



National Conference 12 October 2019

Main auditorium

- 9am** Registration: Visit information stands and the pop up shop
Tea & coffee available
- 9.50 - 9.55am** Welcome: Catherine Woodhead CEO Muscular Dystrophy UK
- 9.55 – 10.05am** Review of the year: Professor Mike Hanna, MDUK chair
- 10.05 – 11.15am** **Muscular Dystrophy UK: 60 years of progress. Are we on the threshold of a new era?**
- Research**
- Prof Matthew Wood, Professor of Neuroscience, Department of Physiology, Anatomy and Genetics, University of Oxford
 - Dr Melissa Bowerman, Lecturer in Bioscience at Keele University and researcher into muscle and metabolic pathologies in neuromuscular disorders
- Support and care**
- Sue Manning, Care Advisor
 - Andrew Robertson, MDUK volunteer
 - Dr Ros Quinlivan, Consultant in Neuromuscular Diseases, Leeds Teaching Hospitals NHS Trust
- Future priorities**
- Catherine Woodhead, CEO Muscular Dystrophy UK
- 11.15am** Muscular Dystrophy UK AGM
- 11.25 – 11.45am** **BREAK**
- Breakout sessions**
- 11.45 – 12.30pm**
- Research Q&A
 - Finance and practical support
 - Employability
 - Engaging a Personal Assistant

12.30 – 1.45pm **LUNCH**

Main auditorium

1.45 – 2pm Living with a muscle-wasting condition: in conversation with Annie Blake

2 – 2.40pm 2019 President's Awards

2.40 – 3pm **BREAK**
Move to interactive activities or breakout sessions

3-5pm Taster session in **main auditorium** throughout the afternoon including

- Powerchair Football tasters
- Boccia tasters
- Physiotherapy workshop
- Seated yoga

Breakout sessions

3 – 3.45 pm



- The impact patients can have on research: how to get involved
- Accessing treatments; lessons from Spinraza
- Becoming and independent enabler; Supporting a child to become independent
- Mental health matters

4 - 4.45pm

- What are Care Advisors and what can they do for me?
- Research Q&A
- Going on holiday
- Adapting your home

5pm **Conference ends**

Breakout sessions

Morning session 11.45am-12.30pm	Session 1 Room: Arora 4	Session 2 Room: Arora 7	Session 3 Room: Arora 5	Session 4 Room: Arora 6	Trailblazers conference London Suite
	Research Q&A Talk with researchers and the MDUK research team	Finance and practical support What support is available to meet the costs of living with a condition?	Employability Presenting Trailblazers Ready and Able report alongside employers and disabled people who contributed to it.	Engaging a personal assistant How can a personal assistant support you?	Love, intimacy and relationships
Afternoon session 3-3.45pm	Session 5 Room: Arora 4	Session 6 Room: Arora 7	Session 7 Room: Arora 5	Session 8 Room: Arora 6	Trailblazers conference London Suite
	The impact that patients can have on research How can you get involved in research?	Accessing treatments: lessons from Spinraza The successful fight for Spinraza. Next steps to achieve a fairer way to approve treatments	Being an independent enabler Experiences of parents supporting their child to become independent.	Mental health matters How to look after your mental health needs.	The future of trailblazers Have your say 
Afternoon session 4-4.45pm	Session 9 Arora 4	Session 10 Room: Arora 7	Session 11 Room: Arora 5	Session 12 Room: Arora 6	
	Care advisors What are care advisors and what can they do for you?	Research Q&A Talk with researchers and the MDUK research team	Going on holiday Practical tips and insights from others.	Adapting your home Practical tips and insights from those who have adapted their home to suit their needs.	

Trailblazer conference

9-9.30am	Introductions and welcome to the Trailblazer conference
9.45-11.45	Join National Conference
11.45-12.30pm	Love, intimacy and relationships
12.30-1.30pm	Lunch and guest speaker
1.45-2.45pm	Join National Conference
3-4.45pm	The future of Trailblazers: have your say