



## **Welcome information for BritSpine 2016 Delegates**

### **Main Scientific Congress 6th-8th April**

Cadaver Workshop & Masterclass 5th April

Patients' Afternoon 8th April

Improving Spinal Care Project 8<sup>th</sup> April

We are delighted you will be joining us for the BritSpine biennial conference in Nottingham in April 2016 and have prepared some notes to assist you. If you have any additional enquiries, please do not hesitate to contact Archer Yates at the contact details included within.

### **LOCATION**

#### **Cadaver Workshop - 5th April (Registered Delegates only **FULL CAPACITY**):**

Queens Medical Centre  
School of Life Sciences  
Room E143, Medical School  
Derby Road  
Nottingham NG7 2UH

The Anatomy Teaching Suite is based on E floor of the Medical School within the University of Nottingham QMC site. E floor can be accessed directly by using the lifts in West Block by the Main Entrance to QMC or via the South Block lifts. Alternatively, the Medical School has its own set of lifts by the Medical School Main Entrance. The location of the lab is highlighted in red on the floor plan of the Medical School site.

Car parking is available in Carpark 3 @ £6.00 for the day, or there is tram that runs from the city centre to the QMC, which is £ 3.70 for a day ticket and a ticket can be purchased at the tram stop.

#### **Masterclass 5th April 2016:**

##### **Adams Room Level 2 (Registered Delegates only)**

**If you would like to attend this session please contact the Archer Yates team at the contact details at the bottom of the page £75.00 + VAT).**

Nottingham Conference Centre  
Burton Street  
Nottingham NG1 4BU

#### **Main Scientific Congress 6th – 8th April 2016**

Nottingham Conference Centre  
Burton Street  
Nottingham NG1 4BU

## **Conference Dinner 7th April 2016 (Delegates who have purchased tickets only):**

Colwick Hall Hotel

Colwick Park

Racecourse Road

Nottingham NG2 4BH

*Dress Code is Smart Dress/Lounge Suit*

Coaches have been organised to pick up from the Nottingham Conference Centre at 19.30 to take all delegates to Colwick Hall, with a return journey back to the Nottingham Conference Centre from 23.30-01.00 for delegates to make their way back to their hotels.

For more information on venues and locations, please click [Queen's Medical Centre](#), [Nottingham Conference Centre](#) and [Colwick Hall](#).

## **PRESENTATION UPLOADS**

### **Are you presenting a podium presentation?**

All accepted presenters will already have been notified by email and are now listed in the programme. There will be a minimum of 6 abstracts presented in each section. All podium presentations will be strictly limited to 6 minutes with 4 minutes Q&A. Special poster presentations will be strictly limited to 3 minutes with 2 minutes Q&As.

Upon arrival at the Nottingham Conference Centre, please head straight to the registration desk located on level 1 to pick-up your name badge. From there you will be directed to the AV team in the Green Room who will upload your presentation from a memory stick to the show laptop. Please arrive no less than 2 hours prior to your presentation time.

### **Are you presenting a poster presentation?**

As part of your acceptance, you or a co-author, **MUST** be present at the refreshment breaks in order to answer any questions from the marking team.

## **POSTER GUIDANCE**

- Each poster must be **maximum** AO size (not exceeding 841mm (33") wide x 1189mm (46.8") high).
- Each poster must be produced in portrait format (landscape is not acceptable).
- Each poster must be produced on material that will easily attach to the poster board with Velcro which you must provide.
- Lamination of posters is recommended, but this is optional.
- Each poster must include the title, the name of the presenter and author(s), as well as institution.
- Font size at least 16pt must be used - anything below this can make it hard to read from a distance.
- Do not use a dark background.
- Posters will be displayed for the duration of the conference.
- There is no requirement for you to remain with your poster, but you should be available during intervals in order to answer any questions.
- All posters must be removed at the end of the specified day of the conference. If your poster is not taken down at the end of the meeting, it will **NOT** be returned to you.

## CAR PARKING

Please note there is **NO** onsite parking at the Nottingham Conference Centre. Please see below for nearest car parks:

### Talbot Street Car Park

Height restriction 1.9m. The nearest car park is Talbot Street Car Park. The rates for parking are £7.50 for a day rate and £9.50 for 24 hours. Payment is made at Nottingham Conference Centre Reception on the day of your event. Please visit NCC reception anytime during the day to make payment, but please ensure it is before 1730.

