

**The aims of the conference are to:**

- ★ Present the latest information concerning the nature and management of pain
- ★ Evaluate current provision of pain services for people in Berkshire West
- ★ Help WBNA develop a policy on pain management

living with pain  
Understanding pain  
GAIN CONTROL OF YOUR PAIN  
successful pain  
management

TO REGISTER - CONTINUED

I wish to attend the following 20 minute lunchtime taster sessions:

Session 1 (12:30) First choice	<input type="text"/>
Reserve choice	<input type="text"/>
Session 2 (13:30) First choice	<input type="text"/>
Reserve choice	<input type="text"/>

Please state your order of choice as **Myofascial, Hypno** or **Tai Chi** in the spaces above as appropriate. Strike out if you prefer not to drop-in to a taster session. Due to popularity of some sessions we cannot guarantee your choice and we may have to move you to your reserve selection.

Please enclose a cheque for the amount made payable to "West Berkshire Neurological Alliance"

Please send this completed form with payment to:  
WBNA, Goran, Bucklebury Alley, Cold Ash, Thatcham  
Berkshire RG18 9NJ

**to arrive not later than 6th July 2009**

Any surplus funds raised from this conference will be used to support the work of West Berkshire Neurological Alliance.

\*Accreditation applied for at time of going to press

# WBNA

**WEST BERKSHIRE NEUROLOGICAL ALLIANCE**

Charity Number 1081021

Representing all people in Berkshire West affected by a neurological condition

## THE CONFERENCE VENUE

Arlington Arts Centre is located in the grounds of the Mary Hare School, Snelsmore Common, Near Newbury. It is only 5 minutes from the M4/A34 interchange and adjacent to the B4494. For full directions see [www.arlingtonarts.co.uk](http://www.arlingtonarts.co.uk)

## Please take part in our PAIN SURVEY at: [www.wbna.org.uk](http://www.wbna.org.uk)

West Berkshire Neurological Alliance wants to determine the unmet needs of people living with a painful condition in Berkshire West. We would like you to complete our survey and tell us how you cope, and the pain services you use. Please help us to formulate our policy on pain management. The results of this survey will be released at our conference and published on our website.

Please login to [www.wbna.org.uk](http://www.wbna.org.uk) and click the link to go to the survey form. The survey will take only a few minutes to complete and your contribution will be greatly appreciated. We will report the results of the pain survey at the conference then make them available on our web pages.

Thanks to Greenham Common Trust and Berkshire West NHS for financial support for this conference and Publicity Project (Newbury) Ltd for design work.

## One day accredited\* conference



A one day conference on  
managing pain for the  
professional and the patient

**Thursday 9 July 2009**

**9.00am - 5.00pm**

**Arlington Arts Centre,  
Mary Hare School, Newbury  
RG14 3BQ**



Organised by West Berkshire  
Neurological Alliance with Dr Stephen  
Allen and Prof Christine Collin

08.30	Registration and Coffee
09.00	Welcome from WBNA
09.05	Dr Stephen Allen Pain: A coat of many colours
09.40	Dr Andrew Lawson - Pain Treatment? What can we offer?
10.15	Coffee Break
10.45	Dr Mark Ritchie - Management of pain in primary care with emphasis on non-pharmacological approaches
11.20	Dr Nadine Hobro - Working with the person not just the pain
11.55	Lindsey Middlemiss - The patient perspective on pain and pain management
12.25	Lunch and Taster Sessions Enjoy two optional 20 minute 'taster' sessions, one pre-lunch and one post-lunch. We offer three types of session: Myofascial release techniques (Sue Perry), Hypnotherapy and Relaxation (Kevin Still) and Tai Chi Chuan (Eva Koskuba). Weather permitting the Tai Chi session will be in the open air, please bring suitable clothing. <i>State which 'taster' session(s) you wish to attend on the registration panel.</i>
14.00	Prof Christine Collin - Brain injury and pain. What do we know? What do we see?
14.25	Dr Henrietta Ellis - Pain following spinal cord injury
14.50	Prof Ralph Gregory - Parkinson's disease and pain
15.15	Penny Lilley- Spasticity and pain
15.40	Tea Break
16.10	Hilary Hinchliffe Lecture Dr Katy Vincent - How the brain perceives pain
16.50	Closing remarks
17.00	Close

## SPEAKERS

**DR STEPHEN ALLEN**

Works in the Pain Relief Unit in Oxford and has a special interest in Neuropathic Pain. Consultant at the Royal Berks Hospital for over 28 years, he set up the chronic pain clinic, a large multi-disciplinary unit of national status.

