



THE BRITISH PAIN SOCIETY
ANNUAL
SCIENTIFIC
MEETING
01-03 MAY 2019

REGISTRATION PROGRAMME

THE BRITISH PAIN SOCIETY'S
52ND ANNUAL SCIENTIFIC MEETING

WEDNESDAY 1 MAY - FRIDAY 3 MAY 2019

HILTON LONDON TOWER BRIDGE

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WELCOME TO THE 52ND ANNUAL SCIENTIFIC MEETING 2019

We are very excited to share the full programme with you for our 52nd Annual Scientific Meeting (ASM) which will be held at the Hilton London Tower Bridge, 1-3 May 2019.

We have worked hard to put together a stimulating and innovative programme with high quality educational and scientific content while also being clinically relevant. The multidisciplinary nature of the Society is reflected throughout the scientific programme, with lecture and workshop topics chosen specifically to ensure there is something of interest to all participants, whatever their specialty.

We have secured an outstanding faculty of speakers from the UK and Europe, who are cutting edge experts in their field. We look forward to our plenary speakers delivering thought-provoking lectures, with clear implications for practice.

In addition to the scientific programme, participants may visit the e-poster exhibition, technical exhibition and attend satellite meetings. These are all important aspects of the ASM. All delegates are also invited to join us at the ASM drinks reception which is a great opportunity to network and catch up with new and old colleagues in a relaxed atmosphere.

Who should attend?

- Academic researchers in pain
- Consultants and specialist doctors in pain medicine
- Doctors training in related specialties
- GPs and GP trainees
- Occupational therapists
- Pain medicine nurses
- Pharmacists
- Physiotherapists
- Psychologists
- Specialists in pain management
- Students with an interest in pain medicine

Why participate:

- Network with colleagues
- Keep up to date with the latest research and developments relevant to pain
- Raise questions, partake in debates and discuss outcomes
- Meet with poster exhibitors and discuss their research
- Meet with technical exhibitors and hear about their products and services
- Discuss your own research
- Interact with professionals from other disciplines with a shared interest in pain
- Unwind at our social event



The Programme

The ASM attracts a high quality of speakers and 2019 is no exception. We are delighted to have secured a distinguished faculty from England, Denmark and Sweden. The plenary lectures have been carefully selected to be attractive to all who have an interest in pain management, whatever their specialty.

Poster Exhibition

All delegates are encouraged to submit an abstract suitable for presentation as an e-poster.

The top five, as judged by the Scientific Programme Committee, will be invited to present at a plenary lecture.

For further information, and to submit a poster abstract, please visit: <https://www.britishpainsociety.org/abstracts/annual-scientific-meeting-2019/>

The Technical Exhibition

We are looking forward to welcoming colleagues from industry once again. This is an important part of the ASM, and we encourage participants to visit the exhibition during the coffee and lunch breaks.

HIGHLIGHTS FOR 2019

Held at the Hilton London Tower Bridge, the meeting will be very accessible both to our domestic and international delegates. In the heart of the city of London, the venue will provide an ideal base for networking and exploring the capital long after the scientific programme ends.

A mobile app will be available for a third year ensuring you can access the most up to date version of the programme, check out speaker profiles, connect with other delegates and many other functions.

The Poster Exhibition is getting an overhaul in 2019 with the introduction of e-posters. Viewed on digital screens, posters can be viewed in portrait or landscape orientation, zoomed and most importantly downloaded for up to a year following the ASM. Don't forget to email questions to the authors too!

The five top-rated posters will give a 10 minute oral presentation during a plenary session

2019 ASM PROGRAMME OUTLINE

DAY 1: WEDNESDAY 1 MAY 2019

09:00-18:00	Registration Desk open
09:00-18:00	Technical Exhibition and E-poster Exhibition open
10:00-10:15	Welcome by the BPS President and Chair of the Scientific Programme Committee
10:15-10:55	Plenary Session 1 - Pat Wall
10:55-11:35	Plenary Session 2
11:35-11:55	Coffee Break, Technical and E-poster Exhibitions
11:55-12:35	Plenary Session 3
12:35-13:35	Lunch, Technical and E-poster Exhibitions
13:35-15:05	Parallel Sessions A1-A4
15:05-15:25	Coffee Break, Technical and E-poster Exhibitions
15:25-16:25	SIG Business Meetings
16:30-17:30	Satellite Symposium

