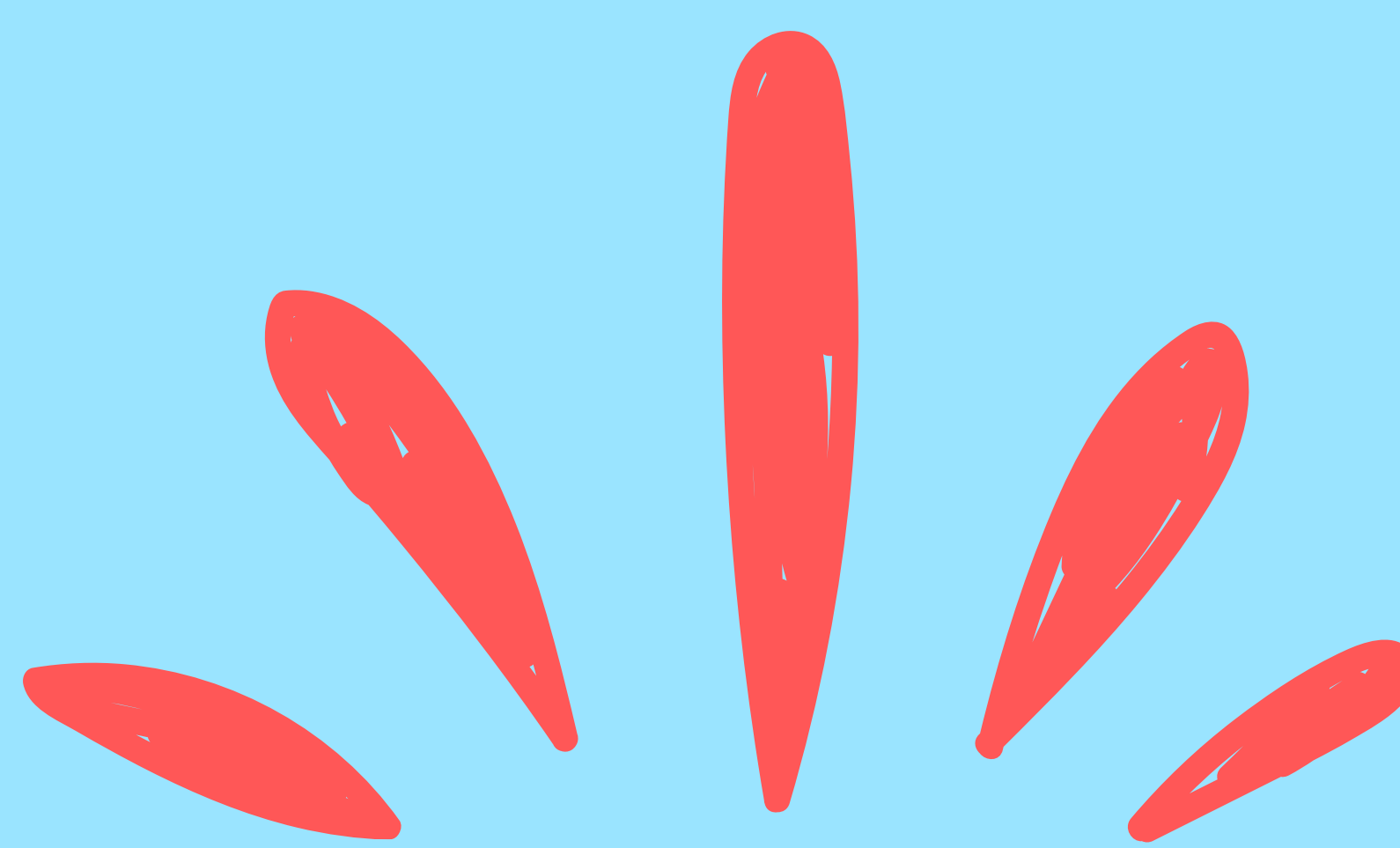



























# AGENDA

THURSDAY 26TH JUNE  
BRIGHTON













NEUROPEST  
NEUROPEST  
NEUROPEST  
2025








A learning festival that celebrates  
the many aspects of neuro therapy

NEUROFEST NEUROFEST NEUROFEST	MAIN STAGE	PALACE PIER	i360	THE LANES	PAVILLION
09.00	ARRIVAL - TEA & COFFEE				
09.30 - 10.15	 NIKKI PENNY JASON PARKER				
10.30 - 11.25	 BOB WOOD	 BEN BEARE	 NATALIE OPOKU NIKKI PENNY	 NICOLA ADDISON-NEWLAND	
11.30 - 12.25	 HELEN WEAVER	 SUE ARMSTRONG	 FRAN BRANDER	 KITTY SUDDICK	 Q&A FABIENNE ANDRE
12.30 - 13.30	 KIERAN GREEN BOXING OLLIE LANSELL LITEGAIT	LUNCH			
13.30 - 14.25	 NATALIE OPOKU HELEN WEAVER	 BEN BEARE	 SUE ARMSTRONG	 NICOLA ADDISON-NEWLAND	 Q&A THE WONKY WOMEN
14.30 - 15.25	 BOB WOOD	 FRAN BRANDER	 NIKKI PENNY	 KITTY SUDDICK	 Q&A SUE ARMSTRONG
15.30 - 16.25	 HELEN WEAVER	 Q&A BEN BEARE FRAN BRANDER	 Q&A NIKKI PENNY BOB WOOD	 OLLIE LANSELL	
16.30 - 17.00	END OF DAY NETWORKING				











	MAIN STAGE	
09.00	ARRIVAL	
09.30 - 10.15	 <b>NIKKI PENNY</b>	 <b>JASON PARKER</b>  <b>THE POWER OF RESILIENCE IN REHABILITATION - BUILDING A GOOD LIFE AFTER STROKE.</b>
10.30 - 11.25	 <b>BOB WOOD</b>	<b>CHALLENGING US TO THINK DIFFERENTLY ABOUT GAIT RE-EDUCATION. HAVE WE FOCUSED TOO MUCH ON THE FIRST STEP — AND FORGOTTEN ABOUT THE SECOND? EXPLORING LOWER LIMB CONTROL, HIP ROTATION, AND HOW THESE ELEMENTS SHAPE THE EARLY GAIT CYCLE IN NEUROLOGICAL REHAB.</b>
11.30 - 12.25	 <b>HELEN WEAVER</b>	<b>BRINGING THE ENERGY! SHARING PASSION FOR EXERCISE CLASSES IN NEURO REHAB. FROM BUILDING STRENGTH AND CONFIDENCE TO CREATING A TEAM VIBE, HELEN TALKS ALL THINGS EXERCISE, MOVEMENT, AND MAKING NEURO PATIENTS FEEL LIKE NEURO ATHLETES.</b>
12.30 - 13.30	 <b>KIERAN GREEN</b>	<b>BOXING DEMO</b>   <b>OLLIE LANSELL</b>  <b>LITEGAIT DEMO - WITH THE CLINIC TEAM</b>
