

# #EndPJparalysis

GET UP, GET DRESSED,  
GET MOVING

7th Global Summit

8th & 9th July 2026



Hosted by Prof Lynda Holt and Prof Brian Dolan OBE

[REGISTER NOW](#)

**Braver**  
Leaders



## About The Summit:

**Reducing deconditioning is about education, support and great leadership. In the 8th year of this Summit, you'll experience an eclectic mix of speakers, all sharing their wisdom, creating the opportunity to ask questions and helping you build your peer networks.**

**We know deconditioning is exacerbated (or even caused) by hospital admission, and we've already seen and heard lots about the great work happening to combat it AND there is always more to do, in hospitals, in our communities and in people's homes.**

**We also know that deconditioning is not just an older person's issue. It's also time to think about how we support younger people, those living with cancer or who have suffered trauma, and think about chronic illness.**

**The Summit will bring people together from across the world to share best practice, to explore the research, case studies and to understand the lived experience and impact of deconditioning.**

**Expect a wide range of clinical presentations as well as leadership discussions and perspectives on looking after those in the caring professions.**

**We hope that you get exactly what you need from this year's summit.**

*Lynda Holt & Brian Dolan OBE*



08.00hrs BST  
17.00hrs AEST  
03.00hrs EDT

**Opening Address**



**LYNDA HOLT & BRIAN DOLAN**

CEO & Director, The Braver Group



08.30hrs BST  
17.30hrs AEST  
03.30hrs EDT

**The Discomfort of Disagreement**

**CHRIS TURNER**

TBC



09.00hrs BST  
18.00hrs AEST  
04.00hrs EDT

**The Dementia Practice Educator  
Deconditioning (DPED) pilot**

**GETH LOMAX-JONES**

Dementia Practice Educator, Betsi  
Cadwaladr University Health Board



09.30hrs BST  
18.30hrs AEST  
04.30hrs EDT

**Deconditioning Prevention at  
Wirral University Teaching  
Hospital NHS Foundation Trust**

**HANNAH HUNTER & HELEN KENNEDY**

Clinical Lead Occupational Therapist, Wirral University Teaching Hospital



10.00hrs BST  
19.00hrs AEST  
05.00hrs EDT

**Preventing Deconditioning in the  
Community: A Spinal Perspective on  
Ageing Well**

**SHREEDHAR ARANGANATHAN**

TBC



10.30hrs BST  
19.30hrs AEST  
05.30hrs EDT

**Preventing deconditioning with  
virtual wards**

**ALEXANDRA JAMES**

TBC





11.00hrs BST  
20.00hrs AEST  
06.00hrs EDT

Bridging the gap between inpatient and community rehabilitation services

GILLIAN PADGHAM & SARAH EMANUELE

TBC



11.30hrs BST  
20.30hrs AEST  
06.30hrs EDT

Introducing Regular Resistance Training on Community Hospital Ward

BENJAMIN STURROCK

Advanced Clinical Practitioner, Herefordshire and Worcestershire Health and Care NHS Trust

12.00hrs BST  
21.00hrs AEST  
07.00hrs EDT

GET UP AND GET MOVING!



12.30hrs BST  
21.30hrs AEST  
07.30hrs EDT

TBC

BRIAN DOLAN

Director, The Braver Group

13.00hrs BST  
22.00hrs AEST  
08.00hrs EDT

"You will need a chair, mate": Families & Deconditioning

RICHARD LEE

CEO St John Ambulance Cymru



13.30hrs BST  
22.30hrs AEST  
08.30hrs EDT

Keeping Frail Patients Safe at Home overnight

RACHEL WILLIAMS

Divisional Director of Emergency South Warwickshire University Foundation Trust & George Elliott Hospital Trust



14.00hrs BST  
23.00hrs AEST  
09.00hrs EDT

**The Determinants of Making a Difference**

**LIZ SMITH**

Project lead for personalised cancer care/physiotherapist,  
University Hospitals Dorset NHS Foundation Trust



