



# Healthy Ageing Conference 2014

## About the conference

**We take great pleasure in inviting you to our Healthy Ageing conference, which will take place at the Friends House, London on the 17th of July 2014. We are pleased to offer an exciting programme provided by a number of national and international experts.**

**Life expectancy has risen exponentially in the UK in the past 50 years. One in six people are currently over 65 years. By 2033 that figure is projected to rise to 25% of the UK's population. While the population can, on the whole, look forward to longer years of good health, many people will be living with one or more chronic condition contributing to disability, diminished quality of life, and increased impact on social services.**

**It is therefore vital that health professionals and policy makers act to establish a physical and social infrastructure that might foster better health and wellbeing in older age.**

**Leading experts in the field of healthy ageing will be discussing different programmes and strategies to promote a healthy and independent lifestyle and how to reduce the societal and individual costs. This will include current policies, community initiatives, chronic pain management and care for mental health, which is one of the most daunting and potentially costly consequences of ever-longer life expectancies.**

## Target Audience

Geriatricians, Epidemiologists, Public Health Physicians, Mental Health Professionals, Physiotherapists, Sports Science Therapists, Exercise Physiologists, Nurses, Researchers, Policy makers, Social Scientists and Practitioners with a research interest in healthy ageing.

Pharmaceutical company research, development and marketing managers interested in medical treatments

# Programme

09.00 - 09.30 **Registration and refreshments**

09.30 - 09.45 **Chair's Welcome**

Dr Abebaw Yohannes,  
Reader in Physiotherapy at the Department of Health Professions, Manchester Metropolitan University

09.45 - 10.25 **The policy context**

Professor Christina Victor,  
Professor of Public Health / Associate Deputy (Research) - School Management, Health Studies at Brunel University

10.25 - 10.35 **PANEL DISCUSSION and QUESTION AND ANSWERS**

10.35 - 11.00 **Morning Coffee Break and Networking**

11.00 - 11.40 **Depression in older adults**

Dr Abebaw Yohannes,  
Reader in Physiotherapy at the Department of Health Professions, Manchester Metropolitan University

11.40 - 12.20 **Current strategies in care for patients with Dementia**

Speaker to be advised,

12.20 - 12.30 **PANEL DISCUSSION and QUESTION AND ANSWERS**

12.30 - 13.30 **Lunch Break and Networking**

13.30 - 14.10 **Co-morbidities of ageing**

Professor Marion E T McMurdo,  
Professor at Medical Research Institute/Cardiovascular and Diabetes at University of Dundee

14.10 - 14.50 **Pain management, rehabilitation and lifestyle-based interventions to enhance health and wellbeing in older age**

Professor Pat Schofield,  
Professor of Nursing, Department of Acute & Continuing Care, School of Health & Social Care, University of Greenwich

14.50 - 15.00 **PANEL DISCUSSION and QUESTION AND ANSWERS**

15.00 - 15.25 **Morning Coffee Break and Networking**

15.25 - 16.05 **Frailty and lifestyle**

Speaker to be advised,

16.05 - 16.45 **Integrated care- promoting physical activity in older age**

Professor Dawn Skelton,  
Professor in Ageing and Health, at Glasgow Caledonian University

16.45 - 16.55 **PANEL DISCUSSION and QUESTION AND ANSWERS**

16.55 - 17.00 **Chairman's closing remarks**

# Healthy Ageing Conference 2014

17th July 2014, Friends House, 173 - 177 Euston Rd, London



**Ways to book** Online: [www.medineo.org](http://www.medineo.org) Email: [info@medineo.org](mailto:info@medineo.org) Tel: 0207 617 7374 Fax: 0870 330 5859

**For multiple bookings please attach a list of delegate names and job titles**

Title \_\_\_\_\_  
First Name: \_\_\_\_\_  
Surname: \_\_\_\_\_  
Job title: \_\_\_\_\_  
Hospital / Company: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Post code: \_\_\_\_\_  
Tel: \_\_\_\_\_  
Email: \_\_\_\_\_

I understand that this registration booking is subject to the booking conditions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Delegate Rates Please tick the box as applicable

Psychiatrists, Psychologists, Counsellors, Physicians, General Practitioners, Consultants, Scientists and Industry	£345.00	<input type="checkbox"/>
<b>Before the 20th Dec 2013 early bird rate</b>	<b>£295.00</b>	<input type="checkbox"/>
Therapists, Social Workers, Researchers, Nurses, Residents, Trainees, Researchers	£295.00	<input type="checkbox"/>
<b>Before the 20th Dec 2013 early bird rate</b>	<b>£245.00</b>	<input type="checkbox"/>

