Living Well with Arthritis; a happier, healthier you

Saturday 10 September 2016, 09:30-16:20

Manchester Metropolitan University
Birley Campus, Brooks Building

The Living Well with Arthritis event is supported by a charitable donation from Pfizer
Welcome

Today we have brought together expert voices in the field of arthritis who can offer you their very best advice, guidance, information, products and services. It is your opportunity to find out more about self-management, joint pain, work, podiatry, decision-making, exercise and many other topics. As well as these sessions, we have companies and organisations exhibiting today, and an Arthritis Care hub where you can find out more about our work, pick up copies of our information booklets and talk to a member of our helpline team.

We are keen to hear your thoughts – so do please let us know what you think of today. So that we can evaluate the success of the event, we will be asking for your feedback during the day. We would really appreciate your help with this.

Finally, I do hope that today will be an enjoyable occasion to meet new friends and will provide you with tips, advice, ideas and information that will help you to live well with arthritis.

Judi Rhys
Chief Executive
# Conference Programme

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<td>Healthcare Panel and Q&amp;A&lt;br&gt;– Dr Paul Richardson, Annette Todd, Julie Dunleavy, Lucy Knott, Krishna Vara</td>
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* Lunch is not provided by the event organisers. Sandwiches and snacks can be purchased at the café in the foyer or at the Co-operative supermarket (5 minutes walk – turn right when you exit the building).

** Limited to 50 attendees. Register at the Registration Desk. Admission to this session is on a first come, first served basis. Please let the instructor know if you have any other health conditions at the start of the class.
Exhibition Area

Open from 09:30 to 15:30 in the Brooks Building foyer. The exhibition is made up of a range of stands where you can gather useful information and materials about arthritis. Experts will be able to answer your questions and give you advice and guidance on living well with arthritis.

ABLEWORLD
Ableworld is the largest mobility retailer and leading community equipment dispenser in the UK. They employ professionals who have been in mobility (including engineering), Nursing and Care home sectors for up to 20 years. Come and talk to them to find out more.

APOSTHERAPY
AposTherapy® is an innovative, personalised, non-surgical and drug-free programme for knee osteoarthritis pain, based on a foot-worn biomechanical device which is individually-calibrated by specially-trained chartered physiotherapists.

NEWMED
Pulsed ElectroMagnetic Field (PEMF) therapy is the new, drug-free way to improve the symptoms of arthritis and your overall health at home. Come and talk to a member of the NewMed team to find out more.

ARTHRITIS CARE HUB
Arthritis Care is the UK’s leading support organisation that helps people to live well with arthritis. We can offer you information, guidance and practical support to help you stay active, independent and connected to your community. Come and see us at our stand and find out more; you can meet and talk to a member of our Helpline team, learn more about how our services can help you and find out about our local branches and groups.
OSSUR
Come and discover all Ossur Products, in particular the Ossur Unloader One®, which is a lightweight, easy to use, non-surgical treatment option for the symptoms associated with osteoarthritis (OA) of the knee.

PRIME MOVER PATHWAY
Prime Mover Pathway specialises in exercises which can help you manage your arthritis. Come to the stand to do some simple and fun tests, and find out more about their products such as a FREE Arthritis Ebook and their exercise DVDs which are better than half price for today only.

THE HAEMOCHROMATOSIS SOCIETY
The Haemochromatosis Society raises awareness of and supports people with Genetic Haemochromatosis (Iron Overload). If undiagnosed and untreated Haemochromatosis can cause numerous conditions including arthritis, diabetes and cirrhosis.

UNIVERSITY OF SALFORD PODIATRY
This stand is hosted by two qualified podiatrists; Mehraban Gilly and Andrea Graham, who will advise on foot problems and footwear needs on a one to one basis. There will be resources and information that delegates can take with them.

UNIVERSITY HOSPITAL OF SOUTH MANCHESTER NHS FOUNDATION TRUST: RHEUMATOLOGY RESEARCH.
Clinical research can have a positive impact on people’s lives in all sorts of ways. Benefits include: improved health, better understanding of your condition, the opportunity to shape future treatments, the chance to help others, a new focus at a challenging time. Come to our stand to find out what research opportunities are currently available.
In this informative opening session, Professor Philip Conaghan will explain what arthritis is, why we experience pain and what we can do to manage it. Philip will be available during the morning coffee break and lunchtime to answer any questions you may have for him.

