

# Nordic Social Pharmacy Conference

4-6th June 2025  
Glasgow

Technology & Innovation Centre  
University of Strathclyde

*“Vulnerable  
Patient  
Populations  
and Health  
Inequalities”*

## Conference Programme eBook

PEOPLE  
MAKE  
GLASGOW



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The full conference Agenda can also be found on our [website](#)

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# Welcome message

Dear colleagues,

We are thrilled to welcome you to the NORDIC Social Pharmacy Conference 2025, hosted by the University of Strathclyde at the Technology and Innovation Centre in Glasgow, UK. This year, we delve into the vital theme of "Vulnerable Patient Populations and Health Inequalities", aiming to address some of the most pressing challenges in social pharmacy today.

Thank you for joining us in the vibrant city of Glasgow for this three-day event filled with insightful discussions, innovative research presentations, and networking opportunities.

## Local Organising Committee



Prof Mags Watson



Dr Gazala Akram



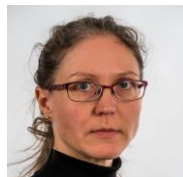
Prof Amanj Kurdi



Ms Emma Dunlop



Dr Cosmika  
Goswami



Dr Tanja Mueller



Dr Natalie Weir

# Scientific Committee

## **With thanks to our abstract reviewers:**

Dr Gazala Akram, University of Strathclyde, Glasgow, UK  
Ms Emma Dunlop, University of Strathclyde, Glasgow, UK  
Dr Cosmika Goswami, University of Strathclyde, Glasgow, UK  
Dr Lone Holst, University of Bergen, Norway  
Dr Reidun Lisbet Skeide Kjome, University of Bergen, Norway  
Dr Amanj Kurdi, University of Strathclyde, Glasgow, UK  
Dr Raisa Laaksonen, University of Helsinki, Finland  
Dr Tanja Mueller, University of Strathclyde, Glasgow, UK  
Dr Sofia Källemark Sporrang, Uppsala University, Sweden  
Dr Karin Svensberg, Uppsala University, Sweden  
Dr Johanna Timonen, University of Eastern Finland, Finland  
Prof Andy Wallman, Umeå University, Sweden  
Dr Natalie Weir, University of Strathclyde, Glasgow, UK

## **With thanks to the wider members of the Nordic Social Pharmacy family, in particular:**

Prof Kjell Halvorsen, UiT The Arctic University of Norway, Norway  
Prof Susanne Kaae, University of Copenhagen, Denmark  
Prof Elin Lehnbohm, Uppsala University, Sweden  
Dr Ramune Jacobsen, University of Copenhagen  
Dr Christina Ljungberg Persson, University of Gothenburg, Sweden  
Prof Janine Traulsen, University of Copenhagen, Denmark  
Dr Daisy Volmer, University of Tartu, Estonia  
Prof Marit Waaseth, UiT The Arctic University of Norway, Norway

# Programme Overview Wednesday 4<sup>th</sup> June

	Auditorium C	Conf. Room 2	Conf. Room 3	Foyer Level 2
8:30am – 9:15am				Registration
9:15am – 9:30am	Welcome: Prof Mags Watson			
9:30am – 9:40am	Opening Ceremony			
9:40am – 10:20am	Keynote 1: Dr Irene Oldfather			
10:20am – 10:30am	Stretch			
10:30am – 11:00am				Refresh
11:00am – 12:30pm	Oral: Substance Dependence	Oral: Cultural sensitivity and care	Oral: Sensory Impairment	
12:30pm – 1:30pm				Lunch/Posters
1:30pm – 3:00pm	WS: Unlock the Power of Cultural Competence and Functional Health Literacy in Healthcare Practice, Education, and Research	WS: StrathLAB* / Supporting patients with substance use related problems: maximising treatment benefits from pharmacies	WS: Advancing social pharmacy research: understanding and engaging with patients in vulnerable positions	
3:00pm – 3:30pm				Refresh
3:30pm – 4:30pm	Keynote 2: Dr Mike McKee			
4:30pm – 5:30pm	International Pharmacy Journal Editors Open Forum (optional)			Campus tour 20 mins (main entrance)
6:00pm – 7:00pm	Glasgow City Council City Chambers, George Square, Glasgow, G2 1DU			

\*Workshop is in the StrathLAB, Room GH417 Graham Hills Building. See the detailed [Programme for Wednesday 4<sup>th</sup> June](#) for more information.

