| CERTIFICATEOf ATTENDANCE |
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| Credit: 2plus hours of CPD | Issued By | AStretch Team | Date |19th Nov – 19th Dec |
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| Reflections / Notes: |
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| Lessons learnt: |
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| Applications to Practice/ Plans: |
| 19:00 Opening Remarks Claire Harris, AStretch Chair19:05 A National Survey of the Utilisation & Experience of Hydrotherapy in the Management of AxSpA: The Pt Perspective MM, AG, CJ19:15 The results of the hydrotherapy survey and impact on service: The PTt & Pt Perspective MM, AG, CJ19:25 Hydrotherapy survey Q&As Claire Jeffries & Mel Martin19:35 Documentary “In My Bones” Beecam Productions20:05 Axial Spondyloarthritis Know-How: Setting up & evaluating a self-management education & exercise programme Mel Martin20:15 ASK Q&A Mel Martin 20:25 Fatigue Management Dr Jane Martindale20:35 Exercise and impact on well-being: how to get people to exercise Claire Jeffries20:45 Exercise Q&As Claire Jeffries 20:55 Closing Remarks Will Gregory |

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