



**CMHP**  
College of Mental Health Pharmacy

# 10th Annual International Psychiatric Pharmacy Conference of the College of Mental Health Pharmacy

## DRAFT PROGRAMME AND USEFUL INFORMATION

Please note we are continually adding to the programme;  
all speakers, topics and timings are subject to change

**11th - 13th October 2019**  
**Holywell Park, Imago, Loughborough**



  [cmhpcommunity](#)

[www.cmhp.org.uk](http://www.cmhp.org.uk)

 [@cmhpuk](#)  
[#CMHP19](#)

With thanks to our 2019 Corporate Partners for their generous support



## USEFUL INFORMATION

The CMHP secures non-promotional and unrestricted educational grants from our Corporate Partners in order to support our educational activities. For more information on our Corporate Partnership scheme please visit our website [www.cmhp.org.uk](http://www.cmhp.org.uk). The CMHP works with the pharmaceutical industry who work within the ABPI Code of Practice. The CMHP is a registered charity and aims to ensure the best treatment with medicines for people with mental health needs. The CMHP believes that pharmaceutical care for people with mental health problems is improved by providing pharmacy team members with high quality education and support about mental health conditions and their management. See [www.cmhp.org.uk](http://www.cmhp.org.uk) for details.

Working in partnership with:

- Aston University
- British Association for Psychopharmacology
- Mistura Enterprise Ltd (Choice & Medication)
- Prescribing Observatory for Mental Health UK
- Royal Pharmaceutical Society
- National Association of Psychiatric Intensive Care Units
- United Kingdom Clinical Pharmacy Association
- Equally Well
- Rethink
- Pharmacy Research UK
- Pharmacy in Practice
- Young Minds

In line with our charitable aims, each year we support a limited number of applications to the CMHP hardship fund. Further information is available on line: <https://www.cmhp.org.uk/education-research/awards-from-the-cmhp/hardship-fund/>

### Photography

The CMHP reserves the right to use any photograph/video taken at this event without the express written permission of those included within the photograph/video. The CMHP may use the photograph/video in publications or other media material produced, used or contracted by the CMHP including but not limited to: brochures, invitations, newspapers, magazines, websites, etc. To ensure the privacy of individuals, images will not be identified using full names or personal identifying information without written approval from the photographed subject. Any person attending this event who does not wish to have their image recorded for distribution should make their wishes known to the photographer, and/or the Conference Team at Conference Reception, and/or contact the CMHP at [cmhp@kc-jones.co.uk](mailto:cmhp@kc-jones.co.uk) and include a photograph. The CMHP will use the photo for identification purposes and will hold it in confidence and return/destroy it after conference. By participating in this event or by failing to notify the CMHP in writing, your desire to not have your photograph used by the CMHP, you are agreeing to release, defend, hold harmless and indemnify the CMHP from any and all claims involving the use of your picture or likeness. Any person or organisation not affiliated with the CMHP may not use, copy, alter or modify CMHP photographs, graphics, videography or other, similar reproductions or recordings without the advance written permission of an authorised designee from the CMHP. Thank you for your understanding and cooperation.

### Conference Locations and Travel Information

Located on Loughborough University's campus in the East Midlands, Holywell Park Conference Centre and Burleigh Court are easily accessible by road, rail and air. Holywell Park and Burleigh Court are a 10 minute walk or a 2 minute drive apart and delegates will be provided with information regarding how to navigate between the two venues.

#### **Holywell Park Conference Centre**

The conference is being held at Holywell Park Conference Centre, Holywell Way, Loughborough University Science and Enterprise Park, Loughborough, LE11 3GR. The AGM will also be at Holywell Park.

#### **By Car**

Use the postcode LE11 3GR or type 'Holywell Way, Loughborough' into your sat nav. Leave junction 23 of the M1, taking the A512 Ashby Road to Loughborough. At the first roundabout, turn right into Holywell Way (signposted for Burleigh Court and Holywell Park). Once you have stopped at the gatehouse to acquire a visitor pass (tell the gatehouse staff you are attending the CMHP conference), go straight on at the next two roundabouts and enter the Holywell Park car park. There is a substantial amount of free secure car parking next to the venue with over 1000 spaces available for vehicles.

