



The Alliance will be holding its fourth one-day conference, *Brains, Pains & Gains* on Thursday 9th July at Arlington Arts Centre, near Newbury. The subject for the conference will be pain and how we manage it. For this conference, we are fortunate to have been able to call on the expertise of pain consultant, Dr Stephen Allen, who has guided us in designing a fascinating and innovative programme. Once again the conference team has had valuable advice and support from Professor Christine Collin, Senior Neuro-Rehab consultant at The Royal Berkshire Hospital, and neurophysiotherapist, Penny Lilley.

The conference will cover the basic aspects of pain (Dr Stephen Allen) and different pain treatments (Dr Andrew Lawson) then non-pharmacological approaches to pain treatment, from the viewpoint of a GP with special interest in pain management (Dr Mark Ritchie), and the psychological aspects of pain (Dr Nadine Hobro). A patient perspective will be provided by Lindsey Middlemiss, who also will be reporting the results of our internet Pain Survey (see below). Afternoon sessions will be given over to a series of short talks on specific problems that cause pain: Brain Injury (Prof Christine Collin), Spinal Cord Injury (Dr Henrietta Ellis), Parkinson's Disease (Prof Ralph Gregory) and Spasticity (Penny Lilley). We shall end the day with a review of the latest scientific innovations for studying how the brain perceives pain (Dr

Katy Vincent). This lecture will be dedicated to the late Hilary Hinchliffe, a member who worked tirelessly to improve services for all people with neurological conditions, and was instrumental in setting up the series of neurological conferences. Hilary Hinchliffe was a 'can do' person, who had great faith in the harnessing of new technologies to provide improvements for neurological patients, so it is fitting that we remember her in this way.

Arlington Arts Centre has 'state-of-the-art' facilities and is situated in the beautiful grounds of the Mary Hare School, Snelsmore Common, Near Newbury. It is only 5 minutes from Junction 13 of the M4 and close to the A34. We are grateful to Mary Hare School for allowing us to use additional facilities at the arts centre to provide some lunchtime 'taster sessions' on: Myofascial Release techniques (Sue Perry), Hypnotherapy and Relaxation (Kevin Still) and Tai Chi Chuan (Eva Koskuba). Weather permitting the Tai Chi session will be held in the open air, so please bring suitable clothing. You are invited to 'drop in' to up to two 'taster sessions'; one held at the start of lunchtime and the other at the end of lunchtime. Please state your preferences for the 'taster' session(s) you wish to attend on the registration form.



We are delighted that Greenham Common Trust and Berkshire West NHS have each provided financial support for us to host Brains, Pains and Gains. In addition, the

British Polio Fellowship Berkshire Branch has agreed to be a Platinum Sponsor of the conference. This financial support means that we have been able to hold down our prices for registration and offer discounted rates for some delegates. Full details of the pricing structure are available in the brochure which can be downloaded from our website: www.wbna.org.uk.



The Alliance is carrying out a **Pain Survey** to determine the unmet needs of people with a painful condition, who live or work in Berkshire West NHS area (Newbury, Reading and Wokingham and their surroundings). We would like as many people as possible to take part in our survey and to tell us how they cope with their pain, which pain service(s) they use and what services they know about. This will help WBNA to formulate its policy on local pain management services, especially for those people living with a neurological condition.

The survey is anonymous and can be done over the internet. If you are unable to access the internet then we can give you a paper copy and arrange for the information to be keyed in on your behalf. The results of this survey will be released at our conference, *Brains, Pains and Gains* on July 9th. Later they will be published on our website.

To take part in the survey, all you have to do is logon to www.wbna.org.uk and click the link to go to the survey form. The survey will take only a few minutes to complete but your input will be very valuable and you will help to formulate our policy on local provision of pain management services.

WBNA Recognition

The Alliance has been nominated for a Queen's Award for Voluntary Service in 2009. We were nominated by the Mayor of Newbury with WBNA being the only organisation in West Berkshire to be put forward this year. In March, four members of the committee attended a formal reception at the Guildhall, Windsor hosted by the Lord Lieutenant of Berkshire. Present also were the Mayor of Newbury and Chairman of West Berkshire Council. WBNA Chairman, David Roberts, said he was delighted to receive the certificate recognising our nomination. WBNA will now be considered for the Queen's Award, along with other organisations from around the country but will face stiff competition. We are indebted to the Mayor of Newbury, Councillor Phil Barnett, for nominating us. Keep your fingers crossed for the next stage.

Diary dates for your diary

Our next Open Meeting is on Thursday May 7th when the speaker will be Judith Chapman. Judith is Clinical Service Manager for 'Talking Therapies' - Improved Access to Psychological Therapies (IAPT), run by Berkshire Healthcare NHS Foundation Trust. Further open meetings in 2009 will be held on September 10th (AGM) and November 12th. Speakers are to be announced shortly. Open meetings, apart from the AGM, are held at St Joseph's Church Hall, Newbury, 1.45 for 2.00 pm. Free admission includes tea and biscuits.

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