

# International FES Sport Event

## 19 - 20 June 2009 - Glasgow



### Aim of this Event

FES Sport is an approach that allows many spinal cord injured persons to exercise and actually do so using their paralysed muscles. This Event Aims to showcase work so far and help accelerate the movement of this research into practice - ultimately benefiting the health and quality of life of thousands of people with a Spinal Cord Injury around the world.

### Who should attend:

- Persons with spinal cord injuries who can make direct use of this technology – and who really want to know more.
- Persons from around the world who are already using FES activated sports technologies and now want to share what they have learned - taking things to the next level.
- Developers and research teams who are shaping present and future technologies in FES Sport.
- Sports therapists and others with knowledge of athletic performance; helping to optimise training for individuals challenged by physical disability.
- Clinicians and advisors who want to keep in touch with developments

### Where:

Kelvin Hall International Sports Arena  
1445 Argyle Street  
Glasgow  
G3 8AW

The Event will be staged from 09:30 until 17:00 on Friday 19<sup>th</sup> June and 09:30 until 14:00 on Saturday 20<sup>th</sup> June.

### Why should you attend?

#### Participants will

- Hear about the latest FES Sport developments, see them demonstrated and try them.
- Learn about leading edge research in an informal, easy to understand, manner
- Speak to experienced users of FES Cycling systems.
- Discuss how to make these technologies “main-stream.”
- Compete in friendly FES sport enabled games.
- Just want to watch? That’s fine just hang out and learn
- Discuss how to optimise training for sport and fitness.
- Relax and enjoy good-company.

### For More Information:

See [FESSport.com](http://FESSport.com)

Email:

[info@fessport.com](mailto:info@fessport.com)

or Telephone:

0141-952-2323 and request

“Registration Details for FES Sport Event”

# FES Sport

Anatomical Concepts (UK) Ltd - FES Cycling & More



## Outline Programme:

### Friday - Kelvin Hall International Arena

- Presentations and Panel Discussion
- Demonstrations including FES Cycling and related activities plus setup and equipment trials for Saturday Events.
- Competitor's Dinner - Pond Hotel, Glasgow

### Saturday - Kelvin Hall International Arena

- Individual Events, Team Events, Prize giving

### Social and Accommodation

A competitors dinner with speaker on Friday night. This event will take place at the Pond Hotel, Gt Western Rd, Glasgow.

### Who's Behind this Meeting

The meeting will be held in collaboration with

- Anatomical Concepts (UK) Ltd, Clydebank, Scotland
- Hasomed GmbH, Magdeburg, Germany
- The Queen Elizabeth, National Spinal Injuries Unit for Scotland
- Centre for Rehabilitation Engineering, University of Glasgow and the
- Scottish Centre for Innovation in Spinal Cord Injury
- IFESS

## To Learn More Please Contact:

Dr Derek Jones : Email: [info@fessport.com](mailto:info@fessport.com)

or phone 0141-952-2323 and request "Registration Details for FES Sport Event"

Updated information will appear on [fessport.com](http://fessport.com)

**Please Fill in a Registration Form!  
and return as soon as possible and no later than 23rd May**





## Programme Outline:

The Event will be staged from 09:30 until 17:00 on Friday 19th June and 09:30 until 14:00 on Saturday 20th June.

### Friday: Kelvin Hall International Arena

09:30 – 10:00 Registration in the “Club Room”  
10:00 - 10:30 Welcome & Introduction

The Kelvin Hall International Arena has easy disabled access and plentiful parking.

Kelvin Hall International Sports Arena,  
1445 Argyle Street, Glasgow  
G3 8AW  
Hall Enquiries: 0141 276 1450

### FRIDAY - SESSION ONE - RESEARCH (10:30 to 11:30)

A session that aims to inform a general audience about the latest research and developments and their significance to the spinal cord injured population.

*Speakers: Simona Ferrante – Politecnico of Milan, Milan, Italy; Henrik Gollee – University of Glasgow; Nick Donaldson - University College London*

### FRIDAY - SESSION TWO - PERSONAL DEVELOPMENT (11:30 to 12:30)

A session devoted to improving your personal fitness following spinal cord injury. The Spinal Injury Units take you only so far - What is actually possible? Being fitter lets you get more out of life - What can be done that is safe and effective?

*Speakers: Andrew Galbraith – Standing Start, Cambridge; Professor Graham Smith - Society of Sports Therapists*

### LUNCH (12:30 - 13:30)

### FRIDAY - SESSION THREE - PRODUCT DEVELOPMENT (13:30 to 14:30)

A session that explores product development for health and fitness following spinal cord injury.

