



# LAM Action 2019 Annual Meeting - Saturday June 15<sup>th</sup>

Jurys Inn Watford, 31-35 Clarendon Road, Watford, Hertfordshire, WD17 1JA

The 2019 LAM Action Annual Meeting will take place at the Jurys Inn Hotel in Watford on Saturday June 15th.

Watford was chosen due to its very good road and rail links, sitting on both the M1 and M25, it offers easy access from the rest of the South East and from the Midlands and the North. Watford Junction mainline station is 8 minutes walk away from the hotel with fast connections to London, Birmingham and Manchester. Watford Metropolitan Line London Underground station is a 5 minute taxi ride away. While the hotel has no on-site parking apart from a few Blue Badge spaces, guests can park in the Sutton Road multi-storey car park which is 5 minutes walk away (see map on page 2).

## *Annual Meeting Programme*

09:30	LAM Basics - an introduction for those who have been recently diagnosed or are new to LAM	Prof. Simon Johnson
10:00	AGM including Annual Reports	Leanne Lillywhite-Sutton and Sarah Sharples
10.30	Exercise and Pulmonary Rehabilitation for LAM	Maria Buxton, Consultant Respiratory Physiotherapist
11.00	Tea/coffee break	
11.15	How to monitor LAM, what lung function results mean and the use of inhalers as therapy for LAM, plus Q&A	Prof. Simon Johnson
12.15	Lunch	
13.45	Accessing disability benefits with LAM	Margery Hancock, Citizens Advice Bureau
14.15	Tips for Travelling with LAM	Sarah Poitras
14.45	Tea/coffee break	
15.00	Research update and Q&A	Debbie Clements
16.00	Close	

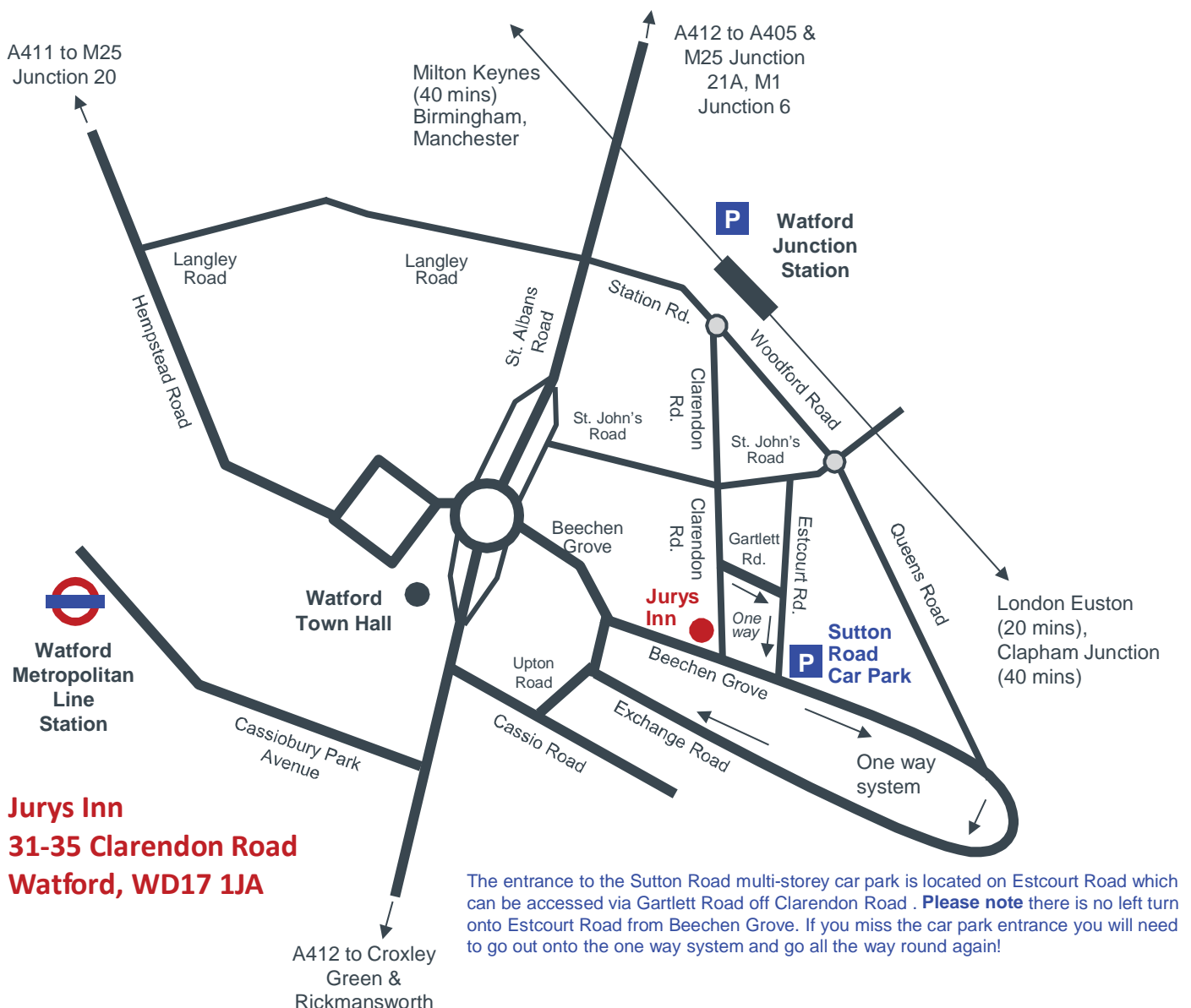
## Meeting Attendance and Accommodation

Once again LAM Action is subsidising attendance at the Annual Meeting to ensure it is as accessible as possible. We are offering attendance at the meeting for £10 per person, with LAM Action subsidising each place by £23. In addition we have negotiated a special overnight rate for people wanting to stay Friday and/or Saturday nights. The hotel is charging £75 per room - including breakfast - and LAM Action will subsidise one night of the stay so that the cost for the room is £40, bringing the total cost of attending the meeting and staying one night for one person to £50. This represents a significant saving and we hope this will enable more people living a greater distance from the venue to be able to attend.

