British Menopause Society
22nd Annual Conference
Shaping the Future of
Menopause Management
Thursday 5th - Friday 6th July 2012

Nurse Symposium
Wednesday 4th July 2012

Norton Park, Winchester

Invitation, programme
and registration
www.thebms.org.uk
Join us

and enjoy discounted delegate rates at the annual conference

The British Menopause Society ‘BMS’ is a registered charity and multi-disciplinary society. It is directed at the medical profession, with membership open to healthcare professionals and others specialising in post reproductive health.

The BMS was founded in 1989 and is committed to promoting optimal clinical management of the menopause and post reproductive health. It achieves this through raising awareness in all related matters through lectures, conferences, meetings, exhibitions and publications, including its journal, Menopause International.

Benefits of membership:
Our members are very important to us and, as a result, enjoy a wide range of membership benefits. These include:

• A copy of Menopause International, the Journal of the British Menopause Society, delivered quarterly
• A copy of the new BMS newsletter; delivered quarterly
• A free copy of the BMS publication, Management of the Menopause
• Copies of all BMS publications at discounted rates
• Preferential registration rates for the BMS Conference – the largest annual menopause conference in Europe
• Exclusive access to the BMS website members’ area which includes a members’ forum and topical and current research papers and articles

Membership is open to doctors, nurses, other health professionals and the health care industry, in the UK and overseas.

Register online www.thebms.org.uk
or call Caroline on +44 (0)1628 890199
Dear Colleague

**British Menopause Society – 22nd Annual Conference**

I am writing to invite you to join us at the British Menopause Society two-day 22nd Annual Conference.

Our Scientific Advisory Group, chaired by Tim Hillard, has produced an excellent programme which includes lectures; oral communications and posters; panel discussions and our Menopause Café, where you can put your questions to the experts over a cup of coffee.

We are pleased to welcome all our speakers. Topics include: New treatments in osteoporosis; Sex hormones and brain function; TSECS: the future of hormone replacement; Estrogen and bi-polar disorder; Breast cancer and HRT risk; Maintaining sexuality through the menopause; Alternative progestogen regimes; 65 and still on HRT – a problem?; ‘Estrogen & Cardiovascular disease – benefit or risk’

We are also delighted to welcome our speakers from as far afield as New York and Paris.

This year we have re-introduced a dedicated Nurse Symposium. This will take place on Wednesday 4 July and has been planned by Kathy Abernethy, who will also chair the session. We hope to welcome as many nurses as possible to this FREE two-hour session, which is followed by an informal buffet supper. Further details can be found on page three of this invitation.

It is good to be back in the South and hope that the venue – and the special delegate rate – encourages trainee GPs and Gynaecologists to join us.

I look forward to meeting you in Winchester and to a productive and enjoyable conference.

With best wishes

**Mr Nick Panay**

BMS Chairman
22nd Annual Conference

An educational meeting to bring you up to date with the latest on menopause issues and all aspects of post reproductive health. Presented by leading experts from the UK and internationally.

Who should attend?

Academics and students
Dieticians
GPs
Gynaecologists
Nutritionists
Pharmacists
Physiotherapists
Practice Nurses
Specialist Nurses
Trainees

and anyone allied to the health profession who has an interest in post reproductive health, from the UK and overseas.

Scientific Advisory Group

Tim Hillard and the scientific advisory group have put together a comprehensive and varied programme to include a keynote lecture; oral and poster presentations; and panel discussions.

Mrs Kathy Abernethy Senior Nurse Specialist, Harrow
Mr Tim Hillard Consultant Gynaecologist, Poole
Dr Kate Maclaran Clinical Research Fellow, Imperial College
Mr Nick Panay Consultant Gynaecologist, Chelsea & Westminster
Professor Janice Rymer Consultant Obstetrician & Gynaecologist, Kings College and Guy's & St Thomas’
Dr Jenifer Sassarini Clinical Research Fellow, Glasgow
Dr John Stevenson Consultant Physician & Endocrinologist, Royal Brompton Hospital, London & Reader in Metabolic Medicine, Imperial College
Dr Jane Woyka GP Associate Specialist, Harrow
British Menopause Society

The British Menopause Society (BMS) is a multi-disciplinary society for the medical profession. It was founded as a charity and society in 1989 to advance education in menopausal healthcare.

