

Agenda

<u>Timings</u>	<u>Topic</u>	<u>Speaker</u>
10:00	Registration and coffees/tea	
10:30 – 10:40	Welcome and introduction	Barbara Babcock Chair, TM Society
10:40 – 12:00	Introduction to the Walton Centre and its work regarding TM, NMO, ADEM and ON And Clinical and research developments in TM, ADEM & NMO (with question and answer)	Dr. Anu Jacob Consultant Neurologist, The Walton Centre & UK NMO Service
12:00 – 12:30	The importance of rehabilitation	Jennifer Wynne BSC (Hons) MCP, Specialist Neurological Physiotherapist, The Rehab Physio
12:30 – 13:30	Lunch	
13:30 – 14:00	Managing fatigue	Kerry Mutch NMO Nurse Specialist, The Walton Centre & UK NMO Service
14:00 – 14:30	Managing bladder/bowel issues	Beverley Everton Nurse, Coloplast
14:30 – 14:50	Coffee/tea	
14:50 – 15:20	Coping with TM Emotionally – Helping Family and Friends to Help You	Abigail Methley Psychologist, UK NMO Service
15:20 – 15:50	Using mindfulness to manage pain and your health	Dr. Collette Power Breathworks and freelance mindfulness teacher
15:50 – 16:30	Q&A and discussion	All speakers
16:30 – 16:45	Close	Barbara Babcock Chair, TM Society