To register for the meeting please complete the booking form on page 3 and return it to Jill Pateman either by post or email. If you will be joining the dinner on the evening of Friday June 14<sup>th</sup> please also complete your menu choices. Payment is by cheque or via the Paypal link on the booking form.

**To book your room:** Please call **Claire** at the hotel on **01923 422803** (direct line) and mention that you are attending the LAM Action Meeting on June 15<sup>th</sup>. She will then take your payment details in order to guarantee the room booking for you, so please have your card details to hand. One night's accommodation has been subsidised by LAM Action so when you check out you will pay £40 including breakfast. If you are staying for two nights then the 2<sup>nd</sup> night will be charged at the full hotel rate of £75.

**In order to benefit from the LAM Action subsidised rate of £40 you must inform Jill Pateman that you are staying overnight by ticking the box on the booking form.**



# REGISTRATION FORM



(If completing by hand, please use CAPITALS)

Name

Address

Phone:  email:

## I AM PLANNING TO ATTEND THE ANNUAL MEETING

Please refer to LAM Action's Privacy Policy: <http://lamaction.org/privacy/>

I would like to bring  number of guests

Names of Guests (for badges)

Our annual meeting includes catered lunch and refreshments.   
Please let us know of any special dietary requirements

I enclose £  towards meeting costs and catering (£10 per person)

I am a member of LAM Action YES NO I have booked accommodation with the hotel YES NO

**Unfortunately we receive no sponsorship for the meeting so all costs have to be met from funds raised. We would not wish this to deter anyone from attending, so please give what your circumstances permit.**

## ATTENDING DINNER on FRIDAY 14<sup>th</sup> June (Please see the menu choices on the following page)

I will be attending the dinner YES NO I would like to bring  guests

My menu choices are (please include guest choices as well):-

Myself	Starter	<input type="text"/>	Main	<input type="text"/>	Dess.	<input type="text"/>
Guest1	Starter	<input type="text"/>	Main	<input type="text"/>	Dess.	<input type="text"/>
Guest2	Starter	<input type="text"/>	Main	<input type="text"/>	Dess.	<input type="text"/>

I enclose £  for the dinner (£25 per head) .

**TOTAL MONEY ENCLOSED** £  (£10 per head for meeting costs and catering + £25 PH for dinner)

Please make cheques payable to LAM Action  
or pay online at: [https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=G8A5Z57A8ZU8U](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=G8A5Z57A8ZU8U)

Please return this booking form by **WEDNESDAY 29TH MAY 2019** to:

Jill Pateman, LAM Action, Nottingham Voluntary Action Centre, 7 Mansfield Road, Nottingham NG1 3FB  
Tel: 07710 527636 Email: [jill.pateman@office.lamaction.org](mailto:jill.pateman@office.lamaction.org)

**We are able to provide small financial bursaries for any women with LAM who would be deterred from coming to the meeting due to financial difficulties. Contact Jill, in confidence, for details.**

**We would be most grateful for any raffle prize donations or if you would like to bake some cakes for us to sell at the cake stall that would be wonderful, please bring them with you on the day. Thank you!**

*In registering to attend our annual meeting, we would appreciate your agreeing to (Please tick box if you agree):*

grant LAM Action permission to record, store and use images or video of you throughout the world in any media, including in LAM Action's printed publications, presentations and promotional materials, in the advertising of LAM Action's services, on LAM Action's website and/or in the streaming or broadcast of LAM Action's annual meeting; and LAM Action: storing copies of the images or video for the purposes identified above, or storing your contact details on our database in case we need to contact you; sharing copies of the images or video with our website providers, our PR agents Empica or other third parties for the purposes identified above; or transferring or storing copies of the images or video and your contact details to a destination outside the European Economic Area (EEA), or storing them at a destination outside the EEA for the purposes identified above. The privacy and data protection laws in the country of destination may not be equivalent to those in your country of residence, although LAM Action has adopted measures to keep the above materials and information private and secure.

Please refer to LAM Action's Privacy Policy: <http://lamaction.org/privacy/>



**3 Course  
Evening Dinner  
Friday June 14<sup>th</sup>  
£25.00 Per Person**

**Menu Choices: Please choose 1 starter, 1 main course & 1 dessert**

### **Starters**

Butternut squash and orange soup, crouton

Salt and pepper squid, citrus mayonnaise

Ham hock, pear & walnut salad, honey & mustard dressing

### **Main Courses**

Pressed shin of beef, Horseradish mash, seasonal vegetables, Jus

Haddock fillet, sauté potatoes, lemon butter sauce

Mediterranean vegetable gateau, goat's cheese, spicy tomato sauce

### **Desserts**

Lemon tart, raspberry sorbet

Sticky toffee pudding, toffee sauce, vanilla ice cream

Fruit salad and sorbet