#### **Burleigh Court Hotel**

Accommodation, the dinners and the fitness sessions will be held approximately 0.5 miles away at the on-site Burleigh Court, Off Ashby Road (A512), Loughborough University (West Park), Loughborough, Leicestershire, LE11 3GR.

#### **By Car**

Use the postcode LE11 3GR or type 'Holywell Way, Loughborough' into your sat nav. Leave junction 23 of the M1, taking the A512 Ashby Road towards Loughborough. At the first roundabout, turn right into Holywell Way (signposted for Burleigh Court and Holywell Park). Once you have stopped at the gatehouse to acquire a visitor pass (tell the gatehouse staff you are attending the CMHP conference), turn left at the roundabout, passing the STEM Lab building on your right hand side. Take the next right, which is signposted to Burleigh Court, and proceed to the car park automatic barrier. There is free secure car parking next to the venue with 200 spaces available for vehicles.

## **Taxi**

Taxis are available from the Loughborough railway station, with a journey costing around £8 to Holywell Park. Loughborough Taxis operate 24/7 and can be contacted on 01509 230230.

## **By Train**

Holywell Park Conference Centre is just three miles from Loughborough railway station, only a 10 minute taxi ride away or 20 minutes on a shuttle bus [Kinchbus](#).

Loughborough railway station has an hourly service to London St. Pancras and regular services to other major UK cities, including Birmingham, Sheffield and Leeds. Information on train times and ticket prices can be found on the following websites: [National Rail](#) | [London Midland](#) | [East Midlands Trains](#) | [The Trainline](#).

You can buy a combined train and bus ticket that incorporates the bus journey to and from Loughborough railway station. Just select Loughborough University Bus (XLO) when booking on websites such as [East Midlands Trains](#) and [The Trainline](#).

## **Accommodation at Burleigh Court**

For those that have booked accommodation, this will be reserved at Burleigh Court Hotel, Off Ashby Road (A512), Loughborough University (West Park), Loughborough, Leicestershire, LE11 3GR.

Check in for residential delegates is available from 15.00 on your day of arrival. Please check out before attending the conference on the day of your departure; this is by 10.00 on weekdays or 12.00 at the weekend. If you wish to charge anything to your room during your stay please visit the hotel Reception to provide your credit card details.

## **Burleigh Court Leisure Facilities**

Burleigh Springs Leisure and Therapy Centre offers a complimentary swimming pool, sauna, steam room and spa treatments, plus the latest range of Life Fitness gym equipment to all residential delegates. Towels are provided. Please ensure you bring suitable clothing. The leisure centre is open Monday to Friday 7.00-21.00, Saturday 7.00-20.00, and Sunday 7.00-18.00.

## **Exhibition**

You will be able to visit all of our Corporate Partners and exhibitors in the medical exhibition in the Babbage Room, Holywell Park. The medical exhibition and delegate posters will be available for viewing throughout the conference until 16.00 on Saturday 12th October.

Our Corporate Partners have provided financial support for venue hire, catering and/or exhibition space. They have had no influence over speaker selection and content of the meeting agenda aside from separate company sponsored satellite symposiums clearly marked in the programme.

## **Poster Presenters**

If you are presenting a poster please make yourself known to the Conference Team at Conference Reception at Holywell Park and they will advise you of the assigned location for your poster. Posters will be displayed in the Stephenson Room at Holywell Park throughout the conference until 16.00 on Saturday 12th October. Please ensure you stand with your poster during Saturday lunchtime judging session if your poster is to be judged for a prize.

## **Workshops**

All delegates are encouraged to sign up for the workshop sessions that they wish to attend at their earliest convenience on Friday 11th and Saturday 12th October at Conference Reception at Holywell Park.

## **CMHP Annual General Meeting**

All CMHP members are encouraged to join us for the AGM at 16.00-17.30 on Friday 11th October in the Turing room at Holywell Park.

## **Informal Dinner**

For those pre-registered, the informal dinner on Friday 11th October is 18.30-20.00 at Burleigh Court. If you have not booked the informal dinner as part of your attendance package this can be added, subject to availability, by contacting the conference hotline on 01332 224509 or by emailing [cmhp@kc-jones.co.uk](mailto:cmhp@kc-jones.co.uk).

## **Boxing Fitness and Pilates Session**

As part of the programme classes have been arranged on Saturday 12th October at Burleigh Court at 14.15 and again 16.15. To participate please register in advance at Conference Reception at Holywell Park and pick up and complete a medical form to bring to the session(s) with you.

