



British Porphyria Association

136 Devonshire Rd
Durham City
County Durham
DH1 2BL
Charity No: 1089609
www.porphyrria.org.uk

Autumn Conference & AGM 2017 Holiday Inn, Cardiff North, M4 Jct. 32

Saturday, 7 October 2017: 0930 - 1600
Holiday Inn – Cardiff – North M4, Jct. 32
Merthyr Road, Tongwynlais, Cardiff, CF15 7LH, United Kingdom

Dear all

Please find within this information pack:

1. A DRAFT programme for the conference
 - a. Please note: the exact timings of the specific sessions/content of the conference may be subject to change on the day, but the main timings of 0930 to 1600 will remain unchanged.
 - b. The colour-codes listed below will help you navigate the programme's content:
Key: Red = talks for all; Blue = talks about the acutes; Purple = talks about EPP/cutaneous porphyria
 - c. Please note: there should be ample time to speak with other people with the type of porphyria you are most interested in, either during the official breaks or in the specific scheduled times in the breakout room.
2. Travel information to help you find the hotel
3. Accommodation information for rooms available at the hotel

There will be signs to direct you from the hotel foyer into the Whitchurch and Radyr and Caerphilly conference rooms. If you have any queries on the day, please call our helpline on 0300 30 200 30.

In the meantime, if you have any queries about the event, please contact me directly via: sue.burrell@porphyria.org.uk

Looking forward to meeting you all on Saturday 7 October.

Best wishes, Sue Burrell

The BPA would like to thank Orphan Europe for providing a grant to assist in the funding of this meeting



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Cardiff

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Key: *Red = talks for all attendees; Blue = talks for acute attendees; Purple = talks for EPP/cutaneous attendees*

- 0930-1000** *Tea, coffee and registration*
- 1000-1015 Introduction to the porphyrias and the BPA – Liz Gill/Sue Burrell
- 1015-1030 BPA AGM – John Chamberlayne
- 1030-1100 Update from the International Conference on Porphyria – Dr Mike Badminton
- 1100-1125 Complimentary therapies – relaxation techniques – Caroline Pearson
- 1125-1130** *Comfort break (and move to breakout room for EPP informal chats 1130-1230)*
- 1130-1200 **Acute talk:** Update on Alnylam Pharmaceuticals' research – Speaker TBC
- 1150-1210 **Acute talk:** NAPS specialist nurse role and feedback on NAPS survey – Tricia Gardiner
- 1210-1230 **Acute talk:** Drugs in porphyria – Speaker TBC
- 1230-1330** *Lunch (followed by acute informal chats in the breakout room from 1330-1430)*
- 1330-1400 **EPP talk:** Update from Clinuvel Pharmaceuticals Ltd – Speaker TBC
- 1400-1430 **EPP talk:** Coping strategies in EPP – Dr James Powell
- 1430-1435** *Comfort break (and bring the group back together into the main conference room)*
- 1435-1455 Living with AIP – A husband's perspective – Ian Burrell
- 1455-1515 Living with EPP – Antony Fearn and Richard Byford
- 1515-1545 Questions and answer session – with the panel of speakers from the day
- 1545-1615** *Refreshments and informal discussions*

