SUNDAY: 23rd June
16.00 Arrive. Tea
18.30 Dinner and Housekeeping

MONDAY 24th
8.15 Tai Chi in the gardens with Betsan Corkhill
8.45 Breakfast
09.20 Dr Tim Johnson Welcome and Introduction
09.30 Prof David Nutt, Psychiatrist, psychoneuropharmacologist and ex Government Drug Tsar
‘More deaths more pain: the hidden legacy of 50 years of failed drugs policy’
10.30 Discussion
11.00 Coffee
11.30 Prof Roger Knaggs, President of the British Pain Society: The Opioid Problem
12.30 Discussion
13.00 Lunch
14.00-16.00 Walking in the gardens, hill climbing, swimming in Rydal Water or just do nothing
16.00 Tea
16.30 Dame Clare Gerada: President of the Royal College of General Practitioners: ‘Gambling Addiction’ via video link
17.30 Discussion
18.30 Dinner

TUESDAY 25th
08.15 Tai Chi in the gardens with Betsan Corkhill
08.45 Breakfast
09.20 Introduction

10.30 Discussion

11.00 coffee

11.30 Mary Smeeth, Family and Systemic Psychotherapist: ‘Addiction and Motivational Interviewing’

12.30 Discussion

13.00 Lunch

14.00-16.00 Time to walk in the gardens, climb a hill, swim in Rydal Water or do nothing

16.00 Tea

16.30 Dr Tim Johnson, Consultant Anaesthetist and Pain Specialist in Conversation with Polly Atkin, Author of ‘Some of us Just Fall’: on Nature and Not Getting Better’

17.30 Discussion

18.30 Dinner

WEDNESDAY 26th

08.15 Tai Chi in the gardens with Betsan Corkhill

08.45 Breakfast

09.20 Introduction


10.30 Discussion

11.00 Coffee

11.30 Panel Discussion

13.00 Lunch

Hometime!