## **Conference Awards Dinner**

For those pre-registered, the Conference Awards Dinner is from 19.30 on Saturday 12th October in the Main Restaurant at Burleigh Court. Pre-dinner drinks will be held at 19.00 in the Lounge next to the Main Restaurant.

The Saturday evening Awards Dinner is a formal event and as such we ask attendees to dress accordingly. The dress code is black tie/cocktail. After dinner and the awards, entertainment will be provided until late.

If you have not booked the Conference Awards Dinner as part of your attendance package this can be added, subject to availability, by contacting the conference hotline on 01332 224509 or by emailing [cmhp@kc-jones.co.uk](mailto:cmhp@kc-jones.co.uk).

## Mosque

The nearest mosque is Loughborough Mosque and Islamic Cultural, 83-85 King Street, Loughborough, LE11 1SD. The Davy room at Holywell Park is available as an onsite prayer room throughout the conference.

## Social Media



We will be encouraging tweets in advance and throughout the conference, please use: @CMHPUK and #CMHP19 to join the conversation. We also encourage posts on Instagram. Instagram: @cmhpcommunity Facebook: @cmhpcommunity

## Power Banks

We will be providing a supply of USB Chargers with iPhone and Android adapters near to the Conference Reception for all delegates use. Please note CMHP, Holywell Park or KC Jones cannot accept liability for any phones left at the Power Bank.

## Quiet Workspace

The Edison Room on the 1st floor of Holywell Park has been allocated as a quiet workspace for all delegates use throughout the conference.

## Local Information

The conference offers a packed and interesting programme for delegates. Please find some information on nearby options for friends and family members, or delegates if you wish to explore the local area. Please note all activities are listed as a guide and are not endorsed or verified by CMHP.

## Activities/Things To Do

45 Gin School

Address: 7-9 Market Place, Leicester LE1 5GG

Distance: 15 miles

[45ginschool.com](http://45ginschool.com)

Great Central Railway

Address: Loughborough Central Station, Great Central Road, Loughborough, LE11 1RW

Distance: 3.5 miles

[www.gcrailway.co.uk](http://www.gcrailway.co.uk)

Twycross Zoo

Address: Norton Grange, Norton-Juxta-Twycross, Atherstone, Warwickshire, CV9 3PX

Distance: 18.5 miles

[twycrosszoo.org](http://twycrosszoo.org)

Break Escape

Address: 58 Baxter Gate, Loughborough, LE11 1TH

Distance: 3 miles

[www.breakescape.co.uk](http://www.breakescape.co.uk)

Barrow Boating

Address: Old Mill Basin, Mill Lane, Barrow Upon Soar, Loughborough. LE12 8LQ

Distance: 6 miles

[www.barrowboating.co.uk/small-craft/](http://www.barrowboating.co.uk/small-craft/)

Loughborough Leisure Centre

Address: Browns Lane, Loughborough, LE11 3HE

Distance: 2.5 miles

[www.loughboroughleisurecentre.com](http://www.loughboroughleisurecentre.com)

Charnwood Museum and Queens Park

Address: Granby Street, Loughborough LE11 3DU

Distance: 2.5 miles

[www.charnwood.gov.uk/pages/charnwood\\_museum](http://www.charnwood.gov.uk/pages/charnwood_museum)

## Pubs, Bars & Nightclubs

The Wheatsheaf, Harvester (Restaurant/Pub)

Address: New Ashby Road, Ashby Road, Loughborough, LE11 4EX

Distance: 18.5 miles

[www.harvester.co.uk/restaurants/eastandwestmidlands/thewheatsheaflooughborough](http://www.harvester.co.uk/restaurants/eastandwestmidlands/thewheatsheaflooughborough)

The Priory (Restaurant/Pub)

Address: Nanpantan Road, Loughborough, LE11 3YD

Distance: 2 miles

[www.distinctiveinns.co.uk/locations/the-priory-nanpantan/](http://www.distinctiveinns.co.uk/locations/the-priory-nanpantan/)

Amber Rooms (Pub/Bar)

