

Speakers

Dr. Anu Jacob, Consultant Neurologist, The Walton Center NHS Trust

<http://www.thewaltoncentre.nhs.uk/71/neuromyelitis-optica.html>

<http://www.nmouk.nhs.uk/>

In addition to working at a Consultant Neurologist at The Walton Centre and being a National Lead for the UK Neuromyelitis Optica Service, Dr. Anu Jacob also holds the following posts:

- Clinical Lead, Buxton Neuroimmunological laboratory, The Walton Centre
- Consultant Neurologist at Glan Clywd Hospital, Denbighshire, North Wales
- Honorary Lecturer in Neurosciences, University of Liverpool

His qualifications include MBBS, MD (Internal medicine), DM (Neurology), CCT (Neurology, UK), FRCP (London), Fellowship in multiple sclerosis and demyelinating disorders, Mayo Clinic (USA). He completed his training in internal medicine (JIPMER, Pondicherry, India) and neurology (Srichitra Institute, Trivandrum, India). After completing MRCP (London) and specialist training in neurology at The Walton Centre, Dr. Jacob completed a one year fellowship in neuroimmunology and demyelinating disorders (multiple sclerosis, neuromyelitis optica and transverse myelitis) at the Mayo Clinic (Rochester, Minnesota, USA). He has authored several peer reviewed articles and book chapters. His main research interests include Neuromyelitis Optica, MS, Optic Neuritis and Transverse Myelitis.

Jennifer Wynne BSc (Hons) MCP, Specialist Neurological Physiotherapist, The Rehab Physio

www.therehabphysio.com

Jennifer Wynne, BSc (Hons), MCSP, is a rehabilitation physiotherapist with specialist expertise in neurological rehabilitation gained from extensive post-graduate experience and education. Jennifer Wynne is the Senior Physiotherapist at the private practice, The Rehab Physio. She is highly successful in providing rehabilitation for both adults and children with complex needs, especially those with Strokes, Acquired Brain Injury and Spinal Injuries combined with Orthopaedic Injury and Behavioural problems. Her approach focuses on patient led goal setting to achieve improved physical function. Jennifer Wynne's previous roles include Senior Neurological Physiotherapist in the Major Trauma Rehabilitation at Merseyside's Regional Major Trauma Centre and specialist neurological physiotherapist, working extensively at, the highly regarded, Aintree Stroke Centre and through-out the trust's neurological services.

Kerry Mutch, NMO Nurse Specialist, NMO UK Service, The Walton Centre NHS Trust

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Kerry spent nine years as an MS Specialist nurse after gaining experience in many other areas of nursing, including neuro rehabilitation. Kerry has worked tirelessly to ensure equal access to the specialist services for NMO patients across the UK. Kerry has previously been involved in using her clinical experience to develop information for MS patients. Outside of work Kerry can usually be found in her hiking boots in the Lake District.

Beverley Everton, RGN, Peristeen Advisor, Coloplast

www.coloplast.co.uk

Born and brought up in Altrincham, Cheshire I moved to complete my nurse training in Bournemouth. In 1990 I moved to Worcester and pursued a career for a medical company and this saw the start of my passion for Continence. In the 90's we would 'manage incontinence'. Today we definitely 'promote continence'. Working as a Continence Advisor as part of a busy hospital team improving people's quality of life. In 2007 I joined Coloplast. At this time I began working as RGN for GB Wheelchair Rugby. In 2010 I left Coloplast to work full time with the squad preparing for London 2012 Paralympic Games. A wonderful, life changing experience! In March 2013 I returned to Coloplast as a Peristeen Advisor. Again, improving people's quality of life on a daily basis.

Abigail Methley, Assistant Psychologist, NMO UK Service at The Walton Centre NHS Trust

Abigail is currently completing her PhD Medicine at the University of Manchester. Her research investigates experiences of mental and physical health care services for people with Multiple Sclerosis and their health care professionals. She is an honorary Assistant Psychologist in a specialist NHS team, investigating memory problems in people with Neuromyelitis Optica (a rare neurological condition). She has previously worked as an Assistant Psychologist in a private medico-legal firm conducting cognitive assessments. Before this she worked as a support worker with people with acquired brain injury and people with advanced dementia. She has a BSc and MRes Psychology from Bangor University, where she researched wellbeing in families of children with autism and intellectual and developmental disabilities.

