

# Programme of Events:

MND SW Peninsula Care and Research Network Conference

Post Graduate Medical Centre

19 November 2024

08.45	Registration
09.15	Welcome, Housekeeping etc
09.30 - 09.40	<b>Mindfulness Practice</b> Dr Annily Dee, Clinical Psychologist
09.45 - 10.30	<b>Thinking and talking about End-of-Life Care</b> Dr Sarah Human, Consultant in Palliative Medicine, Rowcroft Hospice
10.35 - 11.15	<b>Compassion in Palliative Care</b> Laura Dias, Physiotherapist Hospice Hub, St Julia's Hospice
11.15 - 11.35	Coffee break
11.40 - 12.40	<b>Acceptance and Commitment Therapy and MND</b> Dr Annily Dee, Clinical Psychologist Alex Aylward
12.40 - 12.50	Questions
12.50 - 13.45	Lunch
13.45 - 14.00	<b>Education and the Community of Practice</b> Jennifer Bedford, Head of Information and Professional Development (MND Association)
14.00 –15.15	<b>Having Sensitive Conversations - Workshop</b> Philippa Knox and Tracy Thomas, MND Care Co-ordinators and Lead Nurse Specialist
15.15 –15.30	Coffee
15.35 –16.15	<b>Being Effective and Reflective – How you do what you do</b> Jenny Trinder, MND Care Co-ordinator
16.15 - 16.25	<b>Compassionate Meditation</b> Dr Annily Dee, Clinical Psychologist
16.25	Final thoughts, next year's conference, certificates and goodbyes