DAY 2: THURSDAY 2 MAY 2019

07:30-18:00	Registration Desk open
07:30-18:00	Technical Exhibition and E-poster Exhibition open
08:00-09:00	Satellite Symposium
09:00-10:00	SIG Business Meetings
10:05-11:35	Parallel Sessions B1-B4
11:35-11:55	Coffee Break, Technical and E-poster Exhibitions
11:55-12:35	Plenary Session 4
12:35-13:35	Lunch, Technical and E-poster Exhibitions
13:35-14:15	Plenary Session 5
14:15-15:30	AGM for British Pain Society Members
14:15-15:30	Networking Session for Non-Members
15:30-15:50	Coffee Break, Technical and E-poster Exhibitions
15:50-16:30	Plenary Session 6
16:40-17:40	Satellite Symposium
18:00	Drinks reception

DAY 3: FRIDAY 3 MAY 2019

08:30-15:30	Registration Desk open
08:30-15:30	Technical Exhibition and E-poster Exhibition open
09:00-10:00	SIG Business Meetings
10:00-11:00	Plenary Session 7 – Oral poster presentations
11:00-11:40	Plenary Session 8
11:40-12:00	Coffee Break, Technical and E-poster Exhibitions
12:00-13:30	Parallel Sessions C1- C4
13:30-14:30	Lunch, Technical and E-poster Exhibitions
14:30-15:10	Plenary Session 9 – British Pain Society Lecture
15:10-15:20	Awards and Close

SCIENTIFIC PROGRAMME



DAY ONE: WEDNESDAY 1 MAY 2019

10:00 – 10:15

Welcome

Dr Andrew Baranowski, President of The British Pain Society

Professor David Walsh, Chair of the Scientific Programme Committee

10:15 – 10:55

Pat Wall Lecture: Professor Bridget Lumb

Descending Pain Modulatory Systems: Mechanisms, Significance and Translation

Descending control of spinal nociception that originates within the brain and acts to modulate spinal transmission of nociceptive transmission is a major determinant of the acute and chronic pain experience. Investigations of these systems in basic scientific research is critical to developing therapeutic strategies for the relief of pain. Despite our best efforts, something is lost in translation and we need to question if we are employing the right approaches. It is these important issues that will be explored in this presentation.

10:55 – 11:35

Plenary Lecture: Professor Paul Eldridge

Neuromodulation; a review of the evidence and its clinical applications

“Neuromodulation” is best known for pain yet encompasses many other pathologies. Evidence for chronic neuropathic pain by spinal cord stimulation is established, but predates a number of technical advances – high frequency, burst, whisper, high density. There is more peripheral nerve stimulation – the DRG, the occipital nerve and sphenopalatine ganglion. Other areas for pain are deep brain stimulation, and transcranial magnetic stimulation. Other conditions with neuromodulatory solutions are epilepsy – deep brain and vagal nerve, and the latter may have other effects – use for rheumatoid arthritis, and depression. DBS is well evidenced for movement disorders but there is much further potential.

11:35 – 11:55

Coffee Break: Technical and E-poster Exhibitions

11:55 – 12:35

Plenary Lecture: Professor Richard Langford

What’s new in acute pain?

Although acute pain management remains a challenge, multimodal therapy with various non-opioid adjuvants, local anaesthetic techniques and avoidance of parenteral routes have improved the patients’ pain experience. Enhanced recovery programmes after surgery are driving innovative strategies to eliminate ‘analgesia gaps’ (breakthrough pain), promote early mobilisation and to improve pain management plans and review after discharge from hospital.

High quality evidence and improved methods to guide needle and catheter placement have seen an upsurge in local anaesthetic techniques, with a marked trend towards ever more peripheral, targeted and continuous methods, including infusions and novel extended release formulations.

12:35 – 13:35 Lunch Break: Technical and E-poster Exhibitions

13:35 – 15:05 Parallel Sessions A1 - A4

Participants are asked to choose one from the four following sessions and indicate their preferred option on the online registration form.