# Programme Overview: Thursday 5<sup>th</sup> June

	Auditorium C	Conf. Room 2	Conf. Room 3	Foyer Level 2
8:30am – 9:15am				Registration
9:15am – 9:30am	Welcome: Prof Amanj Kurdi			
9:30am – 10:20am	Keynote 3: Prof Tejal Patel			
10:20am – 10:30am	Guided meditation session			
10:30am – 11:00am				Refresh
11:00am – 12:30pm	WS: Addressing health inequalities through undertaking Person centred polypharmacy reviews: 7 Step review supporting shared decision making	WS: Integration of Indigenous Principles into Pharmacy Education and Research	WS: Envisioning Medication Safety Systems in the Home Setting During the Care of Children with Medical Complexity	
12:30pm – 1:15pm				Lunch & Posters
1:15pm – 2:45pm	Oral: Education	Oral: Age and medicines	Oral: At-risk patient populations	
2:45pm – 3:00pm				Refresh
3:00pm – 4:00pm	Keynote 4: Mental Health Discussion Panel			
4:00pm – 5:00pm	Master Class in CAS (Critical Appraisal Skills)	Recognising our unconscious bias – the impact on our teams and health inequalities'		
7:00pm – 11:00pm	Conference Dinner, The National Piping Centre , 30-34 McPhater St, Glasgow, G4 0HW			



# Programme Overview: Friday 6<sup>th</sup> June

	Auditorium C	Conf. Room 2	Conf. Room 3	Foyer Level 2
9:30am – 10:00am				Registration
10:00am – 10:15am	Welcome: Dr Gazala Akram			
10:15am – 11:05am	Keynote 5: Prof Reidun Kjome			
11:05am – 11:15am	Stretch session			
11:15am – 11:45am				Refresh
11:45am – 1:15pm	Oral: Medicine awareness, access and utilisation	Oral: Mental health	Oral: Medicine safety and effectiveness	
1:15pm – 2:00pm				Lunch
2:00pm – 2:15pm	Presentations for 2027 Host			
2:15pm – 2:30pm	Prizegiving – best oral presentation and best poster			
2:30pm – 2:45pm	Thank you and Close			

# Programme Weds 4th June

8:30am – 9:15am	<b>Registration</b>	Level 2 Foyer
9:15am – 9:30am	<b>Welcome:</b> Prof Margaret (Mags) Watson	Auditorium C
9:30am – 9:40am	<b>Opening Ceremony</b> with the Principal of the University of Strathclyde, Sir Jim Macdonald	Auditorium C
9:40am – 10:20am	<b>Keynote 1: Dr Irene Oldfather</b> , Scottish Alliance “Putting patients at the heart of person-centred care: the tools in the box”	Auditorium C
10:20am – 10:30am	<b>Stretch (seated mobility session with Strath Sport)</b>	Auditorium C
10:30am – 11:00am	<b>Refresh - Comfort Break</b>	Level 2 Foyer
11:00am – 12:30pm	<u>Oral Presentations</u>  <b>Substance dependence:</b>  <b>Dr H Family:</b> A qualitative study of healthcare professional views on appropriate prescribing interventions for people who are co-dependent on opioids and benzodiazepines / z-drugs.  <b>Dr J Scott:</b> Development of the iHOST guideline to improve the management of opioid withdrawal symptoms in hospital, in people who use drugs.  <b>Dr N Weir:</b> Development and testing of a training intervention delivered to undergraduate pharmacy students to address stigma towards people with substance dependency.  <b>Cultural sensitivity and care:</b>  <b>A Ruben &amp; V Arcand:</b> Deprescribing and Medication Appropriateness: Addressing Health Equity for Indigenous Peoples Through Sharing Circles in Canada	Auditorium C

Conference Room  
2

	<p><b>Dr. R Jacobsen:</b> Pharmacy students' understanding of the diversity-sensitive care – a prospective qualitative study.</p> <p><b>Dr E Breckin:</b> Cultural adaptation of the medicine management toolkit "I manage my meds" for a South Asian population.</p> <p><b>Miss R Deakin &amp; Miss T Wayoe:</b> Accessing care across cultures: qualitative insights into the reality of informal caregivers from ethnic minority groups.</p>	
	<p><b>Sensory Impairment:</b></p> <p><b>Miss B Morrison:</b> Prescribing for Older People with Sensory Impairment.</p> <p><b>Dr L Riste:</b> Co-designing pharmacy software safety alerts to support people with sight and/or hearing impairments: Experiences from FLAG-Me Vision &amp; FLAG-Me Sound.</p> <p><b>Ms P Zali:</b> Barriers to Healthcare Access: A Qualitative Study of Older Adults with Visual Impairment (OAwVI).</p> <p><b>Mr E Asante:</b> Co-design of a Medicine Management Needs Assessment Tool for Older Adults with Visual Impairment.</p>	Conference Room 3
<b>12:30pm – 1:30pm</b>	<p><b>Lunch (12:30pm) and posters (12:45pm)</b></p> <p>(medicine awareness, access and utilisation; and medicines safety and effectiveness)</p>	Level 2 Foyer
<b>1:30pm – 3:00pm</b>	<p><u>Workshops</u></p> <p><b>Dr Anandi Law &amp; Dr Michelle O'Driscoll:</b> Unlock the Power of Cultural Competence and Functional Health Literacy (FHL) in Healthcare Practice, Education, and Research.</p>	Auditorium C