Our mission
• To increase awareness of post-menopausal healthcare issues
• To promote optimal management through educational events, publications and information dissemination.

The challenge of post reproductive health management is increasing
As most British women can expect more than 30 years of post reproductive life, the consequences for immediate and long-term healthcare are significant. We are committed to increasing awareness of these healthcare issues and promoting optimal clinical management of the menopause and beyond.

Our Medical Advisory Council comprises the leading international experts in post reproductive management, who are also instrumental in instigating scientific research and creating consensus statements and guidelines for health professionals.

British Menopause Society Membership
British Menopause Society Membership is open to healthcare professionals and others specialising in post reproductive health. Visit our website for further Membership benefits and details on how to join.

www.thebms.org.uk

FREE Pre-conference Nurse Symposium
Wednesday 4 July 2012
Afternoon session – Sponsored by MSD

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>1700</td>
<td>Registration and refreshments</td>
</tr>
<tr>
<td>1730</td>
<td>Welcome and introduction</td>
</tr>
<tr>
<td></td>
<td>Mrs Kathy Abernethy, Senior Nurse Specialist, Northwick Park Hospital, Harrow</td>
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<tr>
<td>1735</td>
<td>Prescribing issues in menopause</td>
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<td></td>
<td>Mrs Jan Brockie, Menopause Nurse Specialist, John Radcliffe Hospital, Oxford</td>
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<td>1805</td>
<td>Advanced nursing practice in menopause</td>
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<td></td>
<td>Mrs Debra Holloway, Gynaecology Nurse Consultant, Guy’s &amp; St Thomas’ Hospital, London</td>
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<tr>
<td>1835</td>
<td>Q&amp;A</td>
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<tr>
<td>1900-2030</td>
<td>Informal buffet supper</td>
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</table>

Nurse delegates wishing to attend the main two-day conference may do so at the reduced rate of £250, a reduction of £50.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Presenters/Speakers</th>
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</thead>
<tbody>
<tr>
<td>0900</td>
<td>Registration and refreshments</td>
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<tr>
<td>0930</td>
<td>Welcome and introduction</td>
<td>Mr Tim Hillard, Consultant Gynaecologist, Poole Hospital</td>
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<tr>
<td>0935-0955</td>
<td>Hot off the press</td>
<td>Mr Edward Morris, Consultant Gynaecologist, Norfolk &amp; Norwich Hospital, Norwich</td>
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<tr>
<td>0955-1100</td>
<td>Menopause and the brain</td>
<td>Chair: Mr Nick Panay, Consultant Gynaecologist, Queen Charlotte’s &amp; Chelsea Hospital, London</td>
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<tr>
<td></td>
<td></td>
<td>1005 What effects do sex hormones have on brain function?</td>
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<td></td>
<td></td>
<td>Professor Eef Hogervorst, Professor of Psychology, University of Loughborough</td>
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<td></td>
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<td>1025 Estrogens and bipolar disorder</td>
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<td></td>
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<td>Professor John Studd, Consultant Gynaecologist, The Lister Hospital, London</td>
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<td></td>
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<td>1045 Discussion</td>
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<td>1100-1130</td>
<td>Refreshments, posters and exhibition</td>
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<td>1130-1200 The BMS Lecture</td>
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<td>Chair: Professor Janice Rymer</td>
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<td></td>
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<td>RCOG recommendations for women’s health</td>
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<td></td>
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<td>Dr David Richmond, RCOG Vice-President Standards</td>
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<td></td>
<td></td>
<td>1200 Breast Cancer</td>
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<td></td>
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<td>Chair: Dr Heather Currie</td>
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<td></td>
<td></td>
<td>1200 What are the risks of HRT?</td>
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<td></td>
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<td>Miss Jo Marsden, Consultant Breast Surgeon, Kings College Hospital, London</td>
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<td>1230 Breast Cancer survivorship</td>
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<td>Dr Nuttan Tanna, Consultant Pharmacist, Northwick Park Hospital, Harrow</td>
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<td></td>
<td></td>
<td>1250 Discussion</td>
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<tr>
<td>1300-1400</td>
<td>Lunch, posters and exhibition</td>
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</table>
Programme – Day One
Thursday 5 July 2012
Afternoon session

