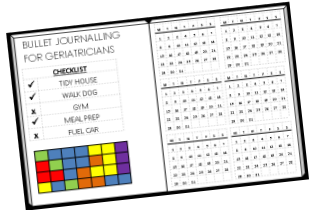


# SESSIONS

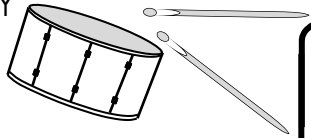
1100  
**BULLET JOURNALLING  
FOR GERIATRICIANS**



WITH BGS FRINGE TEAM

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1130

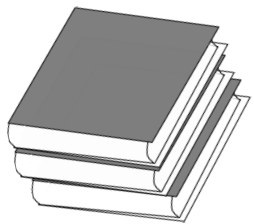
1300  
**HEARING AIDS, AUDIOLOGY & DRUMMING**  
WITH ALEXANDRA LYND SAY



1500  
**PERFORMING MEDICINE**



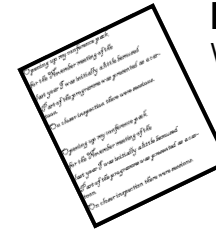
1645  
**PHOTOGRAPHY COMPETITION RESULTS**



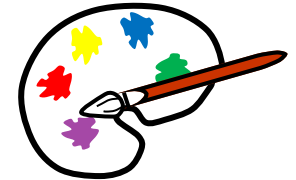
1700-END  
**BOOK CLUB WITH THE END IN MIND**  
WITH BGS FRINGE TEAM



# EXHIBITION AREA



**LIMERICK**  
WITH LUCY JONES



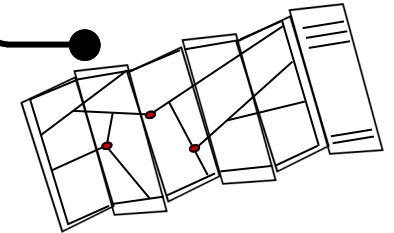
**ARTWORK**  
WITH JESSICA PINTO



**AUDIOLOGY**  
WITH ALEXANDRA LYND SAY

**PHOTOGRAPHY  
COMPETITION DISPLAY**

**THOUGHT MAP**  
WHAT I FEEL ABOUT AGING



**WHATS CAUGHT YOUR ATTENTION  
&  
MADE AN IMPACT**  
IN THE LAST 24 HOURS

# SESSIONS

## **11:00 Bullet journaling for geriatricians**

Perfect for list lovers and note takers. And those who want to use their phone less. Bullet journaling is a life organisation system with a difference

## **11:30 Gaming**

Come and join us for games of uno, dobbie and bananagrams. Learn the rules and take some joy back to your wards. Games will be left out all day

## **13:00 Audiology and drumming: think pink project**

Come and join in with some hand drumming! The Think Pink project between Senior Adult Medical Services and Audiology at Ashford & St Peter's Hospitals highlights communication problems and seeks to help address the common problem of lost hearing aids on wards.

## **15:00 Performing medicine**

Performing Medicine exists to support health professionals to provide high-quality, compassionate care. We pursue this mission through arts based training and courses, research, advocacy and public events. Through practical exercises and lateral-learning techniques, we nurture the flexibility, adaptability and responsiveness required to thrive within demanding healthcare environments.

## **17:00 Book Club**

Join us to discuss "With the end in mind" by Kathryn Mannix

# EXHIBITIONS

## **The MDT by Lucy Jones**

An MDT-themed limerick

## **Artwork by Jessica Pinto**

Embroidered textile and written composition inspired by my first home visit

## **Audiology and drumming: think pink project**

See information under sessions

## **Photography competition display**

Come and see the entries for our competition challenging perceptions of ageing #nomorewrinklyhands

## **Thought map "How I feel about ageing"**

Whats it's like to be 100?

We present a selection of quotes from centenarians explaining how they feel about being 100. After reading them we ask you to reflect on how you feel about ageing and contribute to a thought map.

## **What's caught your attention and made an impact on you in the last 24hrs**

Come and contribute to our interactive display, share what's made an impact on you in the last 24hrs and learn from others' experiences