1:30pm – 3:00pm	<b>Mr D Hill:</b> Supporting patients with substance use related problems: maximising treatment benefits from pharmacies.	Conference Room 2
	<b>StrathLAB team:</b> StrathLAB: Using Living Labs Ecosystems to Co-create Sustainable and Socially inclusive Health Tech Solutions in Pharmacy. *delegates will be escorted to StrathLAB. <b>Please meet at the main entrance of the conference venue.</b> An accessible route is available.	StrathLAB* Room GH417, Graham Hills Building, 50 Richmond Street, G1 1QE
	<b>Prof S Kaae:</b> Advancing social pharmacy research: understanding and engaging with patients in vulnerable positions.	Conference Room 3
3:00pm – 3:30pm	<b>Refresh- Comfort break</b>	Level 2 Foyer
3:30pm – 4:30pm	<b>Keynote 2:</b>  <b>Prof Mike McKee</b> , Director, MDisability, Co-director, Centre for Disability Health and Wellness, University of Michigan, USA.  “Bridging Gaps in Disability Health Care: The Role of Pharmacy Led Interventions”	Auditorium C
4:30pm – 5:30pm	<b>International Pharmacy Journal Editors Open Forum – (optional):</b> The Granada Statements aim to promote the rigor and visibility of pharmacy practice research.  After having published the Granada Statements to promote the rigor and visibility of pharmacy practice research, more journal editors have joined and now more formally named as the International Collaboration of Pharmacy Journal Editors (ICPJE). ICPJE has taken additional actions and plans to continue its service to the journals' collective readers, reviewers, existing, and prospective future authors. Transparency remains a key strategy. Please be invited to this open forum where one or more editors from this 15-journal collaborative will provide updates on progress made and field questions and comments from researchers who share in our hopes of moving pharmacy practice forward.	Auditorium C
4:30pm – 4:50pm	<b>Guided campus walk –</b> Strathclyde Sport	Main entrance
6:00pm – 7:00pm	<b>Civic Reception</b>	City Chambers George Square, G2 1DU

# Programme Thurs 5th June

8:30am – 9:15am	<b>Registration</b>	Level 2 Foyer
9:15am – 9:30am	<b>Welcome:</b> Prof Amanj Kurdi	Auditorium C
9:30am – 10:20am	<b>Keynote 3:</b>  <b>Prof Tejal Patel</b> , Schlegel Specialist in Medication Management and Aging, University of Waterloo, Canada  “One size does not fill all: Personalizing medication adherence technology for older adults”	Auditorium C
10:20am – 10:30am	<b>Guided meditation with Strath Sport</b>	Auditorium C
10:30am – 11:00am	<b>Refresh - Comfort Break</b>	Level 2 Foyer
11:00am – 12:30pm	<u>Workshops</u>  <b>Dr A Mair:</b> Addressing health inequalities through undertaking Person centred polypharmacy reviews: 7 Step review supporting shared decision making  <b>A Ruben:</b> Integration of Indigenous Principles into Pharmacy Education and Research  <b>Dr E Abebe:</b> Envisioning Medication Safety Systems in the Home Setting During the Care of Children with Medical Complexity	Auditorium C  Conference Room 2 Conference Room 3
12:30pm – 1:15pm	<b>Lunch (12:30pm) and posters (12:45pm)</b> (education; substance dependence; age and medicines; mental health; cultural sensitivity & care; sensory impairment; at-risk population)	Level 2 Foyer

<b>1:15pm – 2:45pm</b>	<p><u>Oral Presentations</u></p> <p><b>Education:</b></p> <p><b>Prof C Sadowski:</b> Special Populations Represented in an Advanced Therapeutics Pharmacy Course.</p> <p><b>Dr G El Khoury:</b> Health inequalities among the migrant population: How much do pharmacy students know?</p> <p><b>Mrs D Kamdar:</b> Innovative methods to teach health inequalities in pharmacy: Evaluation of a health inequalities workshop using a design thinking approach in the MPharm.</p> <p><b>Dr M O'Driscoll:</b> The evaluation of a suicide prevention workshop for MPharm students.</p>	<p>Auditorium C</p>
	<p><b>Age and medicines:</b></p> <p><b>Miss R Alkhlaifat:</b> Information sources for prescribing three groups of supplementary medicines for paediatric patients with cancer in Scottish paediatric oncology wards: A document analysis study.</p> <p><b>Prof T Patel:</b> Perceived Usability and Workload of Medication Adherence Technologies Among Older Adults with Diverse Capabilities.</p> <p><b>Ms A Niemelä:</b> What do voluntary safety incident reports tell about medication safety in the complex care setting of child welfare institutional substitute care?</p> <p><b>Miss E Ali:</b> Integrated medicine optimisation for older people living with frailty: Preliminary results of a qualitative study across multiple health organisations.</p>	<p>Conference Room 2</p>
	<p><b>At-risk patient population:</b></p> <p><b>Ms A Westberg:</b> Development and evaluation of a telepharmacy service in primary care in Northern Sweden's rural areas: a single-arm, non-randomised, interventional pilot study.</p>	<p>Conference Room 3</p>

