16.45	<p>Farewell to Raj Mahapatra</p> <p><i>Please join us for a reception with drinks and nibbles, as we show our appreciation to Raj for his service to NASS as Chair for the past 10 years, as he steps down from the role.</i></p>	Courtyard Lounge