1400-1500 Novo Nordisk Symposium
Urogenital atrophy – what dose?

Session 5
1500-1615 Clinical Conundrums – Session 1
Chair: Professor Shaughn O’Brien

1500 Psychosexual issues
Miss Claudine Domoney, Consultant Obstetrician & Gynaecologist, Chelsea & Westminster Hospital

1520 Lifestyle and diet for a healthy future
Mr Anthony Mander, Consultant Obstetrician & Gynaecologist, Oldham

1540 Urogenital symptoms around the menopause
Mr Christian Phillips, Consultant Obstetrician & Gynaecologist, Basingstoke & North Hampshire NHS Trust

1600 Discussion

1615-1640 Refreshments, posters and exhibition

Session 6 Debate
1640-1725 Women over 45 should have their ovaries removed at the time of hysterectomy
Chair: Mr David Sturdee

FOR: Mr Russell Luker, Consultant Gynaecologist, Gynae-oncology Department, Bath

AGAINST Mr Tim Hillard, Consultant Gynaecologist, Poole Hospital

1725 Close of Day One

1735-1815 BMS Annual General Meeting

1930 Reception

2000 Conference Supper

Speakers subject to confirmation
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Topic</th>
<th>Chair/Institution</th>
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<tbody>
<tr>
<td>0830</td>
<td>Registration</td>
<td>Registration and refreshments</td>
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<tr>
<td></td>
<td>Session 7</td>
<td>Does the HRT regimen matter?</td>
<td>Miss Sovra Whitcroft, Consultant Gynaecologist, Guildford</td>
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<tr>
<td>0900</td>
<td>Minimising Progestogenic side effects</td>
<td>Mr Nick Panay, Consultant Gynaecologist, Queen Charlotte’s &amp; Chelsea Hospital, London</td>
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<tr>
<td>0925</td>
<td>Impact of HRT regimen on VTE Risk?</td>
<td>Dr Marianne Canonico, Consultant Endocrinologist, Paul Brousse Hospital, Paris</td>
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<tr>
<td>0950</td>
<td>Discussion</td>
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<tr>
<td>1000</td>
<td>Session 8</td>
<td>The Pat Patterson Memorial Lecture</td>
<td>Dr John Stevenson</td>
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<tr>
<td>1030</td>
<td>Refreshments, posters and exhibition</td>
<td>TSECS: The future of Hormone Replacement?</td>
<td>Dr James H Pickar, Associate Professor of Obstetrics &amp; Gynaecology, Columbia University College of Physicians &amp; Surgeons, New York</td>
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<tr>
<td>1050</td>
<td>Session 9</td>
<td>Oral Presentations and Communications</td>
<td>Mr Martin Pitman, Consultant Obstetrician &amp; Gynaecologist, Royal Hampshire County Hospital, Winchester, Mrs Kathy Abernethy, Senior Nurse Specialist, Northwick Park Hospital, Harrow</td>
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<tr>
<td>1200</td>
<td>Session 10</td>
<td>Cardiovascular Disease</td>
<td>Mr Malcolm Whitehead</td>
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<tr>
<td>1200</td>
<td>HRT and CVD</td>
<td>Dr John Stevenson, Consultant Physician &amp; Endocrinologist, Royal Brompton Hospital and Reader in Metabolic Medicine at Imperial College London</td>
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<tr>
<td>1220</td>
<td>Androgens and CVD</td>
<td>Professor Giuseppe Rosano, San Raffaele Hospital, Rome, Italy</td>
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<tr>
<td>1240</td>
<td>Cardiovascular risk assessment</td>
<td>Professor Peter Collins, Professor of Clinical Cardiology, National Heart &amp; Lung Institute, Imperial College, Honorary Consultant Cardiologist, the Royal Brompton Hospital</td>
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<tr>
<td>1300</td>
<td>Discussion</td>
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<tr>
<td>1310</td>
<td>Lunch, posters and exhibition</td>
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</tbody>
</table>
Programme – Day Two
Friday 6 July 2012
Afternoon session

