

Extracurricular activities

This year the Autumn meeting will see a lot going on during breaks, and before and after the sessions under the team *much more than a medical conference!*

Wednesday 14th - Friday 16th November

Get up, get moving, get inspired! break activities facilitated by Professor Dawn Skelton

Delegates will be encouraged to get up and moving by joining in activities in the exhibition hall during the breaks including stretches, tai chi and giant puzzles.

If you have an idea for an activity please get in contact by emailing registrations@bgs.org.uk

Wednesday 14 November

18.00 Drinks Reception, ExCel Platinum Suite Level 2

Take this opportunity to catch up with your colleagues and meet other delegates from around the UK and overseas attending the conference. Guests will be treated to drinks and nibbles and meet the Co-Chairs of the newly formed GeriGPs group, Maggie Keeble and Eva Kalmus.

Open to delegates who have indicated their attendance during registration

18.15 Walking tour London Docklands

Enjoy a relaxing and informative walk around the historic London Docklands. The route will cover the Royal Victoria Dock, the site of the 2012 Olympic Games, the Crystal, the Cable Car and then cross over via the footbridge to Silvertown, the new Thames Barrier Park and down to the Thames Barrier. The history and redevelopment of the docks will be explained along the route.

Delegates who've indicated their interest to attend should meet the tour guides at 18.15 in front of the entrance doors of the ExCeL Platinum Suite Level 1

Thursday 15 November

All-day Fringe

Borne from the question "could humanities help us resist the inhumanities of life in hospital?" the fringe explores how the humanities can positively impact on the working lives of geriatricians, the MDT and patients. Make the most of this novel experience alongside the traditional educational content of the conference. The fringe will take place during scheduled breaks in the conference and will include inspiring displays, installations, sessions and activities addressing a wide variety of relevant topics.

08.00 Policy breakfast, ExCeL Platinum Suite 5/6

Would you like to learn more BGS's work to influence health and social care policy at a national level, or become involved in shaping it? The Policy Breakfast offers the opportunity to do just that. We would like to increase member engagement in our policy influencing work. We will be discussing why and how we engage in policy and influencing activity, our key messages, and how you can become more involved, without any overly onerous commitments on your time.

13.00 CANH: ethics, law and new guidelines clinic, ExCeL Platinum Suite 5/6

Meet and Greet: Veronica English and Ruth Law, Project leads at the British Medical Association, will be available during lunch for questions and discussion prior to the afternoon Ethic and Law

session. Decisions about clinically assisted nutrition and hydration (CANH) are some of the most clinically, ethically, and legally challenging decisions to make in medical practice. In November, the British Medical Association (BMA) and the Royal College of Physicians

All delegates are invited to drop by and no pre-registration is required.

18.30 Conference evening reception, The Crystal London

This year evening reception has something for everyone, conference delegates and their friends and partners alike! The conference evening reception will commence at 18.30 with a short drink reception. It will be followed by a light finger food buffet, entertainment, music, and dancing. The evening reception will provide attendees with opportunities to network with colleagues and friends in an informal and fun atmosphere. The interactive entertainment is designed to act as icebreaker to encourage attendees to mingle and meet people. Activities will include;

- A Treasure Hunt
- HCOP 'Speed Dating' (a networking and learning opportunity)
- Live Music and dancing
- A Silent Disco
- Access to an exhibition area about the future of cities which is highly interactive. More info on the exhibition can be found here: <https://www.thecrystal.org/visit-the-exhibition/>

Attendees are welcome to drop by to start their evening before heading in Central London or stay for the whole evening until the event ends at 9:30pm. We encourage attendees to invite their partners and friends to attend as well. It is not designed as a 'geriatricians only' night. Prepaid tickets will be required. Ticket price include 2 drinks per person and food (canapes and bowl food that will be served throughout the evening). The dress code is smart casual.

Friday 16 November

07.30 Social run, ExCeL Platinum Suite entrance

Give your mind and your body a challenge and join likeminded colleagues for this 5k run around the docklands. There will also be a competition for the best photo tweeted during the run using the hashtag #BGScnf. The winner will receive a complimentary registration to the BGS meeting of their choice.

Indicate your interest to participate on your registration or by emailing conferences@bgs.org.uk if you have already registered for the meeting

Volunteering opportunities

We are looking for volunteer medical students who are interested in or considering a career in geriatric medicine to assist in the daily running of our annual meetings. Responsibilities includes assisting with registration, greeting and directing attendees to key points, providing microphone support during Q & A sessions in presentations. The opportunity to observe the sessions and meet with geriatricians is invaluable when deciding whether to pursue geriatric medicine as a specialty. Benefits also includes contact with current Geriatric healthcare professional and a certificate of contribution for CV/portfolio. Interested candidates should visit www.bgs.org.uk for more details and list of events. Reasonable travel costs will be reimburse & subsistence at the event is offered.

BGS Autumn Meeting Evening Reception

15th November 2018

The Crystal London

Royal Victoria Dock, One Siemens Brothers Way, London E16 1GB

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Green wall lounge

18.30 Arrival Drinks & Live Music

18.50 Welcome Speeches

Eileen Burns, BGS President & Tahir Masud, BGS President-elect

19.00-21.00 Live music

Band tbc

19.50 Medals ceremony

BGS and Marjory Warren Medallists

21.30 Close of event

Pumpkin lounge

19.00 'HCOP Speed dating

Networking activity bringing together healthcare professionals to share ideas and expand their networks of contacts and resources

20.10 Silent Disco

Send your songs suggestions to registrations@bgs.org.uk

Exhibition

19.00 Treasure hunt

Follow the clues in the exhibition to find the treasure. The first team to find it takes it home. Recommended team size is 2-3 people. We will match you with other participants if you do not have a team

19.00 - 21.20 Free access to the interactive exhibition space for guests. See a BGS staff member for direction to the start of the exhibition.

Prepaid tickets will be required. Ticket are £35 and include 2 drinks per person and food (canapes and bowl food that will be served throughout the evening). Purchase ticket during your registration. If you are already registered, email conferences@bgs.org.uk to add your ticket(s).