14.30hrs BST  
23.30hrs AEST  
09.30hrs EDT

**System Change Through Therapy Clusters**

**REBECCA MARR & SUE HARRINGTON**

TBC



15.00hrs BST  
00.00hrs AEST  
10.00hrs EDT

**TBC**

**LYNDA HOLT**

CEO The Braver Group



15.30hrs BST  
00.30hrs AEST  
10.30hrs EDT

**Improving patient outcomes with culture change**

**JAYLYNN WIEST, NICOLE DIPPENAAR, ERIKA KEITH & ADEDAMOLA ONIBOKUN**

Occupational Therapist, Physiotherapist, Occupational Therapist & Physiotherapist, Alberta Health Services



16.00hrs BST  
01.00hrs AEST  
11.00hrs EDT

**GET UP AND GET MOVING!**





16.30hrs BST  
01.30hrs AEST  
11.30hrs EDT

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17.00hrs BST  
02.00hrs AEST  
12.00hrs EDT

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17.30hrs BST  
02.30hrs AEST  
12.30hrs EDT

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18.00hrs BST  
03.00hrs AEST  
13.00hrs EDT

Revealed patient preferences  
in prehabilitation

PATRICIA O'KRAFKA

Program Manager, Alberta Health Services, PhD student



18.30hrs BST  
03.30hrs AEST  
13.30hrs EDT

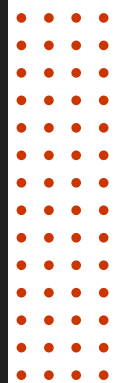
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19.00hrs BST  
04.00hrs AEST  
14.00hrs EDT

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19.30hrs BST  
04.30hrs AEST  
14.30hrs EDT



GET UP AND GET MOVING!

20.00hrs BST  
05.00hrs AEST  
15.00hrs EDT

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20.30hrs BST  
05.30hrs AEST  
15.30hrs EDT

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21.00hrs BST  
06.00hrs AEST  
16.00hrs EDT

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21.30hrs BST  
06.30hrs AEST  
16.30hrs EDT

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22.00hrs BST  
07.00hrs AEST  
17.00hrs EDT

The story so far

LYNDA HOLT & BRIAN DOLAN

CEO & Director, The Braver Group



END DAY ONE



07.00hrs BST  
16.00hrs AEST  
02.00hrs EDT

### Opening Session

**BRIAN DOLAN**

Director, The Braver Group

07.30hrs BST  
16.30hrs AEST  
02.30hrs EDT

**TBC**

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08.00hrs BST  
17.00hrs AEST  
03.00hrs EDT

**TBC**

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08.30hrs BST  
17.30hrs AEST  
03.30hrs EDT

**TBC**

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09.00hrs BST  
18.00hrs AEST  
04.00hrs EDT

**TBC**

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TBC

09.30hrs BST  
18.30hrs AEST  
04.30hrs EDT

### Co-designing strategies to address deconditioning for acutely hospitalised older adults: a group concept mapping approach

**LISA ROBINSON**

AHP Consultant – The Newcastle upon Tyne Hospitals NHS Foundation Trust and Visiting Fellow – Northumbria University, UK





10.00hrs BST  
19.00hrs AEST  
05.00hrs EDT

**GET UP AND GET MOVING!**

10.30hrs BST  
19.30hrs AEST  
05.30hrs EDT

**Enhancing Early Safe Mobilisation Through HCA: A Pilot Study on an Elderly Care Ward**

**IONELA BALAN**

Clinical Specialist Physiotherapist, Joint Team Lead, Older Person's Therapy, Salisbury NHS Foundation Trust



11.00hrs BST  
20.00hrs AEST  
06.00hrs EDT

**"Attempt to Escape from Alcatraz": Empowering People with Parkinson's in Hospital to Prevent Deconditioning**

**GEORGINA JONES**

Senior Care Adviser, Parkinson's UK

11.30hrs BST  
20.30hrs AEST  
06.30hrs EDT

**Students at the Front Door: Utilising a group model of Occupational and Physiotherapy students to address deconditioning at the front door**

**RUSSELL PAYNE & LUCY MILLER**

TBC



12.00hrs BST  
21.00hrs AEST  
07.00hrs EDT

TBC

**BRIAN DOLAN**

Director, The Braver Group

12.30hrs BST  
21.30hrs AEST  
07.30hrs EDT

**The impacts of a Dance for Health Programme on preventing psychological deconditioning for patients in an acute hospital setting**