A1: Compassion Focused Therapy for Pain: How to use self-compassion to soothe pain-related distress, self-criticism and allow pacing of activity

Co-chaired by Dr Zoey Malpus and Dr Lesley Armitage

- Compassion Focused Therapy: Theoretical background and clinical application to working with persistent pain. Dr Zoey Malpus
- Qualitative patient reflections on using this approach
Practical Demonstration – Compassionate Flow Exercise. Dr Lesley Armitage
- Quantitative outcomes of a CFT – Pain collaboration between Manchester and Durham Pain Teams. Further practical demonstrations of CFT techniques. Dr Zoey Malpus and Dr Lesley Armitage

A2: Benzodiazepines: risks, interactions, and impact on pain management treatment

Chaired by Dr Peter Brook

- Benzodiazepines: mortality, interactions and overdose. Dr Peter Brook
- Benzodiazepines: impact on psychological and physical treatment. Dr Jeremy Gauntlett-Gilbert
- Benzodiazepines: anxiety treatment, addiction, and dependence. Dr Parashar Ramanuj

A3: Patients as Research Partners

Chaired by Mrs Margaret Whitehead

- Why involve patients in research? Evidence base of working with patients in the design and development of research projects. Professor Kate Seers
- How to do it. Professional experience of working with patients as research partners. Ms Sharon Grieve
- What worked for me. Patient experience of working with professionals. Patient Representative.

A4: The first cut is the deepest

Chaired by Ms Felicia Cox

- What's new in neuropathic pain. Dr Bernhard Frank
- Opioid prescribing and de-prescribing in acute pain. Dr Dev Srivastava
- Acute pain – Where will we be in 10 years. Professor Richard Langford

15:05 – 15:25 **Coffee Break: Technical and E-poster Exhibitions**

15:25 – 16:25 **Business meeting of the following Special Interest Groups:**

- Headache Special Interest Group
- Neuropathic Pain Special Interest Group
- Pain Education Special Interest Group

16:30 – 17:30 **Satellite Symposium**

DAY TWO: THURSDAY 2 MAY 2019

08:00 - 09:00 **Satellite Symposium**

09:00 – 10:00 **Business meetings of the following Special Interest Groups:**

- Medicolegal Special Interest Group
- Pain in Children Special Interest Group
- Pain Management Programmes Special Interest Group

10:05 – 11:35 **Parallel Sessions B1 – B4**

Participants are asked to choose one from the following four sessions below and indicate their preferred option on the online registration form.

B1: Essential Pain Management (EPM) - a simple structure to teach a complex subject

Chaired by Dr Helen Makins

- The EPM approach – what it is and how it works. Dr Helen Makins
- EPM in practice – interactive session. Ms Sharon Kitcatt
- Learning from experience and tips for running EPM. Dr Mike O'Connor

B2: Biologics for pain

Chaired by Professor David Walsh

- Antibodies to nerve growth factor; rocking the boat for osteoarthritis and low back pain. Professor David Walsh
- Antibodies to calcitonin-gene related peptide; removing the threat of pain attacks. Dr Susan Brain
- Providing a biologics service for inflammatory arthritis; who needs secondary care? Dr Ben Parker



B3: Squaring a circle: new models for pain services.

Chaired by Professor Roger Knaggs

- The changing landscape of NHS commissioning: ICS and what this means for people with pain. Mrs Ellen Rule
- Thinking about pain in a different way: supporting people with pain to live well. Dr Cathy Stannard
- Evolution of a community pain service: an unexpected story. Dr Greg Hobbs

B4: Benefits of Multi-disciplinary Decision making in Neuromodulation: Improving Patient Satisfaction and Outcomes

Chaired by Dr Mike Sidery

- Workshop content will be publicised as soon as it is available.