Session 11
1410-1510 MENOPAUSE CAFÉ

Topics:
• Contraception
  Dr Amanda Britton and Mrs Gilly Andrews
• POF
  Mr Mike Savvas and Dr Kate Maclaran
• Women with breast cancer
  Miss Joan Pitkin and Dr Jane Woyka
• Managing the menopause without hormones
  (Expert tbc)
• Role of androgen therapy
  Professor Janice Rymer
• PMS
  Professor Shaughn O’Brien and Mrs Claire Bellone

(All participants subject to confirmation)

Session 12
1510-1620 Clinical Conundrums – Session 2

Chair: Mr Keith Louden, Consultant Gynaecologist,
Royal Hampshire Hospital, Winchester

1510 Managing Perimenopausal bleeding
  Mr Nikolaos Burbos, Norfolk & Norwich Hospital, Norwich

1530 Women over 65 still on HRT – is there a problem?
  Miss Joan Pitkin, Consultant Gynaecologist, Northwick Park & St Mark’s
  Hospital, NWLH Trust, Honorary Senior Lecturer, Imperial College

1550 New treatments in Osteoporosis
  Dr John Stevenson, Consultant Physician & Endocrinologist,
  Royal Brompton Hospital and Reader in Metabolic Medicine
  at Imperial College London

1610 Discussion

1620 Prize giving, summary and close
  Mr Nick Panay

Speakers subject to confirmation
Meeting information

The Venue
Norton Park
Winchester
Hampshire
SO21 3NB

Hotel telephone: 01962 763000

Light and bright, the 4-star Norton Park hotel is set in 54 acres of peaceful grounds and has recently benefitted from a £14 million investment.

The hotel comprises 175 modern bedrooms, an 17th Century Tythe Barn and the Manor House with elegant furnishings, a real sense of grandeur and its very own orangery and walled-garden. Norton Park also boasts free internet access throughout the hotel, a restaurant, bar and lounge – and superb new leisure and spa facilities, including 10 new treatment rooms, a relaxation room and a nail bar.

Outside you can enjoy a stroll around the acres of grounds, explore the woodland walk or have a game of croquet. The historic city of Winchester with its magnificent cathedral and guided city walks and tours is just a short distance away.

Directions
Norton Park is situated 8 miles north of Winchester city and only minutes from the A34 and the M3 motorway, with easy access to the M4 and M27.

From the North (A34)
Turn off the A34 at Bullington Cross signposted A303, Andover & Basingstoke. Take the 2nd exit signposted Sutton Scotney. Take the first exit at the roundabout, signposted Micheldever and Norton Park is 1 mile on the left.

From the East (M3/A303)
Exit the M3 at junction 8 and follow the A34 intersection to Sutton Scotney. At Sutton Scotney take the first exit from the roundabout, signposted Micheldever and Norton Park is 1 mile on the left.

From the South (M3/A34)
Exit the M3 at Junction 9 onto the A34. Turn off the A34 at the first exit & follow signs to Sutton Scotney. Take the 2nd exit at both mini roundabouts towards Micheldever and Norton Park is 1 mile on the left.

From the West (A303)
Take the A303 from Andover and follow to the A34 intersection to Sutton Scotney. Take the first exit from the roundabout, signposted Micheldever and Norton Park is 1 mile on the left.

Car parking
Norton Park has 220 complimentary car parking spaces.

