



# LAM Action 2024 Annual Meeting - Saturday June 8<sup>th</sup>

## Macdonald Burlington Hotel, Burlington Arcade, Birmingham B2 4JQ

The LAM Action 2024 Annual Meeting will take place at the Macdonald Burlington Hotel, Birmingham, on Saturday 8th June, and we hope you will be able to join us.

Please note the meeting this year will not be streamed live and will be in a purely face-to-face format. We feel that the benefits of meeting in person once again cannot be overstated, and we are looking forward to seeing old friends again as well as welcoming the many new faces who have joined the UK LAM community in the few years since we last held a face-to-face meeting.

### *Provisional Programme*

- |                 |                                                                                                                                                                       |
|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09:00-10:00     | Coffee & Registration                                                                                                                                                 |
| 09:30-10:00     | LAM Basics                                                                                                                                                            |
| 10:00-10:30     | AGM: Year in Review / Financials / Election of Trustees                                                                                                               |
| 10:30-11:00     | Research Updates with Debbie Clements                                                                                                                                 |
| 11:00-11:10     | Worldwide LAM Groups                                                                                                                                                  |
| 11:10-11:25     | <i>Coffee &amp; Comfort Break</i>                                                                                                                                     |
| 11:25-12:00     | Break-out Sessions: (to run concurrently)                                                                                                                             |
|                 | <ul style="list-style-type: none"><li>• Starting a family and pregnancy</li><li>• Menopause and practicalities</li><li>• Role of a LAM Action Trustee [TBC]</li></ul> |
| 12:00-13:00     | <i>Lunch</i>                                                                                                                                                          |
| 13:00-13:15     | Q&A with Prof Simon Johnson                                                                                                                                           |
| Fitness and LAM |                                                                                                                                                                       |
| 13:15-13:35     | LAM and exercise                                                                                                                                                      |
| 13:35-14:05     | Panel Discussion: LAM patients discuss their personal approaches                                                                                                      |
| 14:05-14:25     | Breathing and exercise                                                                                                                                                |
| 14:25-14:55     | Incorporation of supplemental oxygen into fitness routine                                                                                                             |
| 14:55-15:10     | <i>Coffee &amp; Comfort Break</i>                                                                                                                                     |
| 15:10-15:55     | Keynote Speech: LAM and Rare Disease Research                                                                                                                         |
| 15:55-16:00     | Close                                                                                                                                                                 |

We would be most grateful for any raffle prize donations, please let Jill Pateman know if you can contribute some prizes. 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!

## Venue Information and Travel Info.

For details about how to get to the meeting venue, please visit the link below:

<https://www.macdonaldhotels.co.uk/burlington/guest-information/how-to-get-here>

## Meeting Attendance and Accommodation

The day delegate rate the hotel is charging us is £49 per head and LAM Action will cover this cost for all LAM patients and up to one person accompanying them.

As we are aware that some of you will be travelling quite long distances, we have arranged for a number of hotel rooms to be reserved for those attending the meeting.

Rooms for single occupancy on a bed and breakfast basis are available at a cost of £127. This is a special rate available as part of the deal negotiated with the hotel. To reserve a room please contact the Reservation Centre on 0344 879 9000 and use **Booking Reference LAMA070624**. LAM Action will further subsidise every room booked by £49, please ensure you keep your hotel receipt so that you can claim this extra discount afterwards.

Rooms must be reserved by **26th April**, at which time they will be released for general sale. Rooms may be available after that date, but they will be subject to availability and at best available rates. Full prepayment is required at the time of booking and once confirmed bookings are non-refundable and non-transferable. Check-in is after 3pm on day of arrival, and checkout is before 11am on day of departure.

For those staying overnight we will book a table for a meal the night before. This will be from the hotel's general menu. If you would like to join us, please let Jill Pateman know so that she can ensure there is enough space to accommodate everybody.

We really would like to encourage as many people as possible to attend, so if anyone is struggling to pay for their travel, please apply to Jill in confidence as some assistance towards your costs may be available.

To register for the meeting please complete the booking form below and return it to Jill either by post or email.

## REGISTRATION FORM

*(If completing by hand, please use CAPITALS)*

Name

Address

Phone:  email:

### I AM PLANNING TO ATTEND THE ANNUAL MEETING ON JUNE 8TH

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 am a member of LAM Action YES NO

I have booked accommodation with the hotel YES NO

### ATTENDING DINNER on FRIDAY 7<sup>th</sup> JUNE

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

Please return this booking form to **Jill Pateman**, LAM Action, PO Box 10933, Newark NG24 9QG  
Tel: 07710 527636 Email: [jill.pateman@office.lamaction.org](mailto:jill.pateman@office.lamaction.org)

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

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