Dear All,

We’re writing to invite you to a series of events that will take place in the Peak District in the Summer of 2018. Over the weekend of the 9th and 10th June, the BMC together with members of the DMM will run the third “First Aid and Mountain Medicine Course”. Those who wish to get involved should contact Raj Chatha (rajeshchatha@doctors.org.uk).

Monday 11th and Tuesday 12th June will be the dates of the second Summer DMM Advanced Course. In 2016 more than 50 attendees from around the world came to Hathersage and enjoyed a fantastic series of talks, discussions and films over three days. Blessed by fantastic weather, there were plenty of opportunities to swim, run, cycle and climb in the Peaks too! On the 11th we’ll be focusing upon the needs of youngsters in the mountain environment, whilst the 12th will be devoted to the prevention and treatment of limb injuries. If this wasn’t enough, we also have a series of evening events organized too. We’ll kick off with a Pizza and Pasta Fundraiser for Nepali charity IPPG, followed by a “Curry Night” and a talk from Bob Comlay who’ll share his adventures with the great explorer HW Tilman. Finally we’ll close the course at the David Mellor Design Museum where our guest speaker will be the neurologist and expedition doctor Charlie Clarke.

On Wednesday 13th June, Hathersage will again be the host for the launch of the British Mountain Medicine Society (BMMS). Two years in the planning, this one day meeting is entitled, “Surviving the Death Zone” and will feature experts talking about the problems and solutions faced by those heading to the highest peaks in the world. With the likes of Charlie Clarke, Sundeep Dhillon, Ed Douglas, Jim Duff, Chris Imray and Adele Pennington all involved it will prove to be a fascinating day!

**17.5 hours of CPD have been confirmed by the Royal College of Surgeons (Edinburgh) for the three days.**

Each day is priced at £75 and includes Lunch and Dinner. Places are limited so please book early. We look forward to seeing you all in June!

**UPDATE – 15TH MARCH 2018!**

**DUE TO POPULARITY THE EVENING EVENTS ON TUESDAY AND WEDNESDAY HAVE NOW SOLD OUT! GOOD NEWS – IT IS STILL POSSIBLE TO COME TO THE DAYTIME EVENTS AT A DISCOUNT RATE OF £50 PER DAY!**

Organisers - Parminder Chaggar, Andy Tomlinson and Jeremy Windsor.

Day 1 – 11th June 2018

Venue – Hathersage Memorial Hall

“Teenage Kicks” – Helping youngsters get the most out of the mountains.

0800 – 0815 Introduction

0815 – 1015 Session 1 “Insights” (Moderator – Andy Tomlinson)

0815 - 0845

Life Threatening Illnesses in Young Adults and Older Children – Dan Yeomanson

0845 - 0915

A Bite Sized Introduction to Eating Disorders – Antony Natt

0915 – 0945

Child Protection - Lauren Newcomb

0945 – 1015

Managing Youngsters with Chronic Pain – Julie Hui

1015 – 1030 Interval

1030 – 1240 Session 2 “Solutions” (Moderator – Karen Greene)

1030 – 1040

Films – “A Higher Crawling” and “Tom Seipp – A Mountain Journal”

1040 – 1110

A GP’s view of caring for young military personnel on worldwide exercises and expeditions– Andy Grieve

1110 – 1140

Organising Adventurous, Safe and Successful Expeditions for Young People – Mike Rosser

1140 – 1210

Edale Mountain Rescue Team Case Studies – Steve Rowe

1210 – 1240

The Great Debate - Emily Bebbington, Jim Duff, and Alex Kumar

“Acetazolamide in youngsters? Would you prescribe?”

1240 – 1300 Lunch

1300 1400 Session 3 (Moderator – Tim Saunders)

1300 – 1330

A Youngster’s Perspective – Tom and Neil Sambridge

1330 – 1400

A Charity’s Perspective – Urban Uprising

Venue – Outside

Catering - Sangams

Evening Speaker – Bob Comlay (introduced by Jeremy Windsor)

Day 2 – 12th June 2018

Venue – Hathersage Memorial Hall

Extremities and Extremes – The prevention and treatment of limb injuries in the mountains

0800 – 0815 Introduction

0815 – 1015 Session 1 (Moderator – Mike Greene)

0815 - 0845

How to diagnose and manage pulley injuries – Tim Halsey

0845 – 0915

Update on the management of frostbite – Chris Imray

0915 – 0945

Non Freezing Cold Injury – Sarah Hollis

0945 – 1015

Using Methoxyflurane for Pain Management in the Field – Jim Duff

1015 – 1030 Interval

1030 – 1230 Session 2 (Moderator – Tim Halsey)

1030 – 1100

Three Legs Bad, One Leg Good - David Hillebrandt and Stuart Allen

1100 – 1130

Rehabilitation from Shoulder Injury – Tim Hall

1130 – 1200

The Long Journey Home - From Injury to Recovery – Jon Naylor

1200 – 1230

Protecting the Extremities – Glyn Padgett

1230 – 1300 Lunch

1300 – 1400 Session 3 (Moderator – Charlotte Haldane)

1300 -1330

The Limb Quiz! – Tom Geliot and Jeremy Windsor

1330 – 1400

Bouldering at the Extremes – Tom Callendar

Venue and Caterers – David Mellor

Hathersage Brass Band

Evening Speaker – Charlie Clarke (introduced by Jim Duff)

BMMS Launch – 13th June 2018

Venue – Hathersage Memorial Hall

Surviving the Death Zone

0800 - 0830 Welcome and Introduction – Suzy Stokes and Jeremy Windsor

Session 1 – The Problem… (Moderator – Sundeep Dhillon)

0830 – 0900 The Heart – Steve Pettit

0900 – 0930 The Upper Respiratory Tract – David Howard

0930 – 1000 The Nervous System – Charlie Clarke

1000 – 1030 The difficulties faced by Guides, Porters and Support Staff – Jim Duff

1030 – 1045 Coffee

Session 2 – The Solution… (Moderator - Chris Imray)

1045 – 1115 Logistics – Tom Briggs

1115 – 1145 Tactics – Adele Pennington

1145 – 1215 The Human Factor – Ed Douglas

1215 – 1245 Treatment – Suzy Stokes

1245 – 1315 Lunch

Session 3 – Workshops (Moderators – David Hillebrandt, Andy Tomlinson and Parminder Chaggar)

1315 – 1455 (25 mins each)

- Marginal Gains in the Mountains – Jeremy Windsor

- Clothing and Equipment in the “Death Zone” - Rab

- Supplemental Oxygen Masterclass – Ted Atkins

- The Hyperbaric Chamber Masterclass – Jim Duff

- Mountaineering Skills for the Death Zone – Adele Pennington

1455 - 1500 Close

Evening

Venue and Caterers - Hathersage Social Club

Speaker - Adele Pennington

Booking Form

Name

Address

Contact Email

Contact Telephone Number

Name and Contact Number of Next of Kin

Which days are you attending?

Do you have any specific dietary requirements?

Payment can be made by:

-Cheque payable to JS Windsor and sent to:

7 Park Edge

Hathersage

Hope Valley

Derbyshire

S32 1BS

-Bank transfer:

Account Name: JS Windsor

Bank: Lloyds Bank

Account Number: 02623719

Sort Code: 309751

IBAN: GB43LOYD30975102623719

BIC: LOYDGB21040

Reference: Advanced DMM (and payees name)

payees name)