**PROFESSOR CHRISTINE COLLIN**

Senior Consultant and Head of Rehabilitation Medicine, Royal Berkshire Hospital, Reading. Directs the acute in-patient neuro-rehabilitation unit with a large out-patient practice dealing with all aspects of neurologically-disabling disorders.

**DR HENRIETTA ELLIS**

A registrar (ST3) Spinal Injuries/Rehabilitation at the National Spinal Injuries Centre, Stoke Mandeville Hospital, Buckinghamshire. A background in general practice, currently studying for a Master's in Pain Management.

**PROFESSOR RALPH GREGORY**

Neurologist and lead for Parkinson's disease and related movement disorders at Royal Berkshire NHS Foundation Trust in Reading and Oxford Radcliffe Hospitals. Main research interest is Functional Neurosurgery.

**DR NADINE HOBRO**

Consultant Clinical and Health Psychologist in Reading. Works within inpatient and outpatient acute hospital services including pain management, and palliative care needs.

**EVA KOSKUBA**

Chinese Internal Arts Association/Taiji and Qigong Project in the Elderly Care Unit, Royal Berkshire Hospitals NHS Trust, co-author with her husband of *Tai Chi for Every Body* (Readers Digest)

**DR ANDREW LAWSON**

Consultant in Pain Medicine, Royal Berkshire Hospital Reading; Honorary Senior Lecturer in Medical Ethics, Imperial College Faculty of Medicine London and Visiting Fellow in Philosophy, University of Reading

**PENNY LILLEY**

Neurophysiotherapist with a wide experience treating patients with various neurological conditions. A Botox injector involved with clinical trials also lectures on subjects such as 'foot drop'.

**LINDSEY MIDDLEMISS**

Founder and Chair of FibroAction, a registered national charity dedicated to providing up-to-date information about Fibromyalgia Syndrome. Has Fibromyalgia Syndrome and is a champion of patients taking control of their own healthcare.

**SUE PERRY**

ITEC qualified and advanced body work therapist, specialising in myofascial release techniques and ergonomics, with years of experience helping patients with chronic pain to manage better their symptoms.

## SPEAKERS

**DR MARK RITCHIE**

General Practitioner in Swansea with a specialist interest in chronic pain management. Member of the RCGP pain group, the Welsh pain advisory board and the BPS Working Party on management of persistent pain. He started his career as a mechanical engineer and later moved into medicine with a specialism in anaesthetics.

**KEVIN STILL**

Co-Principal of the Royal Berkshire College of Clinical Hypnosis. Practises as a hypnotherapist, psychotherapist and NLP practitioner, as well as running his own practice in Reading.

**DR KATY VINCENT**

Clinical Lecturer in Obstetrics and Gynaecology at Oxford University researching the influence of hormones on experimental pain perception at the Centre for Functional Magnetic Resonance Imaging of the Brain.

For more information contact: **Tel 01635 202 605**  
email: [conference@wbna.org.uk](mailto:conference@wbna.org.uk)  
web: [www.wbna.org.uk](http://www.wbna.org.uk)

## TO REGISTER

The delegate fee includes lunch, refreshments throughout the day and the opportunity to take part in up to two of the 'drop in' taster sessions during the lunch break  
Conference fee £95 before 29th May 2009 and £100 thereafter.

A concessionary rate of £65 per delegate is available for those registering 3 or more delegates from the same organisation. Concessions may also apply in special circumstances, please call **01635 202605** or email [conference@wbna.org.uk](mailto:conference@wbna.org.uk) for details.

Please reserve me  number of places.

I would like to register for the number of delegates noted above for the one-day conference on 9<sup>th</sup> July 2009. *Please fill in copies of the form with details of any additional delegates*

Name
Address
Post code
Daytime telephone:
Email Address:

**CONTINUED OVERLEAF ...**