11:35 – 11:55 **Coffee Break: Technical and E-poster Exhibitions**

11:55 – 12:35 **Plenary Lecture: Dr Stephen Alexander**

Barriers to the use of Cannabis and cannabinoids to treat pain

Cannabis sativa is one of the oldest cultivated plants with reported medicinal use in India and Egypt over 4000 years ago. In the modern era, *Cannabis* has been used for multiple indications, including pain, although the 'real' evidence for benefit is limited. The gap between anecdotal and scientific evidence derives from variables at multiple levels, including plant metabolite levels and doses; administration route; pharmacokinetics and patient profile. Recent changes in legislation, in the UK and elsewhere, regulating the availability of *Cannabis* derived medicinal products should prompt more systematic assessments of benefit (and potential harms) of these agents.

12:35 – 13:35 **Lunch Break: Technical and E-poster Exhibitions**

- 13:35 – 14:15** **Plenary Lecture: Professor Nanna Finnerup**
Neuropathic pain following cancer treatment
Neuropathic pain can be a long-lasting and debilitating complication to cancer treatments and is known to affect the quality of life in patients with cancer and in disease-free cancer survivors. Neuropathic pain is common following surgeries with high risk of major nerve damage such as mastectomy, lymph node excision, and thoracotomy. Polyneuropathy is a common chronic complication to treatment with several types of chemotherapy. It is usually a length-dependent sensory polyneuropathy where symptoms have a “glove-and-stockings” distribution and can be painful. Risk factors, diagnostic criteria and treatment of neuropathic pain following cancer treatment will be discussed.
- 14:15 – 15:30** **Annual General Meeting (members only)**
- 14:15 – 15:30** **Networking session (non-members)**
- 15:30 – 15:50** **Coffee Break: Technical and E-poster Exhibitions**
- 15:50 – 16:30** **Plenary Lecture: Professor Steven Linton**
The role of social context in pain: why communication is central
Context matters. Indeed, it is a central, but missing link, in the biopsychosocial model where social aspects are often poorly understood. In this talk I will begin by defining social context and the idea of context sensitivity. Subsequently, I will review what we know about the impact of social context on pain perception. Finally, we will examine how social context might be harnessed to improve treatment in clinical situations. Since communication is a central factor in the social environment, I conclude with a simple method for improving communication which all practitioners may employ and benefit from.
- 16:40 – 17:40** **Satellite Symposium**
- 18:00** **Drinks reception**

DAY THREE: FRIDAY 3 MAY 2019

- 09:00 – 10:00** **Business Meetings of the following Special Interest Groups:**
- Pain in Developing Countries Special Interest Group
 - Pain in Older People Special Interest Group
 - Primary and Community Care Special Interest Group
- 10:00 – 11:00** **Plenary Lecture: Oral presentations from the top five poster submissions**

11:00 – 11:40 **Plenary Lecture: Dr Benjamin Ellis**

Analogue symptoms. Digital health

Clinical services are stretched as never before. The number of people living with disabling chronic pain is rising, but with no prospect of increased resources for health services. Whether it's trying to do more with less, support people to improve their own health, or spot patterns in big data, some think that the answers are digital. So can technology save us, or is this all a mirage? This session will review current NHS digital health policy and practice, consider the current evidence and explore possible future trends.

11:40 – 12:00 **Coffee Break: Technical and E-poster Exhibitions**

12:00 – 13:30 **Parallel Sessions C1- C4**

Participants are asked to choose one from the following four sessions below and indicate their preferred option on the online registration form.

C1: How can surgical practitioners deliver effective reassurance to people with back pain who are not offered surgery?

Chaired by Professor Tamar Pincus

- Reassurance, validation and patient outcomes- the story so far.
Professor Tamar Pincus
- What do patients want from surgical consultations that result in discharge without treatment? Ms Kathrin Braeuninger-Weimer
- What can surgeons realistically do to improve patients' satisfaction?
Mr Naffis Anjarwalla

C2: Growing up with chronic pain: Trials and tribulations in adolescence.