13.30 - 14.25	 <b>NATALIE OPOKU</b>	 <b>HELEN WEAVER</b>  <b>EXERCISE PROGRAMMING — HOW TO PLAN IT, ADAPT IT, AND MAKE IT MEANINGFUL FOR THE PEOPLE YOU WORK WITH. PRACTICAL IDEAS, CLINICAL TIPS, AND WAYS TO KEEP EXERCISE BOTH EFFECTIVE AND PERSON-CENTRED.</b>
14.30 - 15.25	 <b>BOB WOOD</b>	<b>CHALLENGING US TO THINK DIFFERENTLY ABOUT GAIT RE-EDUCATION. HAVE WE FOCUSED TOO MUCH ON THE FIRST STEP — AND FORGOTTEN ABOUT THE SECOND? EXPLORING LOWER LIMB CONTROL, HIP ROTATION, AND HOW THESE ELEMENTS SHAPE THE EARLY GAIT CYCLE IN NEUROLOGICAL REHAB.</b>
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16.30 - 17.00	<b>END OF DAY NETWORKING</b>	









	<b>PALACE PIER</b>	
<b>09.00</b>	<b>ARRIVAL</b>	
<b>10.30 - 11.25</b>	 <b>BEN BEARE</b>	<p>THE JOURNEY OF WORKING WITH SHOULDER PAIN IN NEUROLOGICAL PATIENTS — THE THINGS THAT HELPED, THE THINGS THAT DIDN'T, AND THE LESSONS LEARNED ALONG THE WAY. AN HONEST REFLECTION ON CLINICAL UNCERTAINTY, MAKING MISTAKES, AND ALWAYS AIMING TO HELP PATIENTS FEEL MORE IN CONTROL OF THEIR OWN RECOVERY.</p>
<b>11.30 - 12.25</b>	 <b>SUE ARMSTRONG</b>	<p>SHARING SIMPLE AND PRACTICAL WAYS TO UNDERSTAND AND IMPROVE MOVEMENT. LEARNING THE KEY FOUNDATIONS OF MOVEMENT CONTROL AND HOW TO USE THEM IN ANY SETTING.</p>
<b>12.30 - 13.30</b>	<b>LUNCH</b>	
<b>13.30 - 14.25</b>	 <b>BEN BEARE</b>	<p>THE JOURNEY OF WORKING WITH SHOULDER PAIN IN NEUROLOGICAL PATIENTS — THE THINGS THAT HELPED, THE THINGS THAT DIDN'T, AND THE LESSONS LEARNED ALONG THE WAY. AN HONEST REFLECTION ON CLINICAL UNCERTAINTY, MAKING MISTAKES, AND ALWAYS AIMING TO HELP PATIENTS FEEL MORE IN CONTROL OF THEIR OWN RECOVERY.</p>
<b>14.30 - 15.25</b>	 <b>FRAN BRANDER</b>	<p>SHARING LESSONS FROM OVER 10 YEARS RUNNING THE UPPER LIMB SERVICE AT QUEEN'S SQUARE. FROM HIGH-TECH RESOURCES TO NO-TECH CREATIVITY. EXPLORING WHAT REALLY HELPS PATIENTS WITH THEIR UPPER LIMB RECOVERY — AND HOW WE CAN ALL MAKE A DIFFERENCE, WHATEVER SETTING WE WORK IN.</p>
<b>15.30 - 16.25</b>	 <b>BEN BEARE</b>	 <b>FRAN BRANDER</b> <p style="text-align: right;"><b>QUESTION AND ANSWER</b></p>