*Speakers: Rik Berkelman - Berkelbike, Netherlands; Andrea Weber - Hasomed GmbH, Magdeburg, Germany PLUS - Panel Q and A Session*

### FRIDAY - SESSION FOUR - USER FORUM - INDIVIDUAL TRAINING SUPPORT (14:30 - 16:00)

A session in which existing or potential FES Cycle users can get a 1 to 1 consultation to enhance their use of equipment or explore ways of refining their training.

Demonstrations and tryouts - including FES Cycling and related activities; plus setup and equipment trials for Saturday

19:00 - Competitors Dinner – Pond Hotel, Great Western Rd, Glasgow

### Saturday: Kelvin Hall International Arena

#### SATURDAY - SPORTS EVENTS - MAIN ARENA

09:30 - 12:30

Individual and Team Events, Fixed cycle FES – Power trials, 60m race, 1km time trial  
Slalom course, Relay race, Cushion rugby

12:30 – 13:30 Break

13:30 – 14:00 Prize giving



# Registration Form Details

**You can ATTEND or ..  
be an ACTIVE PARTICIPANT**



## **ATTENDANCE IS FREE..**

Attendance means you can attend and spectate on Friday and Saturday free of charge.

We would love to see you - BUT PLEASE SEND a REGISTRATION FORM so we know your coming!

## **LIKE TO BE AN ACTIVE PARTICIPANT?**

An active participant means that

You can attend the presentations on Friday and also arrange for 1 to 1 consultations. If you have never tried FES before you can see a demonstration and if our advisors judge it is appropriate you can also try out equipment for yourself. We would ask for some information about you ahead of time.

If you are an existing FES user you can network with other like minded people and participate with others on Saturday.

Plus - you can join us at the "Competitors Dinner" on Friday night

It is important that we know that you are coming and what you would like to do.

**In order to be an active participant the Registration Fee will be £50 payable in advance.**

## **HERE IS THE GOOD NEWS - EXPENSE REFUNDS**

If you wish to come as an ACTIVE PARTICIPANT, please send in a completed registration form as soon as possible. We will let you know whether we can accept your registration and whether we can refund your travel expenses to an appropriate limit. All major expenses for refund must be receipted.

As a guide, international competitors can expect a subsidy for travel and accommodation of up to 700 € (£), whilst UK competitors can expect a subsidy of up to 250 € (£) for travel and accommodation, although individual circumstances will be taken into account.

**Please note we have a limited budget for funding expenses so you need to act fast!**



# REGISTRATION FORM

If you wish to come as an ACTIVE PARTICIPANT, please send in a completed registration form as soon as possible. Please read the attached IMPORTANT NOTES.

PLEASE TICK YOUR OPTIONS I wish to ATTEND - ON FRIDAY ONLY  ON SATURDAY ONLY  I wish to ATTEND ON BOTH DAYS

I wish to be an ACTIVE PARTICIPANT   
and I enclose a cheque payable to "Anatomical Concepts (UK) Ltd"  
Please write "FES Sport event" and your name and address on the back of the cheque.

## YOUR NAME

Address

City/Town

Post Code

Contact Telephone Number

Country

Contact Email Address

## ACCOMPANYING PERSON'S NAME

Address

City/Town

Post Code

Contact Telephone Number

Country

Contact Email Address

Your Age

Gender

Do you have a spinal cord injury? Y/N

If yes, what level?

Complete or incomplete?

[You can email these details to](#)

**Derek Jones - United Kingdom Enquiries [Derek.jones@anatomicalconcepts.com](mailto:Derek.jones@anatomicalconcepts.com)**

**Katrin Bombitzki - International Enquiries [katrin.bombitzki@hasomed.de](mailto:katrin.bombitzki@hasomed.de)**

[Or UK Mail to](#)

Derek at Anatomical Concepts (UK) Ltd, 8-10 Dunrobin Court, Clydebank Business Park, G81 2QP

[International Mail to](#)

Katrin at Hasomed GmbH, Paul-Ecke-Str. 1, Magdeburg 39114, Germany



## IMPORTANT NOTES:

I understand that if I am accepted as an active participant I will attend on both Friday, 19th and Saturday 20th June. I will be contacted to verify suitability for active participation.