	<p><b>Prof E Lehnбом:</b> Supporting Safe Medication Management for Individuals with Intellectual Disabilities.</p> <p><b>Prof S Nabhani-Gebara:</b> The Experience of People from Minority Ethnic Groups with their Cancer Journey: We Need to do Better.</p> <p><b>Mr B Subbiah:</b> The Development and Evaluation of a Pregabalin Deprescribing Protocol by a Lead Pharmacist for Patients in a Male Residential Prison in Edinburgh, Scotland.</p>	Conference Room 3
2:45pm – 3:00pm	<b>Refresh</b>	Level 2 Foyer
3:00pm – 4:00pm	<p><b>Keynote 4:</b> Mental Health Panel Discussion</p> <p>Introduction from Mr Lee Knifton, Lead, Mental Health Foundation for Scotland (Prison, Public Health, Mental Health and Inequalities (co-director Centre for Health Policy, University of Strathclyde).</p> <p>Poem from Angela McCrimmon, “The Pharmacist” (poem), introduced by Dr Natalie Weir</p> <p>Panel discussion with Mr Lee Knifton, Dr Gazala Akram, Dr Natalie Weir and Angela McCrimmon</p>	Auditorium C
4:00pm – 5:00pm	<p><b>Master Class in CAS (Critical Appraisal Skills):</b> In this session, we’ll give your evidence-based practice (EBP) skills a boost. Looking for quick and novel insights into study design and interpreting numbers (e.g., RR, NNT, effect size, p-values, and confidence intervals)? Not sure when to be impressed vs. dubious of study results? Wondering what tools can help you in your EBP journey? This rapid-fire master class targets early career researchers and those looking for a quick CAS boost.</p>	Auditorium C

<p><b>4:00pm – 5:00pm</b></p>	<p><b>Recognising our unconscious bias, Amandeep Doll:</b> the impact on our teams and health inequalities’: Our own internal biases, both conscious and unconscious, may appear in our practice when interacting with patients and colleagues. This can lead to poorer health outcomes for marginalised groups and a poor experience for colleagues in the workplace. Challenging our own biases and seeing the whole person we can help reduce health inequalities and create a sense of professional belonging. It is important you are aware of your own biases to avoid perpetuation of inequalities. In this session, we will discuss different types of bias and explore strategies to address them. This session will create a safe space for attendees to discuss their own experiences and develop strategies to recognise and address our biases. By the end of this session attendees will be able to:</p> <ul style="list-style-type: none"> <li>• Recognise the key principles of inclusion, diversity, equity and belonging</li> <li>• Discuss the intersection of inclusion and diversity between healthcare professionals and patients</li> <li>• Recognise your own biases to avoid perpetuation of inequalities</li> <li>• Discuss the impact of the different types of bias on health and workplace inequalities.</li> </ul>	<p>Conference Room 2</p>
<p><b>7:00pm – 11:00pm</b></p>	<p><b>Conference Dinner</b></p>	<p>National Piping Centre, 30-34 McPhater St, G4 0HW</p>



# Programme Fri 6th June

9:30am – 10:00am	<b>Registration</b>	Level 2 Foyer
10:00am – 10:15am	<b>Welcome:</b> Dr Gazala Akram	Auditorium C
10:15am – 11:05am	<b>Keynote Speaker 5:</b> Prof Reidun Kjome, Head of Centre for Pharmacy, University of Bergen, Norway.  “Why we should care about equity, diversity and inclusion in pharmacy education: the effects on students, staff and future patients.”	Auditorium C
11:05am – 11:15am	<b>Stretch (seated mobility session with Strath Sport)</b>	Auditorium C
11:15am – 11:45am	<b>Refresh - Comfort Break</b>	Level 2 Foyer
11:45am – 1:15pm	<u>Oral Presentations:</u>  <b>Medicine Awareness, Access &amp; Utilisation:</b>  <b>Dr D Volmer:</b> Medicines Awareness Among Estonian Adolescents: A Case Study of State Gymnasium Students.  <b>F Ingram:</b> General pRactice phArmacist-led Antipsychotic cardiometabolic phySical health and medication review scoPing study for Early action and prevention (GRAASP-Early).  <b>E Aarnio:</b> Self-reported medication adherence in the general Finnish population.  <b>Ms M Kiloman:</b> Enhancing Financial Accessibility of Medicines: A Comparative Study Between Estonia, Latvia and Finland.	Auditorium C
	<b>Mental Health:</b>  <b>Ms E Dunlop:</b> Refugees’ and professionals’ views on a new digital health solution to improve their mental health and well-being: a qualitative study.  <b>Ms K Shanks &amp; Ms N Booker:</b> A Pharmacist’s Journey into Child and Adolescent Mental Health Services (CAMHS) & Neurodevelopmental Services (NDS) – an NHS Lanarkshire Perspective.	Conference Room 2

