



2025 Geriatrics 4 Juniors Meeting

15 November

East Midlands Conference Centre & Online
(Hybrid meeting)

Five top tips for getting the most out of your meeting:

1. Record your attendance

In person: Attendance should be recorded by scanning in at the registration desk using the QR code on your joining email or providing your name.

Online: You will receive a CPD certificate for the days you have watched online.

Viewing the content post-event will be certified, and certificates are issued 3 days after your last viewing.

2. Give feedback

Please take the time to fill out the feedback form. It is mandatory for CPD and to generate a CPD certificate. It also helps us improve our conference and provides invaluable information to our speakers about their presentation.

3. Visit our sponsors

Please review the symposia in this programme and consider watching. Challenge yourself to spend 5 minutes during the breaks to speak to a sponsor.

4. Join the discussion

All delegates are encouraged to ask questions for the speakers and panel discussions. If you are thinking it, someone else is too, so please use the 'Ask' function on the online platform or the microphone in the room. If you're tweeting, tag us at @GeriSoc and use the hashtag #BGScnf.

5. Get social

Chat with attendees, join a socialising event or interact in a group discussion.

With grateful thanks to our sponsors

Our sponsors have provided a sponsorship grant towards this independent programme. They have had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence, except for the sponsored symposia presentations. They have not had any input or influence as to the content of the programme. Sponsored symposia and Spotlight on sessions are not eligible for external CPD and are intended for a healthcare professional audience in the UK.

Stroke



Dr Adam Young,
ST7 Acute Medicine and Stroke, South Tees
Foundation Trust
Hear about Stroke training and medicine

Leadership

Dr Sara Page
ST5 Geriatric Medicine, Rotherham District
General Hospital
Learn about leadership roles and develop-
ment opportunities in Geriatric Medicine



Less than Full Time



Dr Diane Newman,
ST4 Geriatric Medicine, Frimley Park Hospital
Balance work with personal life and family

ST applications

Dr Laura Farthing
ST5 Geriatric Medicine,
Gateshead Hospitals NHS Foundation Trust
Come and ask all about Specialty Training
applications



Research



Dr Elizabeth Clark,
Internal Medical Trainee 2, Sunderland Royal
Hospital
Find out more about getting started or im-
proving in research projects

Medical Education/Flexible portfolio

Dr Anirudh Kumar,
ST6 Geriatric Medicine Registrar,
Nottingham University Hospitals NHS Trust



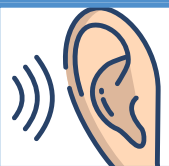
Frailty



Dr Amy Gray
ST7 Geriatric Medicine, QE Hospital
Find out about frailty, frailty scores and how
to build intrinsic capacity

Sensory Impairment

Dr Tom Monks
IMT3, Cumberland Infirmary
Understand more about sensory impairment
in older age



British Geriatrics Society
Improving healthcare for older people

Join us

in improving healthcare
for older people

Who can join?

Anyone specialising in the healthcare of older people can join the BGS. We welcome all members of the multidisciplinary team at all stages in their career, from university to retirement.

This includes

Doctors • Nurses • Therapists • Pharmacists • General Practitioners • Researchers into ageing and age-related disorders • Allied Health Professionals • NHS managers
And more!

Join the BGS for FREE as a student!

BGS membership is free for medical students, student nurses and student therapists, as well as Foundation Year doctors and nurses/AHPs in their preceptorship year.

Simply visit www.bgs.org.uk/join to sign up - you will need to provide supporting documentation to confirm your student status during the membership application. Your membership will be active instantly while we review your information.

This means you can instantly start enjoying all the benefits of being a BGS member, including:

A programme of **accredited CPD events** delivering 25 external hours for less than £500

Discounts on fees for BGS events (saving up to £150 per event)

Access to **best practice guidance** on topics such as frailty and care homes

Networking with other specialists and experts in the care of older people

Digital **subscription** to our high impact factor scientific journal, *Age & Ageing*

...and much more!