Co-chaired by Dr Line Caes and Dr Abbie Jordan

- Telling my story, telling their story: Exploring future perceptions in young people who experience chronic pain. Dr Abbie Jordan
- Which passengers are on your bus? A qualitative analysis of the hurdles adolescents with chronic pain need to overcome to make progress.
Dr Line Caes
- Treating adolescents with chronic pain: trials and tribulations for clinicians.
Dr Jeremy Gauntlett-Gilbert

C3: Addressing the Evidence to Practice Gap in Pain Management

Chaired by Ms Gail Sowden

- Optimising the translation of evidence into practice. Ms Gail Sowden
- What can we learn from Implementation Science? Ms Laura Swaithes
- What is the role of educational theory and pedagogy in enabling the delivery of effective pain education and teaching in practice and in educational settings? Mrs Sue Jenkins

C4: How to maximise the effect of your interventions - selection and technique.

Chaired by Dr Neil Collighan

- Meet the experts where we discuss practical aspects of techniques; how to do a proper Transforaminal, how to place the RF electrode, as a panel discussion with slides.

Attendees will be encouraged to provide questions for the panel pre-ASM to ensure we discuss topics chosen by the attendees.

13:30 – 14:30 Lunch Break: Technical and E-poster Exhibitions

14:30 – 15:10 BPS Lecture: Professor David Bennett

How can we better stratify patients with neuropathic pain and what are the implications for treatment?

Neuropathic pain arises as a consequence of a lesion or disease of the sensory nervous system. It is increasingly common and difficult to treat. The last decade has seen significant advances in the methods we can use to stratify patients with neuropathic pain. We can generate classifications which are not just dependent on the aetiology of the injury but include sensory profile, physiological outcomes and genetics. Such stratification is improving diagnosis and ultimately will aid treatment selection for precision medicine.

15:10 – 15:20 Awards and Close





HOW TO REGISTER

PARTICIPANT REGISTRATION

Please visit our website to register for the ASM: <https://www.britishpainsociety.org/meeting-booking/2019-annual-scientific-meeting/>. BPS Members will need their membership number in order to access the member rates.

Once your online registration is complete and your payment has been processed you will be emailed a confirmation of booking.

REGISTRATION FEES

Registration fees are shown in the table below.

Discounts are offered to participants who book on or before **Friday 22nd February 2019**.

Registration options	Early Bird until 22 Feb 2019	Normal from 23 Feb - 26 April 2019	On-site from 27 April
Member £20,000 + retired	£180	£240	£250
Member £20,000-£29,999	£275	£335	£350
Member £30,000-£39,999	£370	£430	£450
Member £40,000-£69,999	£465	£495	£520
Member >£70,000	£525	£555	£585
Member day rate (one day only)	£210	£240	£250
Member student rate	£145	£160	£170
Non-Member <£20,000 + retired	£315	£375	£405
Non-Member £20,000-£29,999	£395	£455	£480
Non-Member £30,000-£39,999	£525	£585	£615
Non-Member £40,000-£69,999	£675	£685	£720
Non-Member >£70,000	£800	£815	£855
Non-Member day rate (one day only)	£315	£345	£365
Non-Member student rate	£165	£190	£200
Honorary Member	no fee	no fee	no fee

* Student rates apply to members or non-members who are undergraduate or postgraduate students and earn less than £10,000 per annum. Once you have registered online a letter confirming your student status signed off by your supervisor or administrative department of the university must be sent to the BPS secretariat at Churchill House, 35 Red Lion Square, London, WC1R 4SG in order to confirm your booking. Applicants who are unable to provide this information may be refused the student rate.



Honorary Members

Honorary Members of the British Pain Society are not required to pay registration fees to attend the Meeting.

Speakers

Contributors to the Scientific Programme should check their correspondence concerning registration fees. Please note that poster abstract presenters do not qualify for waived registration fees

Members

If you are a member of the British Pain Society you will benefit from reduced registration fees. To qualify for the members' rate, you must be a member of the Society at the time of the Meeting, having paid your 2018/19 membership subscription. If you are only attending the Meeting for one day, there is a daily rate for members. Please note that the daily rate cannot be used for multiple days.

For any queries regarding membership renewals please contact Dylan Taylor via email on Dylan@britishpainsociety.org

Non-members

Non-members are welcome to attend the ASM, however joining the Society as a Member will allow you to benefit from the reduced registration fees as well as access to a wide range of exceptional member benefits. Membership takes three full weeks to process, so please apply with plenty of time prior to the commencement of the ASM.