We will let you know whether we can accept your registration and whether we can refund your travel expenses to an appropriate limit. **All expenses for refund must be receipted.**

As a guide, international active participants can expect a subsidy for travel and accommodation of up to 700 € (or £), whilst UK-based active participants can expect a subsidy of up to 250 € (or £) for travel and accommodation, although individual circumstances will be taken into account. This amount applies to an active participant and any accompanying person collectively - not separately.

Please note we have a limited budget for funding expenses. When funds are gone - they are gone!

When we acknowledge your registration, you should refer to the list of addresses of hotels in Glasgow which have suitable facilities. You should make your own arrangements directly with your preferred hotel. You will also find this list of local hotels at [fessport.com](http://fessport.com).

Lunch and other refreshments will be available at a nominal charge.



## Hotel List

The following hotels all have wheelchair or disabled access rooms. We would advise that you check carefully that they have rooms that meet your requirements prior to confirming your booking. Hotels often have different specifications for these rooms. Travelodge and Premier Inns represent generally good value for money for the area. Hotels are sorted approximately by ascending price.

### **Purple Hotel Glasgow Airport**

2 Row Avenue,  
Renfrew, Glasgow  
<http://www.purplehotelglasgow.co.uk/>  
[Purple Hotel Glasgow Airport Home.html](http://www.purplehotelglasgow.co.uk/Purple-Hotel-Glasgow-Airport-Home.html)

### **Travelodge Glasgow Central**

5-11 Hill Street  
Glasgow, G3 6RP  
<http://www.travelodge.co.uk/>  
T: +44(0)871 984 6141.

### **Travelodge Glasgow Paisley Road Hotel**

251 Paisley Road  
Glasgow, G5 8RA  
<http://www.travelodge.co.uk/>  
Tel: +44(0)871 984 6142

### **Premier Inn**

#### **Glasgow City Centre (Argyle Street)**

377 Argyle Street  
Glasgow, G2 8LL  
<http://www.premierinn.com>  
T: 44(0)870 850 6358  
Two rooms with disabled access

### **Premier Inn**

#### **Glasgow City Centre (George Square)**

187 George Street  
Glasgow, G1 1YU  
<http://www.premierinn.com>  
T: +44(0)870 238 3320  
Twelve rooms with disabled access

### **Premier Inn**

#### **Glasgow City Centre South**

80 Ballater Street  
Glasgow, G5 0TW  
<http://www.premierinn.com>  
T: +44(0)870 423 6452  
Six rooms with disabled access

### **City Inn Glasgow**

Finnieston Quay  
Glasgow, G3 8HN  
[www.cityinn.com/glasgow](http://www.cityinn.com/glasgow)  
T: +44 (0)141 240 1002  
8 rooms with wheelchair access

### **Best Western – Glasgow City**

Address: 27 Elmbank Street,  
Glasgow, G2 4PB,  
<http://www.bw-glasgowcityhotel.co.uk/>  
T: +44 (0)141 2272772  
3 rooms with wheelchair access

### **Thistle Glasgow,**

Cambridge Street,  
Glasgow, G2 3HN  
<http://www.thistle.com/hotels/glasgow/>  
T: +44 870 333 9154  
1 disabled room

### **Carlton George Hotel**

44-46 West George St  
Glasgow, G2 1DH  
0141 353 6373  
<http://www.carlton.nl/george/default-en.html>  
Tel. +44(0)141 353 6373  
Fax +44(0)141 353 6263  
resgeorge@ carltonhotels.co.uk  
3 rooms with wheelchair access

### **Glasgow Marriot Hotel**

500 Argyle Street,  
Anderston  
Glasgow, G3 8RR  
<http://www.marriott.com/hotels/travel/gladt-glasgow-marriott-hotel/>  
T: +44 141 226 5577  
Two rooms with disabled access

### **Hilton Glasgow Grosvenor Hotel**

1-9 Grosvenor Terrace,  
Great Western Road  
Glasgow, G12 0TA  
<http://www.hilton.co.uk/glasgowgrosvenor>  
T: +44(0)141 339 8811  
Two rooms with disabled access

### **Hilton Glasgow Hotel**

1 William Street,  
Glasgow, G3 8HT  
[http://www1.hilton.com/en\\_US/hi/hotel/GLAHITW-Hilton-Glasgow-hotel/index.do](http://www1.hilton.com/en_US/hi/hotel/GLAHITW-Hilton-Glasgow-hotel/index.do)  
T: +44-141-204-5555  
Six rooms with disabled access