Dr. Collette Power, Breathworks and freelance mindfulness teacher

www.breathworks-mindfulness.org.uk

www.mindfulnesscourse.co.uk

Collette Power is a Senior Mindfulness Mindfulness Teacher and supervisor with Breathworks CIC, Manchester. As a freelance mindfulness teacher she delivers a range of mindfulness-based courses in Liverpool, the North West and Wales, including:

- Breathworks Mindfulness for Stress Course
- Breathworks Mindfulness for Health Course (MBPIM)
- Mindfulness-based Cognitive Therapy (MBCT)
- Compassion/Kindness Courses and Training

Clients include The Probation Service (Liverpool), Liverpool Mental Health Consortium and Women's Aid.

As well as with Breathworks, Colette has trained with Kristen Neff and Christopher Germer in Mindful Compassion Core Skills, with Bangor University (Mindfulness-based Cognitive Therapy MBCT), and at Gaia House Retreat Centre with Christina Feldman and John Teasdale. This programme of practice and training is part of her commitment to deepening her own practice and ensuring the integrity and effectiveness of the training she offers. Colette holds doctorate from The University of Liverpool School of Sociology and Social Policy. She has lectured in sociology, research methodology, women's and gender studies, and worked as a social researcher commissioned by the National Health Service. She has over 20 years' experience in teaching and group work facilitation both in community settings and in the voluntary sector. She is a qualified person centred counsellor and worked with people suffering from anxiety, panic attacks, phobias, low self-esteem and depression. She also taught counselling skills in Liverpool for many years.

Barbara Babcock, Chair, Transverse Myelitis Society

www.myelitis.org.uk

As Chair of the TM Society, Barbara leads the TM Society Committee in setting strategic direction, ensuring good governance and managing daily operations. Before becoming Chair in April 2013, she had been a committee member since April 2010. She had TM in October 2008 with lesions at C4/C5. Her other career is as an executive and life coach, with a particular interest in emotional/psychological support for people with long-term medical conditions and their families. Prior to becoming chair, she conducted research on coaching's impact on the wellbeing of people with TM and their primary caregivers for a MA in Psychological Coaching. Her career has included many years working in Human Resources in the corporate world in the UK, Czech Republic and Kazakhstan. She also worked for an educational non-profit in Kyrgyzstan, and an embassy and university in Washington DC. In addition to holding a masters in coaching, Barbara is an Associate Certified Coach with the International Coach Federation and a Neuro-Linguistic Programme (NLP) Practitioner. She also holds a certificate in coaching, the Chartered Institute of Personnel & Development's Certificate in Training Practice, Myers Briggs Type Indicator Step 1 qualification, and a BA and MA in Russian (which she can still speak). She is originally from the USA and now calls the UK her home.

Exhibitors

Coloplast - Alexandra Wright

The Rehab Physio – Jennifer Wynne and Christopher Wynne

Jennifer Wynne, BSc (Hons), MCSP – As above

Christopher Wynne, BSc (Hons), MCSP, is a rehabilitation physiotherapist with specialist expertise in neurology and has a large depth of post-graduate education in this field. Christopher Wynne is the Clinical Director at his private practice, The Rehab Physio. He is highly successful in providing rehabilitation for adults and children with complex needs, including those with Strokes, Brain Injury, Spinal Injuries and Orthopaedic Injury. His approach focuses on postural correction to increase the efficiency of an individual's physical function. In his previous role, he was Lead Physiotherapist, at a newly opened private rehabilitation unit in Chester. He developed all the physiotherapy services from inception, devising new pathways and good practice guidelines based on the best evidence. These services include hydrotherapy, neuro-physiotherapy in-patient, out-patient and domiciliary services. Prior to this, he developed his post graduate experience as a Senior Physiotherapist at the Wirral University Teaching Hospital NHS Trust.

The following organisations provide services that are relevant to the needs of our members. They have provided information for you.

- Spinal Injuries Association
- Backup Trust
- Neurosupport