	<p><b>Mr H Alshammari:</b> Developing A Community Pharmacy Service to Promote Adherence to Antidepressants: An Implementation Science Approach</p> <p><b>T Birkeskov Axelsen:</b> Supporting Residents Living with Severe Mental Disorder in Social Psychiatric Residences in Shared Medication Coordination.</p>	
	<p><b>Medicine Safety &amp; Effectiveness</b></p> <p><b>T Lim:</b> Exploring Facilitators and Barrier to PrEP Access, Use and Adherence for Indigenous Peoples in the Greater Toronto Area.</p> <p><b>Dr Y Jani:</b> Exploratory study of reported harm and ethnicity based on patient safety incidents.</p> <p><b>Prof K Hoti:</b> Challenges in pain identification and behavioural symptoms in people living with Dementia: leveraging the power of AI and digitalization.</p> <p><b>Miss M Alkhaldi:</b> Informal carers involvement and engagement in medication management for people with long-term conditions: A systematic review.</p>	Conference Room 3
<b>1:15pm – 2:00pm</b>	<b>Lunch and posters</b>	Level 2 Foyer
<b>2:00pm – 2:15pm</b>	<b>Presentations by 2027 host</b>	Auditorium C
<b>2:15pm – 2:30pm</b>	<b>Prize-giving</b> – best oral presentation & poster	Auditorium C
<b>2:30pm – 2:45pm</b>	<b>Thank you and Close</b>	Auditorium C

# Conference Venue: Getting Here

A winner in the Best Academic Venue category at the Meetings & Incentive Travel Awards for three consecutive years, the University of Strathclyde's **Technology & Innovation Centre** offers modern, all year-round facilities in Glasgow's city centre, providing a bright and airy environment for communication and collaboration. TIC offers state-of-the-art conferencing facilities linked by spacious foyers which enjoy natural daylight and modern furnishing - perfect for posters, networking, catering and exhibitions. The rooms are equipped with the latest in projection, display and audio technology. Delegates can connect to fast, free and reliable complimentary Wi-Fi.

## Getting here

[Technology and Innovation Centre \(TIC\).](#)

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[nordic2025conf-admin@strath.ac.uk](mailto:nordic2025conf-admin@strath.ac.uk)

University of Strathclyde Campus map: <https://www.strath.ac.uk/maps/>

[City of Glasgow Hotel Map](#) & [Delegate Offers](#)

**By Air:** Glasgow Airport is 0.6 miles away. First Bus operate an express service (Express 500) to/from the city with a journey time of around 15 minutes. Visit [glasgowairport.com](http://glasgowairport.com) for more information. The nearest bus stop is on [North Hanover St](#). You can find more information on getting here by air via other routes [here](#).

**By Rail:** The closest main train stations are Glasgow Queen Street (0.4mi) and Glasgow Central (0.9mi). See [scotrail.co.uk](http://scotrail.co.uk) for timetables.

## Getting around

The venue is easily accessible by foot if you are able. Bike stands are available outside the main entrance. See [Ovo Bikes](#) for more information. The nearest underground station is Glasgow Buchanan St station. [See here for maps and timetables](#). You can find more information on getting around, including via subway, [here](#). Scan the QR codes or click links here for [local maps](#) and [delegate offers](#).

