

The timetable Saturday

Zone	MS Life theatre	Managing my MS symptoms	Mood & cognition	Work, benefits and services	Family and Carers	Get Active	MS Life kitchen	Demonstration area
12:30	Welcome							
13:00	A global alliance to tackle progressive MS	Fatigue Management	Dealing with Change	The Power of Volunteering	Relationships	Pilates	Kimberley Wilson	
13:30								
14:00						Inspiration to Get Active	Chef	
14:30	Understanding Fatigue	Below the Belt Bladder and Bowel	Acceptance advice for the newly diagnosed	Key Facts on PIP	Connecting Young Carers Online			
15:00								
15:30				Meet a Campaigner				
16:00	Advances in Neuroprotection	Pain Management	Cognition and Memory	Key Facts on ESA and Universal Credit	Carers Rights	Canine Partners	Chef	
16:30								
17:00						Hoola Schoola	Chef	
17:30	Stem Cell Research in MS	Women's Health	Positive Thinking	Managing Work and MS	It's Good to Talk – having helpful conversations about MS			
18:00								
18:30								
19:00	Close							

The timetable Sunday

Zone	MS Life theatre	Managing my MS symptoms	Mood & cognition	Work, benefits and services	Family and Carers	Get Active	MS Life kitchen	Demonstration area
11:00								
11:30	Myelin Repair	Mobility	Mindfulness	Managing work and MS	The Power of Volunteering	Inspiration to Get Active	Chef	
12:00								
12:30						Yoga	Planning and preparing a meal	Laura Dajao/ wheelchair dance piece (12:30 – 10 mins)
13:00	Managing Cognitive Changes	Managing Speech Problems	Gardening for mood enhancement	Key Facts on PIP	MS in the Family – A Female Perspective			
13:30						Safe Exercise with Physio	James Coke	Laura Dajao/ wheelchair dance piece (1:30 – 10 mins)
14:00				Meet a Campaigner				
14:30	Predicting MS Progression – reducing uncertainty	MS and Lifestyle (Panel discussion)	Finding your Voice	Living and Volunteering with MS – Local group case studies	MS in the Family – A Male Perspective	Wheelchair Dancing – Latin Style	Cake Break	
15:00								
15:30								
16:00	Close							