	<b>i360</b>	
<b>09.00</b>	<b>ARRIVAL</b>	
<b>10.30 - 11.25</b>	 <b>NATALIE OKOPU</b>  <b>NIKKI PENNY</b>	<b>EXERCISE PROGRAMMING — HOW TO PLAN IT, ADAPT IT, AND MAKE IT MEANINGFUL FOR THE PEOPLE YOU WORK WITH. PRACTICAL IDEAS, CLINICAL TIPS, AND WAYS TO KEEP EXERCISE BOTH EFFECTIVE AND PERSON-CENTRED.</b>
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<b>14.30 - 15.25</b>	 <b>NIKKI PENNY</b>	<b>SHARING HER EXPERIENCE SUPPORTING PEOPLE WITH MULTIPLE SYSTEM ATROPHY — EXPLORING THE CHALLENGE OF MOVING FROM FEELING STRONG AND CAPABLE IN THE GYM, TO MANAGING THE REALITIES OF LIFE AT HOME. A THOUGHTFUL LOOK AT WHAT REALLY MATTERS IN REHAB WHEN THINGS ARE CHANGING FAST.</b>
<b>15.30 - 16.25</b>	 <b>NIKKI PENNY</b>  <b>BOB WOOD</b>	<b>QUESTION AND ANSWER</b>



	<b>THE LANES</b>	
<b>09.00</b>	<b>ARRIVAL</b>	
<b>10.30 - 11.25</b>	 <b>NICOLA ADDISON-NEULAND</b>	<b>PROFILING - HELP UNDERSTAND AND MANAGE BEHAVIOURS, BOTH OF YOUR CLIENTS AND IN THE WORKPLACE THROUGH SIMPLE PERSONALITY PROFILING, WHICH WILL ENHANCE CONNECTEDNESS AND PERFORMANCE FOR ALL.</b>
<b>11.30 - 12.25</b>	 <b>KITTY SUDDICK</b>	<b>MEANINGFUL HUMAN JOURNEYING - WHAT EXPLORING THE LIVED WORLD OF THE STROKE UNIT CAN TELL US ABOUT OURSELVES AND PRACTICE.</b>
<b>12.30 - 13.30</b>	<b>LUNCH</b>	
<b>13.30 - 14.25</b>	 <b>NICOLA ADDISON-NEULAND</b>	<b>PROFILING - HELP UNDERSTAND AND MANAGE BEHAVIOURS, BOTH OF YOUR CLIENTS AND IN THE WORKPLACE THROUGH SIMPLE PERSONALITY PROFILING, WHICH WILL ENHANCE CONNECTEDNESS AND PERFORMANCE FOR ALL.</b>
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<b>15.30 - 16.25</b>	 <b>OLLIE LANSELL</b>	<b>LITEGAI CASE STUDY - WITH THE CLINIC TEAM</b>



	<b>PAVILLION</b>	
<b>09.00</b>	<b>ARRIVAL</b>	
<b>11.30 - 12.25</b>	 <b>FABIENNE ANDRE</b>	<b>QUESTION AND ANSWER</b>
<b>12.30 - 13.30</b>	<b>LUNCH</b>	
<b>13.30 - 14.25</b>	 <b>THE WONKY WOMEN</b>	<b>QUESTION AND ANSWER WITH DEBBIE, TINA &amp; KIM          - ASK THE CLIENTS THEMSELVES</b>
<b>14.30 - 15.25</b>	 <b>SUE ARMSTRONG</b>	<b>QUESTION AND ANSWER</b>