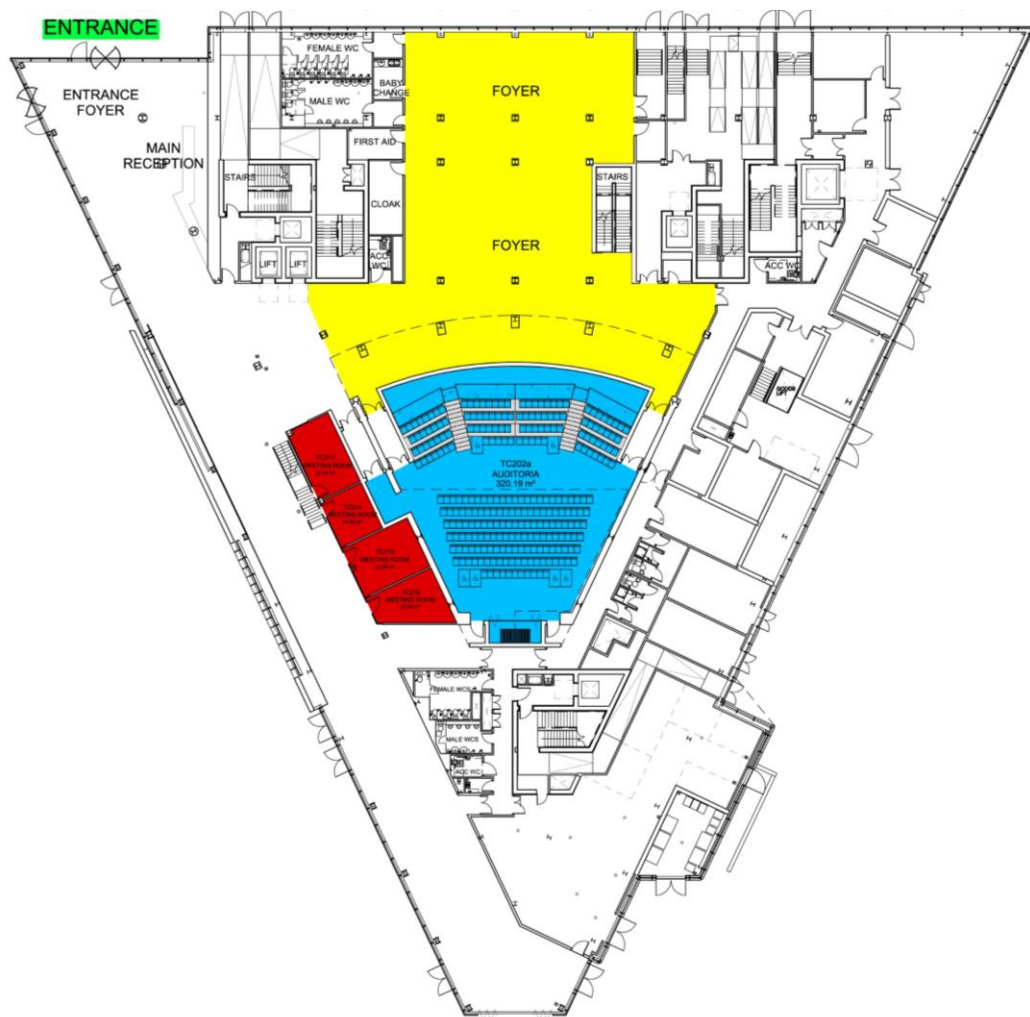


# Conference Venue: Layout

Please see the conference floor plan below for Level 2 (Main Entrance). You can also [watch a short video and take a virtual tour here](#)

## Level 2 (Main Entrance)

For access to registration, catering and the auditorium.