**KEELY BIRCH & SADIE HUNT**

Prevention of Deconditioning Team Lead, Bedford Hospitals NHS Trust





13.00hrs BST  
22.00hrs AEST  
08.00hrs EDT

**TBC**

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13.30hrs BST  
22.30hrs AEST  
08.30hrs EDT

**Making Out of Bed the Norm  
and In Bed the Exception**

**HAYLEY WHITE**

Physiotherapist , University Hospitals Birmingham NHS FT



14.00hrs BST  
23.00hrs AEST  
09.00hrs EDT

**Shaping a Reconditioning Culture in  
Acute Care - A quality improvement  
project**

**ELLEN DEWHURST & MADHAVI PADALA**

TBC

14.30hrs BST  
23.30hrs AEST  
09.30hrs EDT

**GET UP AND MOVING SESSION LED BY  
KYNA RICHARDSON**



15.00hrs BST  
00.00hrs AEST  
10.00hrs EDT

**TBC**

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TBC



15.30hrs BST  
00.30hrs AEST  
10.30hrs EDT

**TBC**

**TBC**

16.00hrs BST  
01.00hrs AEST  
11.00hrs EDT

**TBC**

**TBC**  
**TBC**



16.30hrs BST  
01.30hrs AEST  
11.30hrs EDT

**DEWI - the development and implementation of the Deconditioning Early Warning Indicator**

**RACHEL TAYLOR & SIOBHAN LEWIS**

Assistant Director, National 6 goals programme for Urgent & Emergency Care, & Consultant Geriatrician, Cardiff & Vale UHB;  
National Clinical Lead for Frailty in Urgent & Emergency Care



17.30hrs BST  
02.30hrs AEST  
12.30hrs EDT

**TBC**



**LYNDA HOLT**  
CEO, The Braver Group

18.00hrs BST  
03.00hrs AEST  
13.00hrs EDT

**TBC**

**TBC**  
**TBC**





18.30hrs BST  
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04.00hrs AEST  
14.00hrs EDT

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19.30hrs BST  
04.30hrs AEST  
14.30hrs EDT

Closing Session

LYNDA HOLT & BRIAN DOLAN  
CEO & Director, Health Service 360



# BRAVER LEADERS

It's easy to feel small, powerless even, when faced with organisational bureaucracy, history, and habit; but it is the people we work next to everyday that have the biggest impact on how our workplace feels.

Leadership is not about a job title or role and whether we realise it or not, we all lead, we all impact each other's wellbeing, and we all have control over how we show up and behave.

It takes courage to show up for the people and things that matter to you, to explore what's possible and to act with kindness. This is how we create the health systems we want to work in.

Often, we need a bit of help, or a community to support us, Braver Leaders is that community.

**Coming soon – Lynda will be hosting bite-sized learning and group discussions, supporting you as change activists to be braver leaders.**

**You can join now on <https://www.facebook.com/groups/braverleaders>**



Holt & Dolan 2018



Watch some great talks on deconditioning, leadership and wellbeing from previous Summits.

Join the #EndPjparalysis community  
[www.endpjparalysis.org/](http://www.endpjparalysis.org/)

Health Service 360 is an award-winning development consultancy founded by Prof. Lynda Holt and Prof. Brian Dolan OBE in 2001. Over the last 21 years they have helped 1000's of health professionals to lead well, change practice and put patients first. Our team is made up of clinicians, leaders and subject experts and coaches, who all have a thorough understanding of health sector culture, and most have worked in leadership roles in healthcare.

Connection is key to change, as well as an innate need to contribute. Drawing on Dolan & Holt's tried and tested change and leadership models TODAY & I CARE, our experience of local and global change campaigns and our dislike of rhetoric and theory for its own sake, we promise you practical, sustainable development solutions.

[www.healthservice360.co.uk](http://www.healthservice360.co.uk)

Key areas of expertise include:

- Developing Braver Leaders
- Creating sustainable change
- Improving patient experience by valuing time
- Coach individuals and teams
- 360 feedback for the health sector





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