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| 08.45 | Arrival, registration, Tea / Coffee & viewing sponsor stands   |
| 09.00 | Welcome and introduction to the day- Vinod Gowda, Chair Mersey BGS   |
| 09.15 | Keynote Lecture: Dementia - Professor Alistair Burns National Clinical Director for Dementia & Older People's Mental health    |
| 10.00 | Dementia a carer's perspective - Thomas Whitelaw UK Project Lead, Dementia Carer Voices  |
| 10.45 | Tea / Coffee, viewing sponsor stands & networking  |
| 11.15 | Delirium after stroke - Dr Amanda Barugh, Stroke consultant, NHS Lothian   |
| 12.00 | Mersey BGS Business Meeting & handover to officers Elect: Chair, Secretary & English Council representative (BGS members only) |
| 12.30 | Lunch, viewing sponsor stands & networking   |
| 13.30 | Specialist Trainees project presentations chaired by Dr Stephen Allsup   |
| 14.45 | Tea / Coffee break, viewing sponsor stands & networking  |
| 15.15 | Depression in Older People - Dr Sudip Sidkar Consultant in Old Age Psychiatry  |
| 16.00 | Best presentation prize award  |
| 16.15 | Closing summary and thanks - Dr Vinod Gowda, Chair Mersey BGS  |
| 16.30 | Close of meeting   |

CPD Accreditation: This meeting has applied for 5 CPD credits



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## Biography of Speakers

**Vinod Gowda (FRCP)** is a Consultant Geriatrician and Primary/Community Care Lead at St Helens and Knowsley Teaching NHS Hospitals Trust. He has also been the Chair of the Mersey BGS since 2016. He has an interest in academic geriatric medicine and is a recognised educational 7 clinical supervisor of medical students as well as postgraduate specialist trainees of all grades. He has been a Clinical Director of Older Peoples Services in the past.

Alistair Burns (CBE FRCP FRCPsych MD MPhil) is Professor of Old Age Psychiatry at The University of Manchester and an Honorary Consultant Old Age Psychiatrist in the Greater Manchester Mental Health NHS Foundation Trust. He is the National Clinical Director for Dementia and Older People's Mental Health at NHS England and NHS Improvement. He graduated in medicine from Glasgow University in 1980, training in psychiatry at the Maudsley Hospital and Institute of Psychiatry in London. He became the Foundation Chair of Old Age Psychiatry in The University of Manchester in 1992, where he has variously been Head of the Division of Psychiatry and a Vice Dean in the Faculty of Medical and Human Sciences, with responsibility for liaison within the NHS. He set up the Memory Clinic in Manchester and helped establish the old age liaison psychiatry service at Wythenshawe Hospital. He is a Past President of the International Psychogeriatric Association. He was Editor of the International Journal of Geriatric Psychiatry for twenty years, (retiring in 2017) and is on the Editorial Boards of the British Journal of Psychiatry and International Psychogeriatrics. His research and clinical interests are in mental health problems of older people, particularly dementia and Alzheimer's disease. He has published over 300 papers and 25 books. He was made an honorary fellow of the Royal College of Psychiatrists in 2016, received the lifetime achievement award from their old age Faculty in 2015 and was awarded the CBE in 2016 for contributions to health and social care, in particular dementia.

**Thomas Whitelaw** was a full-time carer for his late mother Joan who had Vascular Dementia, and in 2011 he undertook a walk around Scotland's towns and cities to collect hundreds of life story letters



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detailing the experiences of individuals caring for a loved one living with dementia. Since then, he has engaged with thousands of carers through his 'Tommy on Tour' blog and as UK Project Engagement Lead with the Health and Social Care Alliance's Dementia Carer Voices Project, conducting frequent talks to health and social care professionals and carer organisations across Scotland, to raise awareness of the impact of dementia on families and the importance of empowering carers in carrying out their difficult but vital role. Timothy's passion for his work and the Dementia Carer Voices Project has not gone unnoticed, sharing key messages at talks for and in Partnership with Professor Fiona McQueen, Chief Nursing Officer for Scotland and Professor Jane Cummings, Chief Nursing Officer for England. He was the winner of the 'Age Scotland Jess Barrow Award' in 2013; Finalist Campaigner of the year 2013 for 'The Herald Scottish Politician of the Year Awards'; Awarded the NHSGGC Chairman's Ambassador Award 2013; In 2015, Awarded the 'British Citizen's Medal for Services to Healthcare'; A finalist for the Kate Granger awards 2016; Received an Honorary Master of the Open University for Health, Social Care, Education and Policy making influence. He is a Member of Scottish Government Dementia Strategy 2016-2019 Expert Advisory Group, NHS Education Scotland Promoting Excellence Dementia Programme Board Member, What Matters to you National Steering Group and Scottish Government Cross Party Group on Dementia

**Dr Amanda Barugh** graduated from Edinburgh University in 2003, having done an intercalated BSc in Physiology. She trained in Geriatric Medicine and Stroke Medicine in Edinburgh, and under the mentorship of Prof Alasdair MacLulich and Prof Gillian Mead, she was awarded a Clinical Research Fellowship by the Dunhill Medical Trust to investigate the pathophysiology of delirium and long-term cognitive impairment after stroke. She obtained a certificate in cognitive ageing and cognitive epidemiology (distinction) during this fellowship and she was awarded her PhD in 2017. She has been a Stroke consultant in NHS Lothian since 2018, and her main research interests are in cognitive ageing after stroke- particularly the detection and management of delirium after stroke. She is also interested in fatigue after stroke and has been involved in work investigating the role of SSRI's for the treatment of acute ischaemic stroke.

**Dr Sudip Sikdar** (FRCPsych MD) is a consultant in old age psychiatry in Mersey Care NHS Foundation Trust since 2001. He is an Honorary Research Fellow in the University of Liverpool and an executive committee member of the old age faculty of the Royal College of Psychiatrists and serve as the finance officer and outcome lead for the faculty. He is also an executive committee member of the Public Mental health Network of the college. Previously has been a Regional Advisor in Psychiatry for Mersey, Clinical Director and Associate Medical Director for outcome and public mental health in the trust. He has served as an MRCPsych examiner of the college for over a decade. He is a Foundation trainer, Core trainer and higher trainer in Psychiatry for the North West deanery. He has a varied research interest with over 40 peer reviewed publications. He is currently leading on integration of Mersey Care's core and community services.



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