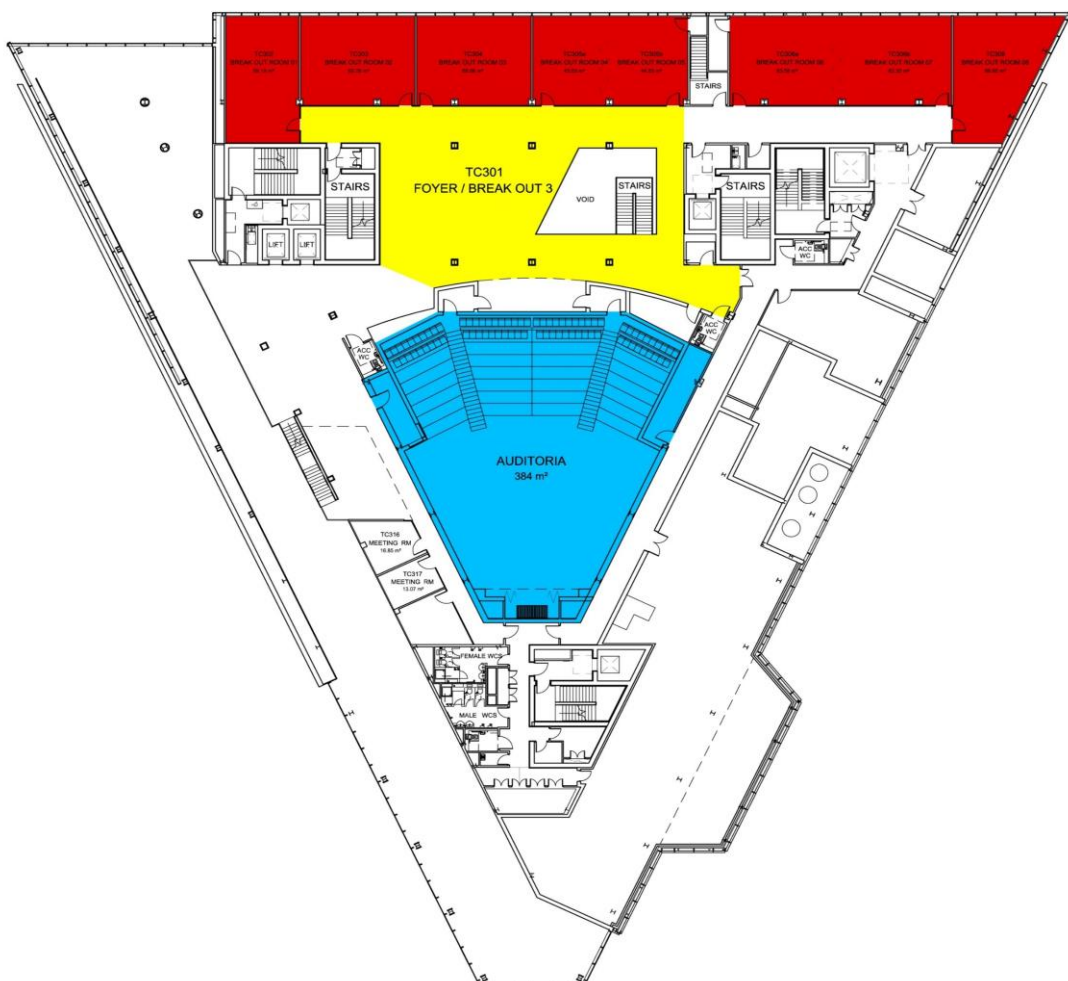


# Conference Venue: Layout cont.

Please see the conference floor plan below for Level 3. You can also [watch a short video and take a virtual tour here](#)

## Level 3

For access to the workshop and oral presentations, posters and the auditorium.



# Conference Venue: Facilities

## Wi-Fi

We have a dedicated Wi-Fi circuit available for organisers, exhibitors and delegates in all conference spaces and public areas on Levels 1, 2, 3 & 9 of the Technology and Innovation Centre.

To connect, select **TIC Conferences** from the list of available networks and enter the password: **Tollcross**

Access via **Eduroam** is available to those visiting from other academic institutions, provided your account has already been configured – simply log on using the credentials provided by your home institution.



## No Smoking

Smoking and the use of vapes and e-cigarettes is prohibited within all University buildings and within 15 feet (4.6m) of any University building entrance, doorway, stairs or covered areas where this distance is within University property.

## Cloakroom

Cloakroom facilities are available. The University accepts no responsibility for items left unattended in the cloakroom, or in any other area of the building.





# Social Programme



**The Welcome Reception will take place in the [City Chambers, George Square](#) on Wednesday, 4th June at 6pm - 7pm.**

All conference delegates are invited but must have registered for the Welcome Reception in advance. The Civic Reception is provided by the Lord Provost of Glasgow to welcome delegates to the city of Glasgow.

The unique event is held in the prestigious surroundings of the City Chambers which were opened in 1888. This Victorian masterpiece is recognised as one of the most beautiful buildings in the UK. It is an impressive symbol Glasgow's political strength. After the reception you are free to go out and explore Glasgow's nightlife in your free time!

Enjoy an unforgettable **Ceilidh and Dinner in the [National Piping Centre](#) on Thursday, 5th June at 7:00pm – 11:00pm.**

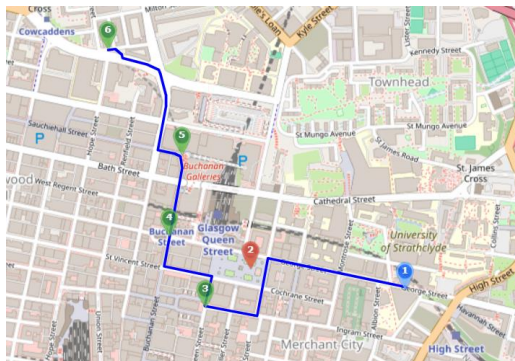
The venue is a 20-30 min walk from the conference venue (see next page for a cultural route). The Great Highland Bagpipe is perhaps the best known of Scotland's musical instruments and an ambassador for Scotland throughout the world. The National Piping Centre was founded as a charity to serve as a national and international centre of excellence for the instrument and its music. The dinner is an opportunity to relax and network with delegates. **All attendees must have registered for the dinner in advance.**

Following the meal, get into the swing of things by enjoying a traditional Scottish ceilidh. Any attire is suitable so long as it enables you to dance.



# Dinner & Ceilidh: Getting There

The most direct route from the conference venue to the National Piping Centre takes ~20 minutes. If you wish to take a longer walk, you can do so via the many cultural attractions in Glasgow. This will take ~30 minutes. [View this map online here](#) or **via the GPSmyCity app**. Simply Download app "GPSmyCity: Walks in 1K+ Cities" via the [Apple App Store](#) or [Google Play](#), go to "Account" and sign in to your account using your email and the password **f889c927**. Then tap "My Guides", then "Glasgow Map and Walking Tours".



1. Start: **Technology Innovation Centre (TIC):** 99 George St.
2. **Glasgow City Chambers:** The City Chambers is an ornate classical Victorian masterpiece, built in 1888. It boasts one of the most magnificent marble staircases in the world—said to be second only to the Vatican's.
3. **Gallery of Modern Art and Duke of Wellington statue** (16 Royal Exchange Square): The Gallery of Modern Art is famously fronted by a statue of the Duke of Wellington, who almost always has a traffic cone on his head—a quirky, unofficial tradition that has become a beloved symbol of the city's humour and spirit. Banksy called it his "favourite work of art in the UK", and said it is the reason he chose to hold his first exhibition in 14 years at the gallery.
4. **Saint George's-Tron Church** (163 Buchanan St): Interesting for its striking neoclassical architecture combined with its rich history as a vibrant centre of worship and community life dating back to 1794.
5. Walk up **Buchanan Street** to **Glasgow Royal Concert Hall** (2 Killermont St): The statue of Donald Dewar, Scotland's first First Minister, stands with his trademark stoop and spectacles, symbolising his modest persona. Often called the "Father of the Nation," he was instrumental in establishing the Scottish Parliament and famously declared its opening in 1999 with the words, "There shall be a Scottish Parliament."
6. Continue up Buchanan Street to Cowcaddens Road via Killermont Street to Final Stop, **National Piping Centre** (McPhater Street): The National Piping Centre, housed in a former Free Church dating back to 1872, has the world's first purpose-built museum dedicated entirely to the history and culture of the Great Highland Bagpipe.