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Travel Information

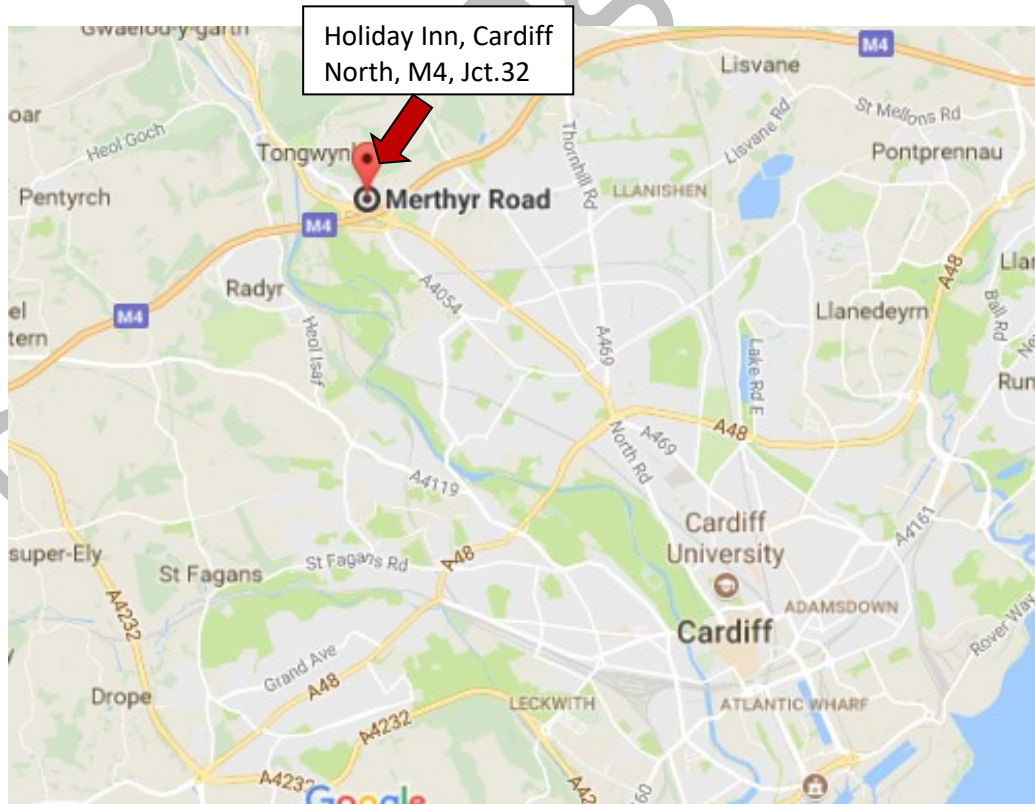
Our Autumn Conference and AGM will be held at:

Holiday Inn, Cardiff North, M4, Jct. 32
Merthyr Road, Tongwynlais, Cardiff, CF15 7LH, United Kingdom

The hotel is located just off the M4, at Junction 32, and has plenty of free parking; take the A4054 turning at the north side of the roundabout. Cardiff International Airport is located just over 16 miles from the hotel and Cardiff Station is just over 6 miles away. From the main station, you could either grab a taxi or take the No 132 bus (which is located a 3 minute walk from the station), the bus takes approximately 30 minutes to reach the hotel. Further travel information can be found by clicking on the map on the bottom right of the hotel's website: www.holidayinn.com/cardiffnorth.

You could also contact the hotel directly for more information on: +44 2920 522262

A map of the general road structure of the surrounding area can be found below:



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Information about the hotel

This information is taken directly from the Holiday Inn's website:

The Holiday Inn® Cardiff North M4, Jct.32 hotel is a modern, peaceful hotel with easy access to Cardiff city centre, plus free Wi-Fi and on-site parking. It is located right by junction 32 of the M4 motorway and around 15 minutes' drive into Cardiff city centre. There are convenient public transport links into the city or to the beautiful South Wales countryside and Pembrokeshire coast. Cardiff Airport (CWL) is a half an hour's drive away.

If you're travelling for work, the hotel is within easy reach of business parks at Caerphilly, Treforest, Pontypridd, Greenmeadow Springs and Cardiff Gate. You can also arrange a meeting or event for up to 180 people in one of five conference rooms. The hotel's free Wi-Fi makes it easy to stay in touch with colleagues and keep up with work.

There are three castles within a 20-minute drive, and the quaint village of Tongwynlais is also nearby. Take a short drive or catch public transport to Cardiff city centre for bars, restaurants and shopping.

The hotel leisure centre offers a gymnasium, sauna and steam room, plus a whirlpool and indoor swimming pool. Unwind over dinner in the hotel's spacious restaurant, where kids stay and eat free. Challenge your fellow guests to a game at the pool table, or kick back and watch a game on the TVs at the lobby sports bar

More information can be found here: www.holidayinn.com/cardiffnorth

Accommodation Information

If anyone would like to stay the night before or after the conference, please contact the hotel direct on 02920 522262, asking for Gemma, to book any accommodation needs.

For more information on the hotel's facilities, please take a look at their website or click on the link below:

- www.holidayinn.com/cardiffnorth

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