

## Draft Festival Programme

### Friday 27<sup>th</sup> April

4pm	Registration
5pm	“Get to know you” session and Annual General Meeting
7pm	<i>Dinner</i>
8.30pm	Fun Quiz

### Saturday 28<sup>th</sup> April

9am	Registration
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#### **Gilmour Hall – the main conference room**

10am	Mary Reilly, Consultant Neurologist, Centre for Neuromuscular Disease, London
11am	<b>“Foot Surgery in Charcot-Marie-Tooth Disease”</b> - Dishan Singh, Consultant Orthopaedic Surgeon, Royal National Orthopaedic Hospital
12noon	Bethany Meloche, inspirational speaker, who originally worked with CMTA
<i>1pm</i>	<i>Lunch</i>
2.30pm	Stefan Spinty, Consultant Paediatric Neurologist, Alder Hey Hospital
3.30pm Centre	Martina Walsh, Consultant In Rehabilitation Medicine, West Midlands Rehab
4.30pm-5pm	Panel discussion
<i>6.30pm</i>	<i>Dinner</i>
8pm	Disco and Live Band - Last Edition, who’s lead singer has CMT.

## **WORKSHOPS**

### **Sports Hall**

10am	Exercise and balance exercises – Louie Lee, Clinical Physiotherapist
11am	Pilates or chair yoga (to be confirmed)
12noon	Boxercise - Rachel Hutchinson & Jon Thraxton – Rachael is a Consultant Orthopaedic Surgeon (primarily paediatric), Norwich and Norfolk Hospital. Jon is a professional boxer.
<i>1pm</i>	<i>Lunch</i>
2.30pm	Exercise and balance exercises – Louie Lee, Clinical Physiotherapist
3.30pm	Boxercise - Rachel Hutchinson & Jon Thraxton
4.30pm	Pilates or chair yoga (to be confirmed)

### **Sycamore Room – Orthotics**

Simon Dickinson from Talarmade and Matthew Hughes from Dorset Orthopaedic will be available to informal discussion all day.

### **Alder Room – Medical Problems**

10am	Martina Walsh and team
11am	Mary Reilly
12noon	Dishan Singh
<i>1pm</i>	<i>lunch</i>
2.30pm	Mary Reilly
3.30pm	Dishan Singh
4.30pm – 5.30pm	Martina Walsh and team

### **Beech Room – Psychological Issues**

11am	Jatin Pattni, Consultant Psychologist, National Hospital for Neurology, London
12noon	John Ashworth, Consultant Psychologist, Southmead Hospital, Bristol
<i>1pm</i>	<i>lunch</i>
2.30pm	Jatin Pattni
3.30pm	John Ashworth
4.30pm	Bethany Meloche

### **Derwent Lodge Lounge – Youth and Family issues**

10am	Elizabeth Gwilliam – Elizabeth has CMT and children, and does inspiration speaking
11am	Rachael Hutchinson
12noon	Stefan Spinty
<i>1pm</i>	<i>Lunch</i>
2.30pm	Rachael Hutchinson
3.30pm	Stefan Spinty
4.30pm – 5.30pm	Elizabeth Gwilliam

### **Buttermere Lodge Lounge – Shoes & Footcare**

11am	Evelyn Weir, Lecturer in Podiatry, Queen Margaret University, Musselburgh.
<i>1pm</i>	<i>Lunch</i>
2.30pm	Evelyn Weir

Shoemed, a specialist shoe shop will be available in this room all day for informal discussion, and trying on of shoes.