Address: 15 The Rushes, Loughborough, LE11 5BE

Distance: 2.5 miles

[www.jdwetherspoon.com/pubs/all-pubs/england/leicestershire/the-amber-rooms-looughborough](http://www.jdwetherspoon.com/pubs/all-pubs/england/leicestershire/the-amber-rooms-looughborough)

The Orange Tree (Pub/Bar)

Address: Bedford Square, Loughborough, LE11 2TP

Distance: 2.5 miles

[www.orangetreeloughborough.co.uk](http://www.orangetreeloughborough.co.uk)

The Kelso (Late Night Bar)

Address: 8-9 Ward's End, Loughborough, LE11 3HA

Distance: 2.5 miles

[www.thekelso.co.uk](http://www.thekelso.co.uk)

Revolution (Late Night Bar/Nightclub)

Address: 13-14 Baxter Gate, Loughborough, LE11 1TG

Distance: 2.5 miles

[www.revolution-bars.co.uk/bar/loughborough/](http://www.revolution-bars.co.uk/bar/loughborough/)

Echos Nightclub (Nightclub)

Address: 5 Biggin Street, Loughborough, LE11 1UA

Distance: 2.5 miles

[www.echosnightclub.co.uk](http://www.echosnightclub.co.uk)

# PROGRAMME Friday 11th October 2019

Time	Session	Location
09.30	<b>Arrival and Registration</b>	
10.15	<b>Medical and Poster Exhibition Opens</b>	
10.30	<b>Conference Opening</b> Juliet Shepherd, CMHP President	Turing
	<b>Theme: Creating Alignment and Alliances</b>	
10.45	<b>Chair's Introduction</b> Victor Adebawale, Turning Point	Turing
11.15	<b>Keynote Lecture: Changing minds? Making severe mental illness a greater political priority</b> Louise Forsyth, Rethink Mental Illness and All Party Parliamentary Group for Mental Health and Alex Kennedy, Rethink Mental Illness	
12.00	<b>CMHP Memorial Lecture</b> Dani Chadderton, Sheffield Health and Social Care NHS Foundation Trust	
13.00	<b>Satellite Symposium: "Antidepressants: Evolution and Mechanisms"</b> Janssen	Turing
	<b>Or Buffet Lunch with Medical Exhibition &amp; Poster Viewing</b>	
14.00	<b>Afternoon Workshops</b> (a choice of workshops running in parallel)	Rooms will be allocated on the day
	<b>Medicines for Pain: What's the Evidence?</b> Roger Knaggs, University of Nottingham and Primary Integrated Community Solutions Ltd	
	<b>Evolving Developments in the Management of Asthma and COPD</b> Dr Toby Capstick, Leeds Teaching Hospitals NHS Trust	
	<b>How to Build your Personal Brand, Influence and Develop your Career on LinkedIn</b> Saam Ali, Pharmacy Mentor	
	<b>Moving into Advanced Clinical Practice as a Pharmacist</b> David Gerrard, Northumberland Tyne & Wear NHS Foundation Trust	
	<b>Using Refine &amp; Define</b> Jonathan Kerr, Rx-Info	
	<b>Resilience</b> Thomas Thornber, The Christie	
15.30	<b>Refreshments with Medical Exhibition &amp; Poster Viewing</b>	
16.00	<b>CMHP Annual General Meeting</b>	Turing
17.30		
17.30	<b>Satellite Symposium: Developing the case for change: Facilitating greater patient access to LAIs</b> Otsuka	Turing
18.30	<b>Informal Dinner</b>	Burleigh Court