Become a member today! Join online at www.bgs.org.uk/join

BGS

bgs.org.uk/WFC26

3rd WORLD FALLS CONGRESS

24-26 June 2026
Manchester University, UK



Dates for your diary:

Call for symposia
Closes 1 December 2025

Call for abstracts
Closes 1 January 2026

Early bird registration
Closes 24 March 2026

Frailty Circuit

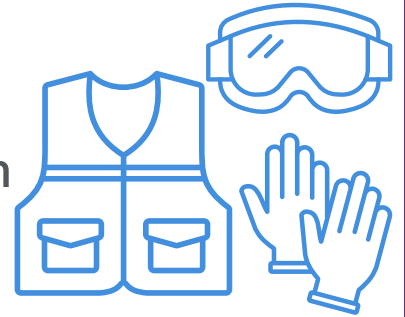


How fast
are you?

1

SUIT UP

Put all the kit on
(not timed)



2

SIT TO STAND

Go from sitting to
standing position

3

WALK

Walk to the
next station

4

DRESS

Pick up and put on shirt, do up at
least 5 buttons.



5

TAKE A SEAT

Go back to the chair and sit
down, ending the circuit



Frailty Circuit

Bonus round!

1

READ

Pick up a patient information letter and find your next appointment.



2

BREW UP

Make the perfect cuppa with 5 sugars and loads of milk



3

MAKE A CALL

Unlock a smartphone and call your grandchild.





Those attending the meeting in person will notice some changes to our event delivery as part of our commitment to environmental sustainability.

- We are continuing with the use of **digital platforms** as a core part of our conference and meetings delivery and reducing material used at conferences through paperless conferences.
- The meeting recordings will be **accessible online** for you to watch on demand for 12 months, for all those attending in person.
- We encourage you to **walk, cycle or travel by public transport** to the conference venue where possible.
- Try and remember to bring a **reusable water bottle** with you to the venue. Water will be available from water coolers throughout the venue as well as some packaged water. Please recycle packaging by disposing of it at the correct recycling point.
- We are offering a greater choice of **sustainable, meat-free options** as part of our catering for the event.
- This is a **paperless** meeting and we are not printing hard copies of the programme. Please consult the programme online (www.bgs.org.uk/25G4J) for session details and timings. This is accessible online via your devices before and during the conference. Large poster programmes will be displayed on boards around the venue for reference.
- CPD certificates will be emailed rather than printed. Remember to scan in each day you are attending at registration, or use the **'Sign in for CPD today'** button on the online platform.
- We will be displaying **paperless posters** in place of traditional physical posters at the meeting. Please look at the poster platform (<https://posters.bgs.org.uk>) in advance and use the onsite computers and screens at the venue to browse and comment.
- Bring your own pen and pad if you have them, however, the lanyards, pens and pads at our conference are all from recycled origins.



Flexible attendance options: In person or online

There is no difference in registration fees for in person and online meeting attendance. The registration fee provides access to the conference or online platform for the days you are registered. On demand viewing post event will be limited to the days for which you have registered and paid.

There is a flexible transfer from in person to online attendance as clinical service and life balance require. Please check our [FAQs](#) first for any queries you may have about attendance or on demand watching.

Use the table below to see an overview.

More detailed information about the sessions can be found on the following pages.