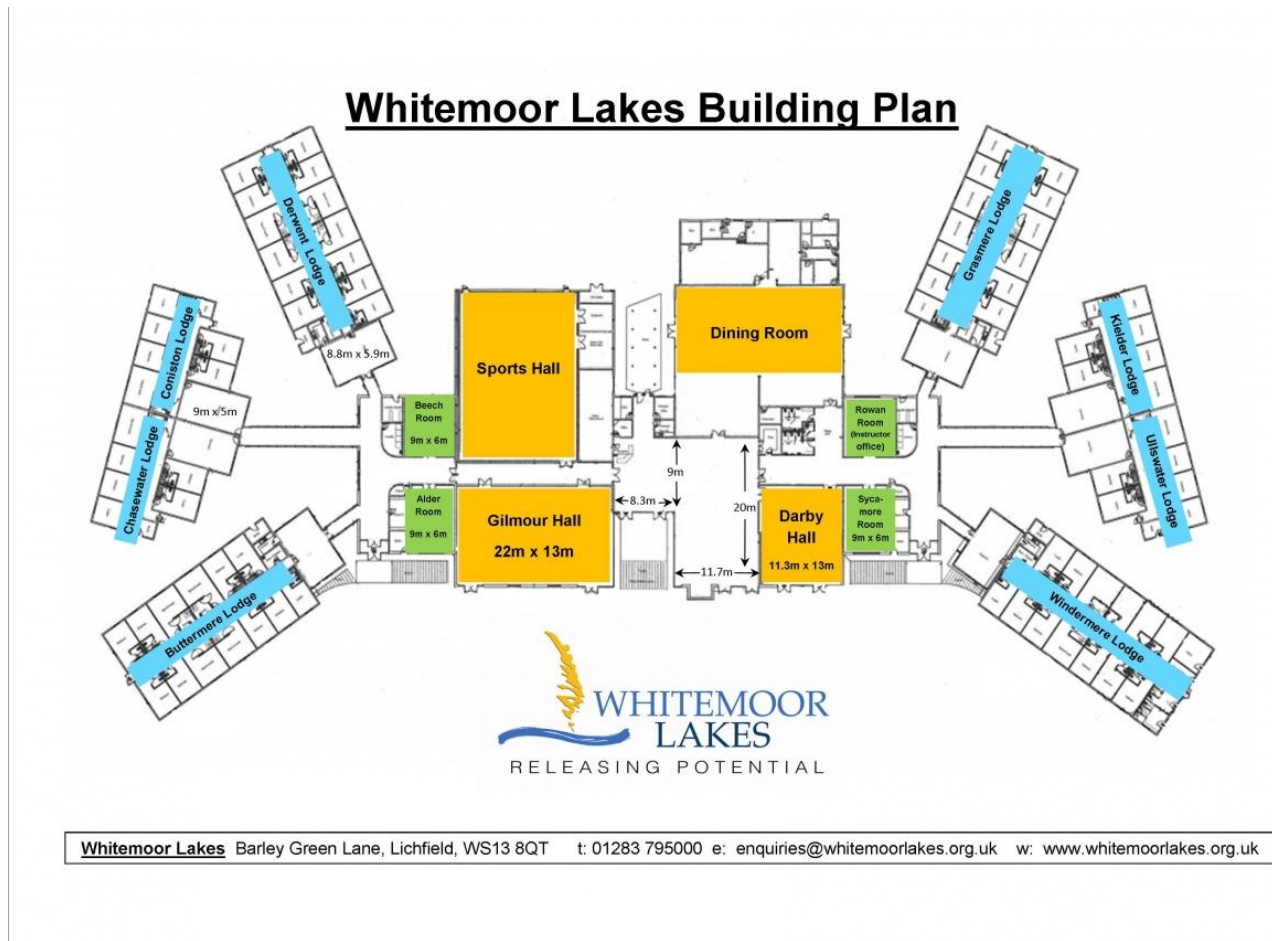
Throughout the weekend, the Grasmere Lodge Lounge will be a “Chill Out space” where you can go and rest up, get a cuppa, and get an Aromatherapy Foot Massage. Beauty therapist, Sarah Mills, will be there to refresh and rejuvenate your feet for free!

### Windermere Lodge Lounge

- 11am "An Overview of PIP", Tracey Hackett, Development Officer, Citizens Advice, South East Staffordshire
- 12noon REMAP – REMAP are a national charity who create and adapt "things" to make life easier for disabled people.
- 1pm *Lunch*
- 2.30pm "An Overview of PIP", Tracey Hackett, Development Officer, Citizens Advice, South East Staffordshire
- 3.30pm REMAP

### Kielder Lodge Lounge – CMT in the Family? A Workshop for Carers

3pm – 4.30pm – an informal opportunity for family members to discuss things that might concern them with Richard Batchelor, one of our Trustees



### Activity Sessions

Saturday – activity sessions will be at 11.30am to 1pm and 4pm to 5.30pm

Sunday – activity session will be at 11.30am to 1pm.

Sunday 29<sup>th</sup> April

### **Gilmour Hall**

10am Philip Taylor, Shoe Specialist, the Cordwainer  
11am Evelyn Weir  
12noon Feedback and discussion with delegates about the event

### **WORKSHOPS**

#### **Sports Hall**

11am Pilates or chair yoga (to be confirmed)  
12noon Freewheeling (wheelchair dance class) – to be confirmed.

#### **Sycamore Room – Orthotics**

Simon Dickinson from Talarmade and Matthew Hughes from Dorset Orthopaedic will be available to informal discussion.

#### **Beech Room**

Informal discussion with Bethany Meloche

#### **Derwent Lodge**

Informal discussion with Karin about family/kids issues

#### **Buttermere Lodge**

Informal opportunity to talk to Shoemed regarding shoes

#### **Kielder Lodge Lounge – CMT in the Family? A Workshop for Carers**

3pm – 4.30pm – an informal opportunity for family members to discuss things that might concern them with Richard Batchelor, one of our Trustees

**1pm Lunch**

All rooms must be vacated by 3pm