Applications should be made via the online form at <https://www.britishpainsociety.org/register>

Benefits of Membership:

- Reduced rates for attendance at BPS Meetings
- Reduced rates for study/education days
- British Journal of Pain (BJP) published four times a year
- Quarterly Pain Newsletter
- Network with over 1,200 BPS Members
- Research Grants and Awards
- Free access to 14 Special Interest Groups (SIGs)
- Complimentary electronic European Journal of Pain
- Opportunity to apply for EFIC Pain Schools

BURSARIES

ASM BURSARY APPLICATIONS

The deadline for bursary applications is Monday 18 February 2019.

Who is eligible to apply for a bursary?

In order to be eligible to apply for a bursary, the applicant must normally:

- Have joined the Society by the September before the ASM and still be a member at the time of the Meeting, having paid that years membership subscription.
- Have a salary lower than £36,000/annum
- Evidence of good standing within the Society (e.g. length of membership of the Society, other contributions to the work of the Society).

Priority will be given to those on lower salaries and those submitting a poster that is accepted for exhibition at the Meeting.

How should the application be submitted?

- The applicant must complete the Bursary Application Form, available to download from the BPS website, and return to the British Pain Society Secretariat no later than 5pm Monday 18 February 2019, together with the completed Participant Registration Form.
- The Bursary Application Form must be counter-signed by the Head of Department
- If the applicant is not submitting a poster abstract, the Head of Department must provide justification for the applicant's need to attend the Meeting.
- The applicant must not send payment with the Bursary Application Form.

What financial support is given?

The level of support offered to each applicant is dependent on the number of applications submitted, the applicant's salary and whether the applicant is exhibiting a poster at the Meeting. Applicants may request the following financial support:

- Registration fees to attend the Meeting
- Travel expenses
- Accommodation expenses up to a maximum of £50/night for 3 nights

When will the applicant hear if the application is successful?

Applicants will be informed of the outcome by Monday 25 February 2019.

When can the applicant expect to receive the financial support?

If the application is successful, the Society will waive the registration fee and the applicant's registration to attend the meeting will be processed with immediate effect.

If the application for support towards the cost of accommodation and travel expenses is successful, the Society will reimburse the costs after the Meeting, once receipts are submitted. Receipts are to be sent to the Secretariat, marked for the attention of the Honorary Treasurer.

TECHNICAL AND E-POSTER EXHIBITIONS

TECHNICAL EXHIBITION

The Technical Exhibition is an important part of the ASM and all participants are encouraged to visit. It will be housed alongside the catering areas, which will create a vibrant hub for participants during the tea/coffee and lunch breaks. We look forward to welcoming our colleagues in industry.

The Exhibition will be open throughout the ASM.

Exhibitors, who would like to receive further information about exhibiting at the ASM, are asked to email asm@britishpainsociety.org.

E-POSTER EXHIBITION

All participants are invited to submit poster abstracts for the Meeting. Submitted abstracts will be subject to review; those accepted by the Scientific Programme Committee (SPC) will be invited to exhibit throughout the Meeting and will be published as a supplement to the British Journal of Pain.

Deadline

The deadline for receipt of poster abstract submissions is midnight on **Wednesday 9th January 2019**.

Details of the abstract submission guidelines and how to submit your poster abstract can be found on our website at <https://www.britishpainsociety.org/abstracts/annual-scientific-meeting-2019/>



DRINKS RECEPTION

All delegates are invited to attend the complimentary drinks reception in the bar area of the Hilton London Tower Bridge on Wednesday evening.

This relaxed evening will provide an ideal opportunity to catch up with colleagues and network.

Please note that booking is essential and can be done on the delegate registration system when booking to attend the Meeting.

ACCOMMODATION

We have teamed up with the Reservation Highway who will provide a free accommodation booking service to all our delegates and exhibitors. They have negotiated the best rates with a selection of hotels near the Hilton London Tower Bridge. The rates are quoted per room per night.

Early booking is highly recommended.

Please book by Friday 5th April 2019. Bookings made after this date will be on a request basis and subject to availability, rates may vary.