	Overview
09.00	Social Coffee Registration <i>Atrium</i>
10.00	Parkinson's and POPS <i>Banqueting Suite A</i>
11.00	Coffee and posters <i>Banqueting Suite B</i>
11.30	Pharmacology, Delirium and Frailty <i>Banqueting Suite A</i>
13.00	Lunch and World Cafe <i>Banqueting Suite B</i>
14.00	Ask the Registrars <i>Banqueting Suite A</i>
14.30	Bloods and Balance <i>Banqueting Suite A</i>
15.30	Coffee and posters <i>Banqueting Suite B</i>
16.00	Cerebrovascular and Community <i>Banqueting Suite A</i>
17.00	Close of day
17.15	Networking

3rd
**WORLD FALLS
CONGRESS**

24-26 June 2026
Manchester University, UK
www.bgs.org.uk/WFC26

BGS

British Geriatrics Society
Improving healthcare
for older people



World
Falls Prevention
Society



EUROPEAN
**FALLS
FESTIVAL**



09.00 Registration and coffee

09.45 Welcome and introduction

Dr Emma Fisken

Parkinson's and POPS

Moderators: Emma Fisken and Hannah Fairclough

10.00

10.00 A Parkinson's Disease Octobox

Dr Peter Brock, Consultant Geriatrician, Gateshead NHS Foundation Trust

10.30 Perioperative Medicine for the older adult

Dr Mark Johnston, Consultant Geriatrician Liverpool University NHS Foundation Trust

11.00

Poster viewing time

Grab a coffee, view the posters and meet our sponsors. Poster authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

Pharmacology, Delirium and Frailty

Moderators: Hannah Fairclough and Lucy Ellard

**11.30 -
12.00**

11.30 Polypharmacy

Dr Henry Woodford, Consultant Geriatrician, Northumbria NHS Foundation Trust

12.00 Acute frailty cases - Problem solving at the front door

Dr Nick Saxton, Consultant Geriatrician, South Tyneside and Sunderland Foundation Trust

12.30 Delirium

Professor Thomas Jackson, Consultant Geriatrician, University of Birmingham and NIHR Birmingham Biomedical Research Centre



Free for BGS members
£150 for non members
10 CPD credits

Delirium

New elearning course



13.00 - 14.30	Lunch Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the BGS website
Ask the Registrars	
14.00	<p>Ask the registrars: Ask our panel about their day-to-day work as a Geriatrics registrar, their on-calls as the Medical Registrar and about research as a geriatrics trainee SpR Panel. Otherwise attendees in person can continue their time visiting the World Cafes</p> <ul style="list-style-type: none"> • Dr Emma Fiskien, ST7 Geriatrics, South Tyneside and Sunderland Foundation Trust Hospital • Dr Hannah Fairclough, Consultant Geriatrician, South Tyneside and Sunderland Foundation Trust Hospital • Dr Lucy Ellard, ST6, Queen Elizabeth Hospital, Gateshead • Dr Christina Page, ST7 Geriatrics, South Tyneside and Sunderland Foundation Trust Hospital • Dr Laura Farthing, ST5, Queen Elizabeth Hospital Gateshead • Dr Jonny Bunn, ST5, South Tyneside and Sunderland Foundation Trust Hospital
Bloods and Balance Moderators: Jonny Bunn and Lucy Ellard	
14.30 - 15.30	<p>14.30 Haematology for geriatricians, and Buku Medicine Dr Alex Langridge, Consultant Haematologist, Northumbria NHS Foundation Trust</p> <p>15.00 BPPV Assessment and Treatment Workshop Dean Metz, Falls and Vestibular Specialist Physiotherapist and Dr Michael Wilkinson, Specialist in Geriatrics Medicine South Tyneside & Sunderland and Gateshead NHS Foundation Trust</p>
15.30	Poster viewing time Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the BGS website
15.45	Poster Prize Award Presentations Christina Page
Cerebrovascular and Community Moderators: Christina Page and Laura Farthing	
16.00 - 17.00	<p>16.00 Making sense of Managing Hyperacute Stroke Dr Chris Taylor, Consultant Geriatrician Northumbria NHS Foundation Trust</p> <p>16.30 Hospital@home - a career less ordinary Dr Victoria Ewan, Consultant in Older Persons' Medicine, Friarage Hospital, Northallerton (South Tees Trust).</p>
17.00	Closing words Christina Page
17.00	Networking



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