# PROGRAMME Saturday 12th October 2019

Time	Session	Location	
08.45	<b>Medical and Poster Exhibition Opens</b>		
08.30	<b>Conference Welcome</b> Juliet Shepherd, CMHP President	Turing	
	<b>Theme: Medicines Optimisation</b>		
08.45	<b>Chair's Introduction</b> Andrew Davies, NHS England and NHS Improvement	Turing	
09.00	<b>Pharmacy Practice Oral Presentations</b>	Turing	
	<b>1. An Advanced Pharmacist Practitioner and Independent Prescriber role in a Children and Young Person's Community Team</b> Stephen Wilson, Northumberland Tyne and Wear NHS Foundation Trust		
	<b>2. What we Learnt: Findings from the UK's First Home Office-licensed Drug-Checking Service</b> Amira Guirguis, Hertfordshire University and Roz Gittins, Addaction		
	<b>3. The Impact of Non-medical Prescribing on an Acute Psychiatric Inpatient Ward</b> Zuber E Patel, Lancashire Care NHS Foundation Trust		
	<b>4. A Pilot Project to Encourage Shared Decision Making (SDM): Patient Involvement in Medication Decisions (PINMED)</b> Azra Sumar, Leicestershire Partnership NHS Trust		
10.30	<b>Refreshments with Medical Exhibition &amp; Poster Viewing</b>		
11.00	<b>Research Lecture: Feasibility of Introducing Medication Adherence Rating Scale in Clozapine Clinic</b> Asta Prajapati, Norfolk and Suffolk NHS Foundation Trust	Turing	
11.40	<b>Keynote Lecture: Transforming Mental Health Rehabilitation Nationally</b> Sri Kalidindi, South London and Maudsley NHS Foundation Trust, NHS England and NHS Improvement		
12.20	<b>Keynote Lecture: Carter 2: Being a Cohort Member and its Impact on Mental Health Pharmacy Services</b> Ray Lyon, Sussex Partnership NHS Foundation Trust		
13.00	<b>Satellite Symposium: Developing an Integrated Depression Pathway: A Partnership Approach</b> Lundbeck Ltd	Turing	
	<b>Or Buffet Lunch with Medical Exhibition &amp; Poster Viewing and Judging</b>		
14.00	<b>Afternoon Workshops</b> (a choice of workshops running in parallel)	Rooms will be allocated on the day	
Alternatively 14.15 Repeated at 16.15	<b>Fitness class: Boxing Fitness</b> Darren Worrall, Phoenix Freestyle Retford Kickboxing Club - Avon Room	<b>Fitness class: Pilates Session</b> Harriet Rodgers, Sports Rehabilitator - Derwent Room	Burleigh Court
	<b>Medicines for Pain: What's the Evidence?</b> Roger Knaggs, University of Nottingham and Primary Integrated Community Solutions Ltd		
	<b>Becoming Influential</b> Mike Chitty, Realise Development		
	<b>How to Build your Personal Brand, Influence and Develop your Career on LinkedIn</b> Saam Ali, Pharmacy Mentor		
	<b>Moving into Advanced Clinical Practice as a Technician</b> Joanne Adair, North West Boroughs Healthcare NHS Foundation Trust		
	<b>Using Refine and Define</b> Jonathan Kerr, Rx-Info		
	<b>Aston Diploma Presentations</b> (until 16.00) Ian Maidment, Aston University		
15.30	<b>Refreshments with Medical Exhibition &amp; Poster Viewing</b>		
16.00	<b>Medical and Poster Exhibition Closes</b> (Please collect your posters immediately)		
16.15 - 17.15	<b>Fitness class: Boxing Fitness</b> Darren Worrall, Phoenix Freestyle Retford Kickboxing Club - Avon Room	<b>Fitness class: Pilates Session</b> Harriet Rodgers, Sports Rehabilitator - Derwent Room	Burleigh Court
19.00	<b>2019 CMHP Awards Dinner</b> Pre-dinner drinks at 19.00 followed by dinner and awards at 19.30	Bistro Burleigh Court	

## PROGRAMME Sunday 13th October 2019

Time	Session	Location
09.15	<b>Conference Opening</b> Juliet Shepherd, CMHP President	Turing
	<b>Theme: Life Stages</b>	
09.30	<b>Chair's Introduction</b> David Branford, NHS England and NHS Improvement	Turing
09.45	<b>Keynote Lecture: ADHD</b> Joe Kilgariff, Child and Adolescent Mental Health Services (CAMHS) NHS	
10.30	<b>Refreshments</b>	
11.00	<b>Keynote Lecture: Personality, Personality Disorder and Reducing Restrictive Interventions</b> Dr Jorge Zimbron, Cambridgeshire & Peterborough NHS Foundation Trust	Turing
11.45	<b>Keynote Lecture: Death, Dying &amp; End of Life Care</b> Dr Kate Harding, St Michael's Hospice Hereford & Wye Valley Trust	
12.30	<b>Closing Remarks: Conference Summary &amp; Farewell</b> Juliet Shepherd, CMHP President	Turing
13.00	<b>Conference Closes</b>	

Please note all speakers, content and timings are subject to change.