### Booking conditions

**Conferences and Congresses Ltd, trading as MEDINEO (the „Company“)** accepts bookings under the following conditions:

- 1 Bookings are accepted through our website by registering and providing the information needed and processing a credit card or bank transfer payment.
- 2 Bookings are also accepted by fax or email by filling up the booking form together with full payment sent to MEDINEO. A confirmation of the booking will then be issued.
- 3 Returning the signed registration form or making a payment through the website constitutes a firm booking.
- 4 Bookings may be made over the telephone. In such case bookings will be confirmed only after receiving full payment.
- 5 All payments including credit card, must be in the currency advertised.
- 6 The Company reserves the right to cancel a booking if payment is not made 6 weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- 7 Payment for any booking made within 6 weeks of the conference will still be due to the Company irrespective of whether the delegate attends.
- 8 All correspondence will be sent to participants at the address specified on the booking form or over the telephone (this address will also appear on the official Participants list given out at the event).
- 9 Should you be unable to attend, a substitute delegate may be able to attend. This must be received in writing one week prior to the conference.
- 10 The Company reserves the right to change the conference speakers in case of illness or other conditions beyond its control.
- 11 The Company does not accept responsibility for loss or damage to delegates own property and/or personal effects whilst at the conference. The Company does not accept any liability for loss or damage to personal effects caused by events beyond its control including (but without limitation) fire, flood, strikes, civil disturbances or for consequential loss or damage of any kind whatsoever.
- 12 Speakers agreed at time of print.

### Cancellation of booking

- Written confirmation received 6 weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.
- If written cancellation is not received 6 weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference.

### Pay by Debit/Credit Card

Please debit my Visa Card  MasterCard

Card no: \_\_\_\_\_

Valid from: \_\_\_/\_\_\_/\_\_\_ Expiry date: \_\_\_/\_\_\_/\_\_\_

3 digit security code: \_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Invoice

Requesting an invoice and signing this form will secure your place at the conference.

**All invoices must be paid in full before the event.**

See booking condition 6.

If you have authorisation from your trust/department to attend this event and require an invoice, please provide the correct billing address or shared services address (including the relevant payable codes) and a purchase order number. We are unable to process any bookings without this information. We are unable to send out invoices to home addresses.

### PLEASE COMPLETE (Billing address of Payment Card)

Title \_\_\_\_\_  
First Name: \_\_\_\_\_  
Surname: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_ Post code: \_\_\_\_\_  
Tel: \_\_\_\_\_  
Email: \_\_\_\_\_  
Signed: \_\_\_\_\_

### Bank Transfer

Account: Conferences & Congresses Ltd.  
Bank: HSBC  
Sort Code: 40-05-07  
Account no: 51423770  
SWIFT/BIC no: MIDLGB22

**Reference: Your name(s) Booking number**

### Conference fee includes

Entrance to the conference, lunch & refreshments full conference documentation and certificate of accreditation.

### Sponsorship opportunities

If you are interested in exhibiting or sponsoring this event contact: Mr Charlie Ioannou on 0207 617 7374 [charlie@medineo.org](mailto:charlie@medineo.org)

# Venue:

## The Friends House

175 Euston Rd, London NW1 2BJ  
Tel: 020 7663 1094/1095  
E-mail: [events@quaker.org.uk](mailto:events@quaker.org.uk)

### Getting here

Friends House couldn't be easier to reach: By rail: From its position opposite Euston's rail and tube stations, it is a ten minute walk from King's Cross Station and St Pancras International Terminus. All major rail terminals are easily reached by tube. By tube: The nearest tube stations are Euston and Euston Square, which are on the Northern, Victoria, Metropolitan, Circle and Hammersmith & City lines.

By bus: Numbers 10, 18, 30, 73, 205 and 390 pass the door whilst 59, 68, 91, 168, and 253 stop nearby. By car: Friends House is within a meter parking zone. Charges must be paid Monday to Friday 08.30 - 18.30 and Saturday 09.00 - 13.30. There are alternative, longer-term parking facilities under Euston Station. Please note that Friends House is within the congestion charge zone.

International visits: St Pancras International Terminus is a ten minute walk away. Nearby Paddington Station offers a frequent shuttle service to Heathrow Airport. All London airports are easily reached from Euston.

### Testimonials

"Just a note to say thank you for everything yesterday – your staff were all very efficient and friendly and our meeting attendees were happy with the facilities" Deborah Brown British Association for Behavioural & Cognitive Psychotherapies "

The service we received was excellent from the reception staff to the technical team who helped me with the data projector on the day. The catering was also excellent. Once again thank you for making my meeting run smoothly and we will definitely be using your rooms again in the future" Rachel Osborne British Association for Behavioural & Cognitive Psychotherapies

"Location is important, but the facilities matter too. With Friends House, I know everything I've booked will be there when I ask for it, so I'm not constantly running around getting things sorted out."

Matt Rhoades (Refugee Council)

"The staff, service and facilities at Friends House were superb"

Kate Moir (BBC Children in Need)