Philip is a Professor at the University of Leeds and a Rheumatologist at the Leeds Teaching Hospitals NHS Trust.

His major research interests are in the causes and treatments of common painful joint problems like osteoarthritis and rheumatoid arthritis. He uses a lot of imaging (especially MRI) in his research and does many clinical trials.

He was the Chair of UK NICE Osteoarthritis Guidance in 2008 and 2014. He is a co-editor of the Oxford Textbook of Rheumatology and has authored over 450 publications.
No decision about me without me: taking control of your healthcare

Debbie Holden
Local Services Manager at Arthritis Care

No Decision about Me, Without Me aims to give us more opportunity to make shared decisions about our care. Decisions should be made in partnership with clinicians and patients, rather than by clinicians alone. With support, we should be given the opportunity to explore all available options and then decide which treatment plan suits our needs.

Debbie has a background in service development and delivery; for many years she advised government departments on their guidance relating to people with chronic conditions.

Keep Moving

Jeff Ross
Physiotherapist and Director at Harris & Ross Physios

This talk will focus on the current assessment, diagnostic, treatment and rehabilitation options available for knee osteoarthritis (OA).

Jeff’s career is grounded in elite level sports. He works on global protocols (procedures) for knee chondrocyte replacement and with knee arthritis patients.
11:10 – 11:50 SESSION

ROOM G86

How volunteering can boost your life

Adrienne Thompson
Volunteer Development Manager at Arthritis Care

Volunteering can be a fun, informal way of helping you to live well with arthritis. During this talk you will hear how volunteering has had an impact on the lives of Arthritis Care’s volunteers. In addition you will learn about the benefits to becoming a volunteer and the many different ways you can offer your time.

Adrienne has been working with volunteers for many years and she is a volunteer herself in many different capacities. She joined Arthritis Care in 2014 and is responsible for developing best practice in volunteer management across Arthritis Care; ensuring all our volunteers are suitably trained, supported and celebrated for the amazing work they do.

12:00-12:40 SESSION

MULTI-FUNCTIONAL HALL

Adapting to life with arthritis: advice and support on aids and adaptations

Paul McQuade
North West Regional Manager at Ableworld

Paul will introduce you to aids, adaptations and services that can help you enjoy greater independence, and live a more comfortable and active life.

Ableworld is the largest mobility and stairlift retailer in the country.
Living and working with a long term condition such as arthritis can be challenging. This presentation aims to give you information on your rights in the workplace and support available to enable you to manage your condition in work.

Maureen provides tailored information and support to help people with arthritis to remain or return to work.
Understanding and outsmarting my arthritis

Dr David Walton
Consultant Clinical and Cognitive Psychologist

This talk will focus on psychological aspects of self-management and reflects on the day to day coping skills which people with arthritis can use.

With a background in the NHS and consultancy, David Walton is a clinical and cognitive psychologist who spent the last ten years of his career working with cancer patients and developing new approaches to patient care. David has severe arthritis in his back and hips.

How to make your Will

David Meakin
General Manager of The Goodwill Partnership

David Meakin explains how you can make your Will and explores the pitfalls. His talk will cover key topics such as the importance of having a Will, keeping a lid on solicitor costs, providing trusts for disabled children and reducing tax by leaving gifts to charity. At the end of the talk there will be a short time for questions from the audience.

The Goodwill Partnership is the largest distributor of home-visit solicitor-provided Wills in England and Wales.
Relationships with Arthritis

Clare Prendergast
BA (hons) PG Dip. COSRT (accred) Relationship Counsellor, Sex Therapist and Supervisor

This talk will explore various themes such as: healthy relationships; coming to terms with diagnosis; managing arthritis in relationships (including communication); arthritis & intimacy.

Clare has been working for Relate since 2005 counselling clients, running training sessions and more recently supervising other practitioners. She speaks about relationships in a range of national and local media including Woman’s Hour, The Sunday Times and The Huffington Post.