[www.q-park.co.uk/parking/nottingham/q-park-talbot-street](http://www.q-park.co.uk/parking/nottingham/q-park-talbot-street)

### Forest Park and Ride

[http://en.parkopedia.co.uk/parking/carpark/the\\_forest\\_park\\_and\\_ride/ng7/nottingham/](http://en.parkopedia.co.uk/parking/carpark/the_forest_park_and_ride/ng7/nottingham/)

### Nottingham Castle Canal Street

<http://www.nottinghamcity.gov.uk/other-car-parks>

## SCIENTIFIC PROGRAMME AT A GLANCE

### Wednesday 6<sup>th</sup> April

0730-0830	Registration with arrival refreshments	Level 1 & Level 0
0845-1730	Main Scientific Programme	Lecture Theatres 2 & 4
1230-1400	Lunch/Workshop & Exhibition	Level 0, Level 1 & Level 2
1730-1900	Workshops	Level 2
1900-2100	Welcome Reception	Level 0 & Level 1

### Thursday 7<sup>th</sup> April

0730-0830	Registration with arrival refreshments	Level 1 & Level 0
0830-1640	Main Scientific Programme	Lecture Theatres 2 & 4
1300-1400	Lunch/Workshop & Exhibition	Level 0, Level 1 & Level 2
1730-1845	General/Annual General Meetings	Lecture Theatre 2
1930	Coaches depart for Colwick Hall	Nottingham Conference Centre

### Friday 8<sup>th</sup> April

0800-0900	Registration with arrival refreshments	Level 1 & Level 0
0900-1300	Main Scientific Programme	Lecture Theatres 2 & 4
1300-1400	Prizes/Conference Close/Lunchboxes	Level 0 & Level 1
1400-1700	Afternoon Sessions	Level 2

Full programme details will be available from the registration desk upon arrival. If you wish to view the programme in advance there is a final copy uploaded on the website.


## NEW TO BRITSPINE 2016 – DOWNLOAD THE EVENT APP

Don't forget to download the BRITSPINE 2016 mobile app on your iPhone, iPad, or Android! **Ideally before the conference.**

**\* The app will be used during some of the sessions for live polling, so don't be the odd one out!**

Please follow the 3 simple steps in order to **DOWNLOAD THE APP NOW!**

To access your conference schedule/customize your agenda with personal appointments/see keynotes and international speakers, read their bios/check out the exhibitors and locate their booths more easily/get important updates through the app through "push notifications" and see who is attending and share contact information by networking with other attendees.

- 1) **Download the app** Enter <https://crowd.cc/s/c6Sg> into your mobile browser.  
*\*If you are using a Blackberry or Windows device, access the app by entering <https://crowd.cc/BRITSPINE2016> in your devices mobile browser.*
- 2) **Download the Event** Open the app and tap on BRITSPINE2016 Event Code **BRITSPINE2016**
- 3) **Login** Tap the  icon in the upper-left corner and tap **Log In for more features!** You'll be prompted to enter your registration code which is included in your invitation email. Enter it in the appropriate field, then enter either the email address where you received the invitation or your first and last names.

## HOTEL ACCOMMODATION

We have been working alongside Experience Nottinghamshire in getting allocations of rooms at nearby hotels. If you wish to book accommodation, you can click here [click here](#) and be taken straight to the accommodation booking page. If you encounter any problems with the accommodation website, please contact Rachel Stewart at Experience Nottinghamshire [rachel.stewart@experiencenottinghamshire.com](mailto:rachel.stewart@experiencenottinghamshire.com) or +44(0)115962 8320.

## TRAVELLING TO NOTTINGHAM

From the north, exit the M1 at junction 26 and follow the signs for the A610 towards Nottingham city centre. There is a Park and Ride (tram) facility situated close to the M1 junction 26. The Park and Ride (Phoenix Park) site is clearly sign-posted off the A610. Leave the tram at the Nottingham Trent University tram stop which is located on Goldsmith Street and walk past the main University entrance, turn left on to Burton Street where you will find the Nottingham Conference Centre entrance. From the south, exit the M1 at junction 24 and follow the signs for the A453 to Nottingham city centre. The Queen's Drive Park and Ride is located just off the A453 (Queen's Drive), follow signs for A453/Queen's Drive Industrial Estate and merge on to the A453 (Queen's Drive). The Park and Ride is located on the opposite side of the road to the retail park and is clearly sign-posted. Alight from the Park and Ride bus on Lower Parliament Street (Victoria Centre); Nottingham Conference Centre is a short walk away. **For more information on other methods of transport please click here [click here](#).**

## NEVER BEEN TO NOTTINGHAM BEFORE?

For more information and what to do and see whilst you are in Nottingham, you can contact the experts at Experience Nottinghamshire Information Centre by email on [rachel.stewart@experiencenottinghamshire.com](mailto:rachel.stewart@experiencenottinghamshire.com).

## CONTACT NUMBERS

For any queries please call Archer Yates on 01608 659900 or email [BRITSPINE@archer-yates.co.uk](mailto:BRITSPINE@archer-yates.co.uk). For contact during the event, or as an emergency contact to reach any of the delegates during the event, please call +44 (0)7970 771704.

**We look forward to seeing you in Nottingham!**