To book, please go to www.reservation-highway.co.uk/bps19.

TRAVELLING TO LONDON

How to get to London for the 2019 ASM

By Air

As a gateway to the UK, London benefits from a superb global airline network. It is served by five international airports and 1 International train station where Eurostar trains arrive daily from France, Amsterdam and Belgium.

London has five major airports: London City, London Gatwick, London Heathrow, London Luton and London Stansted.

The nearest airport to the venue is the London City airport, which is located 12km from the venue and can be reached by public transport using the Docklands Light Railway to Canning Town, and changing for the Jubilee Line through to London Bridge Underground station, which is located moments from the Hotel. Alternatively, taxis are available at the airport.

For more information, please visit:
<https://www.londoncityairport.com/>

London Heathrow Airport has more International connections than any other airport in the World and is approximately 30km from London Hilton Tower Bridge. For trains from Heathrow to London Bridge, take the London Underground Piccadilly Line to Green Park, and change to the Jubilee Line to London Bridge. The Heathrow Express is probably quickest but the Underground is the cheaper option. For more information, please go to: www.heathrowairport.com

By Rail

Travelling by train is often the fastest way to get to London Bridge from other UK destinations.

If you are travelling from Europe, the Eurostar train arrives at St Pancras, London, where you can catch the Northern Line on the London Underground all the way to London Bridge.

For more information, please go to:
www.nationarail.co.uk

The Hilton London Tower Bridge is a 5 minute walk from London Bridge Station.

By Road

London is easy to reach using the UK's motorway network – with the M1, M2, M3, M4, M11, M20, M23, M25 and M40 motorways in or near London – as well as a multitude of major A-roads. All of London's motorways intersect the M25 orbital motorway. There are good road connections with London's airports and relevant ports.

You can also bring a car or motorcycle into the UK via Eurotunnel or ferry.

Parking

The closest public car park to the Hotel is the Q-Park Tower Bridge (Gainsford Street London SE1 2NY) which is open 24 hours, 7 days a week and is a 10 minute walk from the Hilton London Tower Bridge. For more information, visit:
https://www.q-park.co.uk/en-gb/cities/london/tower-bridge/?utm_source=G&utm_medium=organic&utm_campaign=LPM_G_Tower_Bridge

ONSITE AT THE HILTON LONDON TOWER BRIDGE



The British Pain Society office at the venue

A British Pain Society office will be set up at the venue. British Pain Society staff will always be found in the registration area during opening hours.

On arrival at the Meeting

All delegates are asked to make their way to the registration area. All delegates will be asked to sign an attendance register and will be given a name badge and a delegate pack. Badges must be worn at all times during the Meeting.

USEFUL TELEPHONE NUMBERS, EMAIL ADDRESSES AND WEBSITES

British Pain Society

0207 269 7840

www.britishpainsociety.org

Hilton London Tower Bridge

+44 (0)20 3002 4300

5 More London Place

Tooley Street

London SE1 2BY

<https://www3.hilton.com/en/hotels/united-kingdom/hilton-london-tower-bridge-LONTBHI/index.html>

The registration desk will be open at the following times each day:

1 May: 09:00 - 18:00

2 May: 07:30 - 18:00

3 May: 08:30 - 15:30

Catering

Tea/coffee breaks and lunch will be served in the Tower Foyer and the More London Suite, beside the Exhibitor display areas at the times stated in the Scientific Programme.

Logistical information

Staff at the registration desk will be happy to answer any questions you have during the event regarding facilities and services.

TRAVEL INFORMATION

Visit London

Please leave inquiry on their website

<https://www.visitlondon.com/>

Trainline

0871 244 1545

www.thetrainline.com

National Rail Enquiries

0345 748 4950

www.nationalrail.co.uk

National Express Coach Service

0871 781 8181

www.nationalexpress.com

FURTHER INFORMATION

Further information will be sent to you upon registration for the Meeting. However, if you have any queries in the meantime, these should be addressed to:

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Third Floor
Churchill House
35 Red Lion Square
London WC1R 4SG

T: +44 (0)20 7269 7840

E: asm@britishpainsociety.org

W: www.britishpainsociety.org