



## CFS/ME Clinical & Research Network & Collaborative (CCRNC) 2009 Conference

AYME and Action for ME in collaboration with the  
CCRNC

**Milton Keynes 23<sup>rd</sup>-24<sup>th</sup> April**

### Invitation

This is the second national conference for specialist services and health professionals working with people with Chronic Fatigue Syndrome/ME.

The aims are fourfold:

- i) to invite national and internationally renowned speakers to broaden the understanding of CFS/ME, both theoretically and practically
- ii) to run workshops where relevant issues are discussed more informally
- iii) to serve as a forum for national meetings and the AGM.
- iv) to provide varied networking opportunities.

We have endeavoured to have a range of topics covered. These include the national research agenda, biological factors, ways of working with clients/patients, involving service users, work, diet, and looking at the measurement of fatigue in other health conditions. Presenters/workshop conveners include occupational therapists, psychologists, medics, neurologists and dieticians.

The inaugural conference in October 2007 was very well attended and well received. Our hope is that this year's meeting is equally successful.

## Programme Outline

The AGM and Collaborative Executive meetings will be held first on the Thursday.

After the opening address and Keynote Speaker, the workshops will run in parallel sessions in the afternoon. Each workshop will be run twice, allowing people to attend two workshops in the conference. You can choose your preferred workshops on the attached application form, or decide on the day (although some of the workshops may be filled by then).

Friday is given over to the plenary and second Keynote Speaker, and time for viewing posters.

The conference dinner will be held on the Thursday night in Jurys Hotel.

## Registration and registration fees

You will find a registration form at the end of this document: please complete this, and return it before March the 6<sup>th</sup> 2009 for an "Early Bird" discount.

Registration Fees are:

- Early registration £100 for one day, £150 for both
- Late registration £125 for one day, £200 for both days
- Conference Dinner: £30 plus wine

***Accommodation is not included within these costs (see below for accommodation details).***

CME approval is pending: attendance certificates will be supplied.

## Poster Session

An invitation has been sent for posters for the conference. The deadline has, now passed but please contact Gabrielle Murphy for any further information. (Gabrielle.Murphy@royalfree.nhs.uk).

## CRCCNRCRRC AGM and Executive Committee Meeting: Thursday Morning

Please contact Esther Crawley ([Esther.Crawley@Bristol.ac.uk](mailto:Esther.Crawley@Bristol.ac.uk)) for more details.

## Thursday: Keynote Speaker

### **Professor Mansel Aylward**

*Director of Unum Centre for Psychosocial and Disability Research (CPDR), University of Cardiff*

Pathways to work (exact title tbc)

## Workshops: Thursday Afternoon

Delegates can choose to attend **two** out of the following workshops:

### **A brief introduction to Motivational Interviewing**

Jane Griffin

*(Lead Commissioning Manager for Plymouth PCT)*

### **The NOD (National Outcome Database) and evaluating services**

Esther Crawley

*(RNHRD CFS/ME Service for Children and Young People, Bath)*

### **Helping people retain and return to work**

Beverley Knops and Fiona Wright

*(Frenchay CFS/ME Service, Bristol)*

### **Lessons from my journey - feedback from collaborative projects between patients and professionals.**

Sue Pemberton

*Leeds & West Yorkshire CFS/ME Service*

### **Talking about Sex: Missing Conversations in CFS/ME**

Dr Amanda O'Donovan

*Barts and the London NHS Trust*

### **Dietary management of CFS/ME**

Judith Harding and Sue Luscombe

*NHS South West Essex Community Services*

## Friday: Keynote Speaker and Plenary Sessions

**KEYNOTE SPEAKER:**

**Professor Christine Heim**

*Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine, USA*

"Early Adverse Experience as a Risk factor for CFS: A Psychobiological Perspective"

**Dr Esther Crawley**

*RNHRD Paediatric CFS/ME Service, Bath.*

"Current research in paediatrics and early intervention in schools"

**Dr Jeremy Hobart**

*Peninsula Medical School, Plymouth, UK.*

The challenge of measuring fatigue (exact title tbc)

**Dr Mary Welford**

*Compassionate Mind Foundation*

"Compassion Focused Therapy and Engagement"

**Professor Stephen Holgate**

*MRC Research Professor of Immunopharmacology, Southampton University*

"Setting a new research agenda for CFS/ME"

## Accommodation

Accommodation is available in Jurys Hotel itself. Please book on line *and book early* for the best rates. Prices start from £75 per night. [www.jurysinn.com](http://www.jurysinn.com).

There is a link to more accommodation details on the registration form.