

## LIFE AFTER STROKE EVENT

9am-4pm, 26th September 2017

Hotel Novotel Manchester West, Worsley Brow, Worsley. M28 2YA

09.00-09.30	Registration and stand viewing	
09.30-09.35	Welcome and stroke survivor stories	Ann Bamford (ODN Patient Co-Chair) plus members of ODN Patient & Carer
09.35-10.10	Improving lifestyle through physical activity	Louise Robbins (Development Manager for Physical Activity, GreaterSport)
10.10-10.40	Supporting carers' needs—including an OSCARSS study update	Dr Emma Patchick (Research Associate, NIHR CLAHRC Greater Manchester)
10.40-11.15	Refreshments and stand viewing	
11.15-12.30	<b>Workshop 1</b> <i>Introduction to My Stroke Guide self management tool</i> Stroke Association	<b>Workshop 2</b> <i>Living well (after stroke) - an introduction to psychological flexibility</i> Dr Viki Teggart (Clinical Neuropsychologist, Greater Manchester Mental Health NHS FT)
	Lunch and stand viewing	
12.30-13.30	Secondary prevention session	
13.30-13.55	Overview of secondary prevention in stroke	Louise Worswick (Nurse, Salford ESD) & Vicky Worsley (Nurse, Trafford ESD)
13.55-14.40	Advances in behavioural interventions in secondary prevention	Dr Maggie Lawrence (Senior Research Fellow, Glasgow Caledonian University)
14.40-15.55	<b>Workshop 3</b> <i>Management of secondary prevention by stroke units</i> Gill Pearl (CEO, Speakeasy) & Sally Sutton (Nurse, UHSM)	<b>Workshop 4</b> <i>Review of risk up to 2 weeks post discharge</i> Jo Stevens (Nurse, Bury Community Stroke Team) & Prof. Pippa Tyrell (Chair in Stroke Medicine, The University of Manchester)
	With tea & coffee	
15.55-16.00	Closing remarks	

Register at: <http://gmsodn.org.uk/life-after-stroke-event-2/>