Polly Sangar
BSc. MA, MBACP, Relationship Counsellor & Trainee Supervisor

Polly worked as a nurse across diverse NHS settings for almost 20 years before studying for a Psychology degree and an MA in Relationship Therapy with Relate. She now works as a counsellor with individuals, couples, families and young people at Relate.
Looking after your feet: An introduction to Podiatry

Dr Anita Williams
Reader in Qualitative Health Science Research at the University of Salford; Post Graduate Research Studies Director

This talk will be about why people experience foot problems, the importance of good foot health, what the role of the podiatrist is and how people can self-care for foot problems including how to choose the correct footwear. Dr Williams will also talk about access the podiatry clinic at the university.

Since she moved to academia, Dr Anita Williams achieved national and international recognition for research which focuses on foot health.

ROOM G78

Relationships with Arthritis (repeated)

Clare Prendergast and Polly Sangar

ROOMS 2.18 AND 2.19 SECOND FLOOR

Tai Chi taster

Laura Walker
Prime Mover Pathway

Tai Chi taster for arthritis – warm up, demo and practice of Tai Chi moves 1-6 and cool down. For this session there are 50 spaces available: register at the Registration desk; first come, first served basis applied.

At the start of the session, please let the instructor know if you have any other health conditions.

From a sole trader business 20 years ago to now a national award winning brand, Prime Mover Pathway has grown for a single exercise class to bringing fitness for health to communities.
15:30-16:10 HEALTHCARE PANEL

MULTI-FUNCTIONAL HALL

Hear about the support available from different healthcare professionals and an opportunity for you to ask questions.

Dr Paul Richardson
_GP and partner at Old Henry Street Medical Centre in Leigh_

Julie Dunleavy
_Advanced Physiotherapist_

From 2007 Julie has been working in the Pain Management Service which, over the years has gained a wide range of professionals and has integrated with the Musculoskeletal, Physiotherapy and Rheumatology Service to improve patient care and streamline pathways.

Annette Todd
_Arthritis Care Project Co-ordinator for Chester and West Cheshire_

Annette has a long history of working in health and social care with service users and as a manager. Having lived with arthritis for many years she is an advocate of self-management.

Lucy Knott
_Rheumatology Physiotherapy Specialist_

Lucy is a Physiotherapy Specialist in Rheumatology at Pennine Acute NHS Hospitals Trust with over 19 years of experience of working in the NHS. She works between two hospital sites delivering physiotherapy and weekly clinics for people who have been recently diagnosed or have complex problems with inflammatory arthritis.

Krishna Vara
_Pharmacist at LloydsPharmacy_

Krishna is a pharmacist and also volunteers for Arthritis Care’s local Living Well with Arthritis service. She has a keen interest in helping improve quality of living for individuals and her motivational attitude has proven to benefit many patients.
About Arthritis Care

If you have arthritis we understand how it can affect you, your life and those around you.

Whether you think you may have the early signs and are unsure what to do, you’ve been recently diagnosed and want to find out more or you’ve been living with arthritis for some while and want to know the latest developments. We’re here for you.

Here at Arthritis Care we believe there is always something you can do to reduce the impact of your arthritis and stay active, independent and connected with your community.

For information and support on your arthritis you can call our friendly Helpline team on our freephone number 0808 800 4050 or visit our website arthritiscare.org.uk.
Time for Tea

Let’s brew up and together we can beat the isolation of arthritis

‘Time for Tea’ is Arthritis Care’s tea party to mark World Arthritis Day on Monday 12th October. We couldn’t think of a better way to highlight the issue of isolation amongst people with arthritis than to hold a great big tea party across the UK. We invite you to join us by bringing together your family, friends, neighbours and colleagues to make time for tea and have fun (whilst raising much-needed funds to support our amazing services).

"Looking back on this time last year I just wasn’t coping. I don’t think I’d be here now if it were not for the help and support I have received through the project."

SOPHIE, LIVING WELL WITH ARTHRITIS COURSE ATTENDEE

These are the words of just one of the tens of thousands of people that we reach each year – but there is always more to do and we can only continue with your support.

If you’re interested in hosting a tea party in October please call 0330 202 0361, email us at timefortea@arthritiscare.org.uk or register online at arthritiscare.org.uk/timefortea
WiFi is available for all delegates – Network: **MMU Visitor**. Password: **University**

Tweet about today **#HappierHealthierYou – @arthritis_care**

Facebook.com/ArthritisCareUK

**Donation text:** send LW2A88 £10 to 70070