By rail
Winchester station – 8 miles
Andover station – 10 miles

Train times and routes
National rail enquiries – 08457 48 49 50
www.nationalrail.co.uk

By air
Southampton airport – 23 miles
Heathrow airport – 53 miles

Accreditation
The 22nd Annual Conference is accredited by the Faculty of Sexual and Reproductive Healthcare (FSRH) for 12 hours CPD/CME.

Abstracts
This meeting provides a key opportunity for oral or poster presentations on scientific work and research. Full guidelines on Abstract submissions are available with the Conference details at www.thebms.org.uk/meetings.php

Abstracts will be reviewed by the Scientific Advisory Group and considered for inclusion in the meeting programme. All accepted Abstracts will also be published in Menopause International, the Journal of the British Menopause Society.
Abstract Deadline
Wednesday 6 June 2012

Accommodation
Norton Park has set aside a limited number of bedrooms at a reduced rate of £92 including breakfast and VAT, especially for our meeting. Please phone hotel reservations direct – on 01962 763000 – if you would like to reserve overnight accommodation and quote ‘British Menopause Society Conference’. A list of other nearby hotels is available on request.

Conference Supper
Norton Park

Cost: £42 per head

The Conference Supper will be held in the Norton Suite.

1930 Drinks reception
2000 Supper

Menu
Drinks reception
***
Tomato & Soft Herb Chowder, Watercress & Crème Fraiche

Mozzarella, Vine Tomato & Basil Salad, Balsamic Dressing – Vegetarian option
***
Pan-fried Fillet of Pork & slow-cooked Pork Belly, Apple Fondant Potato, Green Beans & Cider Jus

Smoked Cheddar Cheese Tart, Apple Fondant Potato, Green Beans & Cider Jus – Vegetarian option
***
Raspberry Crème Brulee with Chocolate Cookie
***
Freshly-brewed Coffee & Candies

Other special dietary requirements catered for.

Exhibition
There will be a Medical Exhibition running alongside the meeting.
**Terms and conditions:**
Delegate places are only guaranteed upon written confirmation. Registration fee includes registration for the 22nd Annual Conference, lunch and daytime refreshments. Refunds for cancellations will only be given before 6 June 2012.

Substitutions can be made at any time without charge. Acceptance is at the discretion of the event organiser. In the event that BMS cancels the meeting, liability will be limited to registration fees already paid to the Society for the meeting.

**Registration**

**Online registration:**
Register via secure transaction online at [http://www.thebms.org.uk/meetings.php](http://www.thebms.org.uk/meetings.php)

**Postal registration:**
Please complete the registration form and return it with your cheque (made payable to British Menopause Society) or credit/debit card information to:

22nd Annual Conference  
British Menopause Society  
4-6 Eton Place  
Marlow  
SL7 2QA  
UK

**Further information:**
Website: [www.thebms.org.uk](http://www.thebms.org.uk)

Email: admin@thebms.org.uk

Telephone: Caroline on +44 (0)1628 890 199
Shaping the Future of Menopause Management
22nd Annual Conference, Winchester, 5-6 July 2012
also
FREE Pre-conference Nurse Symposium 4 July 2012
Registration form – Fee and Conference Supper reservation

Please complete both sides of the form and return to the BMS.
Please use a separate sheet to provide the credit card holder’s name and address, if different from information provided on the form below.

Name (as it should appear on your badge/certificate). Please print clearly.

Address: Work/Home (please specify)

Town ___________________________ Postcode ______________

Daytime telephone

Email address

Special dietary requirements

How did you hear about the BMS Annual Conference?