# Wellbeing & Safety

Your wellbeing and safety at the conference matters to us. **Every day**, delegates can participate in short in-your-seat **mobility and meditation sessions**, which will be led by Strathclyde Sport. You can also **Refresh** each day with tea, coffee or water while you network.

You can go on a short **Walk & Talk** at the end of the day **on Wed 4<sup>th</sup> June**, led by Strathclyde Sport, where you can network while taking in some of the local sights. This will last approximately 20 minutes. Meet at the front door of the venue 5 minutes after the last session of the day.



There are currently no formal COVID-19 restrictions in Scotland. However, we still encourage you to be **considerate of others' personal space** and ask that you make use of **hand sanitiser** and **wash your hands** frequently while at the conference. It is your personal choice if you want to wear face covering.

In addition, **you are asked not to attend if experiencing symptoms of any respiratory infection, whether possible COVID-19 or not**, and follow [NHS Inform](#) guidance.

A gentle reminder to stay aware of your surroundings while in Glasgow. Like any big city, it's best to keep your belongings secure and trust your instincts. Stay safe and enjoy your time! **If you require the emergency services, dial 999.**



# Wellbeing: Strathclyde Sport



While we have a packed academic and social programme, delegates have some time to themselves during their stay in Glasgow.

The **Strathclyde Sport Centre** is yours to enjoy **from just £6.25 per visit**. Located on-campus, this state-of-the-art facility is open from 7am to 10pm Monday to Friday.



Some of the fantastic facilities available include:

- 25m six-lane swimming pool
- Sauna & steam room
- Gym with more than 180 stations
- Sports hall & squash courts
- Fitness classes including: HIIT; Yoga; Pilates; Spin; Zumba; women-only classes and many more.

Interested? Visit Strathclyde Sport at [160 Cathedral Street](#) or go to [the website](#) for more information. You can also approach Strathclyde Sport staff at the conference who will be leading our seated mobility and meditation sessions, and campus walk.



Download the [Strathsport App](#) for the quickest and easiest way to book fitness classes and activities, check timetables, news and events.

# Sustainability

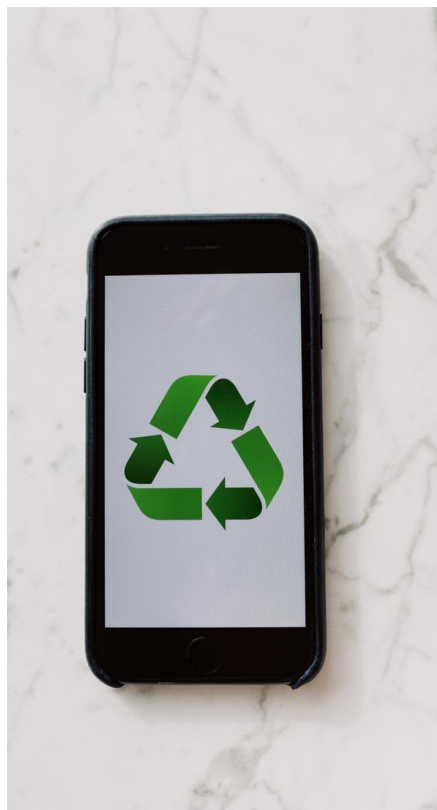
We support the University of Strathclyde in its aims to build a greener and more climate-resilient campus. We are taking a few steps to be as green as possible.

**This conference programme book is only available in electronic form**, and aside from delegate badges, no other paper resources are used. **Your badge will be printed for you**, and you will be provided with **a lanyard**. Please return it at the end of the conference for re-use. **No conference bags will be provided.**

The venue also has **drinking water fountains**, so you are encouraged to bring your own refillable water bottle rather than buy plastic water bottles.

Finally, **if you have anything you want to leave for reusing or recycling**, including paper posters, your badges or even old unwanted clothing, please do so.

Please also use our many **recycling bins** when disposing of waste.



Glasgow is a small city with much to see. If you can, **we encourage you to walk where possible or take public transport** to reduce your carbon footprint. Glasgow also has a fantastic cycle hire scheme.

See the [Wellbeing & Safety](#) and [Conference Venue: Getting Here](#) pages for helpful and important information to help you **get around and stay safe.**