



Energising and reframing healthcare, inspiring optimism

BSLM Conference 2019 at Mercure, Cardiff, from 9.00am 21st June – 5.30pm 22rd June 2018. (v16) Science and Art of healthy longevity

Please book through website: <https://bslm.org.uk/event/cardiff-2019/>

	Speakers	Time	Conference Chairman: SK	Deputies: LS RL	
	21 June		SESSION 1	Title	mins
		9.30	arrivals		
	Sue Kenneally	10am	GP Cardiff, BSLM Regional Director S Wales	Welcome	10
Prof	Peter Elwood	10.10	Cardiff University	The Caerphilly Healthy Behaviours: 40 years of evidence	45
Prof	Kamila Hawthorne	10.55	GP and Academic	Pills or push-ups? Is Social prescribing the answer to the problems of our NHS?	45
	Activity	12.10	Zoe Williams leading		10
	Tom Boyd	12.20	Student Sheffield	Why we need LM in Med Schools	10
Dr	Neil Bindemann	12.30	BSLM Executive Director	Feeding the mind: The Gut Microbiome link.	30
		13.00	lunch		
			Session 2		
	Alison Manson	1.50	and the Group Consultation Team	Why Group Consultations are saving us. National Developments. Clinician and patient views.	50
Prof	Colin Hayes, Rob Lawson	2.40	BSLM learning Academy	Certification in LM - Health Coaching, BSLM Diploma	20
Dr	Zoe Williams	3.00	GP and Media Director	Physical Activity: In Action	30
	Vickie Morrish	3.35	President NULMS	Undergraduate LM activity in the UK	10
Dr	Ellen Fallows	3.45	GP Oxford, Regional Director	BSLM Events around the UK making a difference	10
		3.55	Break		
	Maureen Evans	4.10	Pilates Coach	Creating positive movement experiences	25
Dr	Catriona McNicol	4.35	Mother, wife, Doctor, comedian	Laughter is the best Medicine	30
		5.10	Close day 1		
	5.30-6.30		AGM		
	7.30 for 8.00		DINNER	music	



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	22 June		SESSION 3		
Dr	Rob Lawson	9.00	BSLM Chairman	Welcome and introduction	10
Dr	Mark Rowe	9.15	GP Eire, Author	My Prescription for Happiness	30
Dr	Malcolm Kendrick	9.45	GP, Author, International speaker	Evidence Based Medicine: NICE idea in theory	30
Dr	Edmund Jack	10.10	Academic GP Plymouth	SHERPA Model: Guide to clinical decision-making	25
		10.45	Break		
	Poster Presentation	11.00	winner		15
	Nick Parker	11.15	Cancer journeyman, Patient Voice	Taking responsibility for my health. Discoveries in the Art and Science. A terminal cancer thriver's journey	25
Dr	Ify Monye	11.45	Founder Brookfield Centre for LM	Brookfield Model of Developing Physicians' capacity through blended learning	30
	Darryl Edwards	12.15	Movement Coach, TEDx speaker,	Movement Oncology: Prevention & Treatment of Cancer utilising physical activity as medicine	25
	Networking/abstracts	12.40	LUNCH	Q+A session for students (20mins) Upstairs	
			SESSION 4		
Prof	Heather Elphick	1.25	Consultant, Sheffield University	A Holistic Approach to children's sleep problems	30
Dr	Phil Hammond	2.00	Doctor, broadcaster, comedian	The Meaning of health	30
Dr	Rod Paton	2.35	Composer, writer, workshop leader	Mind, Body, Sing	25
		3.00	Break		
Dr	Tim Anstiss*	3.10	Medical Director: Academy for Health Coaching	Conversational Approaches to Behaviour Change in Lifestyle Medicine. What Works?	35
Dr	Behrooz Behbod	3.45	Public Health Consultant, Cardiff University	Public Health and LM in a nutshell	10
Dr	Michael Klaper	4.00	US Physician and Author	Clinical Lessons from 35 years of Lifestyle Medicine: Strategies for disease reversal	35
Prof	Sir Muir Gray	4.40	KEYNOTE	Better Value Healthcare – sustainable and green	35
Mr	Laurence Stewart	5.15	SUMMARY and CLOSE	Meet next year London Area	10