Please indicate your profession:
Consultant ☐  GP ☐  Nurse ☐  Trainee† ☐  Other health professional* ☐
Pharmaceutical industry* ☐  *Please specify

☐ I would like to continue to receive relevant information and correspondence from the British Menopause Society and carefully selected partners (please tick)

☐ I would like to receive information regarding membership of the British Menopause Society (please tick)

† Please accompany your registration with an approved letter signed by your head of department or college tutor
BMS Member please tick appropriate box
Nurse £250   Doctor/Other £295   GP Trainees and O&G Trainees £195†

Non-BMS Member please tick appropriate box
Nurse £300   Doctor/Other £340   GP Trainees and O&G Trainees £215†

One day only please tick appropriate box
BMS Member – one day £150
Non-BMS Member – one day £165
GP Trainees and O&G Trainees† – one day £100

† Please accompany your registration with an approved letter signed by your head of department or college tutor

FREE Nurse Symposium – Wednesday 4 July
Attending (tick)   Number

There will be six topics covered in the Menopause Café. You can move around from table to table and topic to topic. Please indicate which of the three sessions you would like to participate in during the Menopause Café. Note: please choose your session topics – and in the order you will participate – by indicating 1, 2 and 3 in the appropriate boxes.

- Contraception
- POF
- Women with breast cancer
- Managing the menopause without hormones
- Role of androgen therapy
- PMS

See page 7 for more Menopause Café details

Conference Supper – 5 July
Number of tickets required @ £42 pp   Total cost £

Dietary requirements for supper and meeting please tick appropriate box
Vegetarian   Vegan   Other   Please specify

Registration fee: £ + Conference Supper: £   Total: £

Receipts and acknowledgements will be issued prior to the event.

Payment by cheque:
I enclose payment of £ by cheque made payable to: British Menopause Society

Payment by credit or debit card: I would like to pay by: Visa / Mastercard / Amex / Switch / Delta
(please delete as applicable)

Number  Expiry date  Security code*  Issue No. (Switch only)

*This is the 3 digit code in the signature area on the back of your card (or 4 digit for Amex on the front of card).

Name on card

Card holder’s signature

Please use a separate sheet to provide the cardholder’s name and address, if different from information provided on the form overleaf. Please complete both sides of form and return to: BMS 22nd Annual Conference, 4-6 Eton Place, Marlow, SL7 2QA, UK
## Dates for your diary

### BMS Women’s Health Meetings 2012

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Type of meeting</th>
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<tbody>
<tr>
<td><strong>Women’s Health Meetings</strong></td>
<td></td>
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<tr>
<td>Thursday 20 September</td>
<td>Southend</td>
<td>One-day meeting</td>
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<tr>
<td>Thursday 4 October</td>
<td>Bexley</td>
<td>One-day meeting</td>
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<tr>
<td>Thursday 18 October</td>
<td>Guildford</td>
<td>One-day meeting</td>
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<td>Friday 9 November</td>
<td>Glasgow</td>
<td>One-day meeting</td>
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<td>Thursday 22 November</td>
<td>Stoke-on-Trent</td>
<td>One-day meeting</td>
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<td>Wednesday 28 November</td>
<td>Leeds</td>
<td>One-day meeting</td>
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<td><strong>Menopause Masterclass</strong></td>
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<td>Wednesday 14 March</td>
<td>Marlow</td>
<td>Half-day (pm) meeting</td>
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<td>Saturday 19 May</td>
<td>Carlisle</td>
<td>Half-day (am) meeting</td>
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<td><strong>FSRH/BMS Special Skills Modules</strong></td>
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<td>Thursday 24 &amp; Friday 25 May</td>
<td>Reading</td>
<td>Two-day meeting</td>
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<tr>
<td>Monday 12 &amp; Tuesday 13 November</td>
<td>Manchester</td>
<td>Two-day meeting</td>
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<tr>
<td><strong>RCOG/BMS ATSM</strong></td>
<td>RCOG</td>
<td>Two-day meeting</td>
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<td>Monday 19 &amp; Tuesday 20 November</td>
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<tr>
<td><strong>Women’s Health Concern Annual Symposium</strong></td>
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<tr>
<td>Early December</td>
<td>London</td>
<td>One-day meeting</td>
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For more information please call Caroline.
Telephone: +44 (0)1628 890 199
Email: admin@thebms.org.uk

or look at the meetings page on the BMS website
Website: [www.thebms.org.uk/meetings](http://www.thebms.org.uk/meetings)

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