

Annual Conference and General Assembly

Heraklion, Crete, Greece

17-18 May 2019

Programme



#ENFA2019

Welcome

ENFA President

Souzi Makri

Dear friends and colleagues

I wish you a very warm welcome to Heraklion, for the European Network of Fibromyalgia Associations (ENFA) Annual Conference and General Assembly 2019.

Our theme for 2019 is 'A holistic approach to the management of fibromyalgia across the life course'. The aim of the conference is to highlight the complexity of fibromyalgia and chronic pain, due to the diverse symptoms which usually delay diagnosis for several years. In addition, we aim to demonstrate how the approach to managing fibromyalgia should be multifaceted, comprising of physical therapy, pharmacological therapy, psychological therapy and social support, made through shared decisions between the individual with fibromyalgia, their family and appropriate professionals.

Through such a holistic approach, we will discuss how management can be effective and thus how individuals with fibromyalgia can remain active, be independent and have a good quality of life. A life course focus is also highlighted in our conference, given that fibromyalgia can affect people of all ages.

I look forward to an insightful and informative conference, with opportunities for discussion, debate and shared learning. I also look forward to an active General Assembly, as we unite to form a clear and strong vision for the European fibromyalgia community in 2020 and beyond.

With best wishes

Souzi

Souzi Makri
President



Programme

Venue

ibis Styles Heraklion Central, 26 Koroneou & Agiou Titou Street,
71202, Heraklion, Crete, Greece

Friday 17 May 2019

07:00 - 18:00

Arrival of delegates

19:00 - 22:00

Evening dinner in the Main Restaurant

Saturday 18 May 2019

07:30 - 09:00

Breakfast in the Main Restaurant

09:00 - 09:30

Registration and networking

09:30 - 09:55

Official welcome from the Arthritis
Foundation of Crete

Roula Angelidaki Stara

09:55 - 10:15

The work of ENFA

Souzi Makri

10:15 - 10:45

A holistic approach to fibromyalgia
treatment from the Rheumatologist
perspective

Nikolaos Kougkas

10:45 - 11:15

Coffee break, stretching and networking

11:15 - 12:15

Workshop - The role of psychosocial
factors in fibromyalgia: A psychological
intervention programme based on
Cognitive Behavioural Therapy

Georgia Dimitraki

Programme

Saturday 18 May 2019

- 12:15 - 12:45** **Self-management and its relevance to people with fibromyalgia - Examples from Cyprus**
Souzi Makri
- 12:45 - 13:10** **The emotional side of chronic pain in people with fibromyalgia**
Lizy Zommer Schupack
- 13:10 - 14:10** **Lunch and networking in the Main Restaurant**
- 14:10 - 15:10** **The importance of water exercise - Stretching exercises for fibromyalgia**
Andreas Iacovou
- 15:10 - 15:15** **Summary and closure of the annual conference**
- 15:15 - 15:30** **Group photograph**
- 16:00 - 18:00** **ENFA General Assembly**
ENFA Board and ENFA Members
- 19:30 - 22:00** **Evening dinner in town**
Location to be confirmed during the conference



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Don't forget to include #ENFA2019 on your posts on Facebook, Instagram and Twitter.

Speaker Biographies

Roula Angelidaki Stara

Greece

Argyri has a Bachelor's degree in Spanish Literature, and Master's degree in Bilingual Education, both obtained from the University of Massachusetts, in the United States of America. Argyri is one of the founding members of Arthritis Crete, and has been the Vice-President of the organisation since 2003. She was board member of AGORA, the platform of organisations of people with rheumatic diseases in southern Europe, between 2015 and 2017.

Souzi Makri

Cyprus

Souzi has a Bachelor's degree in Economics and has completed a Psychology course at the Open University, UK. She has been a volunteer with the Cyprus League Against Rheumatism (CYPLAR) since 2008, and currently holds the position of the Vice-President. She is one of the trainers of the "Self-management" training offered by CYPLAR and recently became a certified trainer by the Human Resources Development Authority of Cyprus (ANAD). Souzi has been trained as a Patient Research Partner by the European League Against Rheumatism (EULAR), and she has become a European Patients Academy of Technology and Innovation (EUPATI) Fellow, after completing a 14-month course covering medicines research and development. Souzi has been very active in patient advocacy for the past ten years, and a trainer for small groups of people wishing to acquire skills to control stress and pursue personal development. Souzi has also published three books in the Greek language.

Nikolaos Kougkas

Greece

Nikolaos is a Consultant Rheumatologist within the Rheumatology, Clinical Immunology and Allergy Clinic at the University Hospital of Heraklion. He completed his medical degree at the University of Nis, Serbia. His PhD topic, based within the medical school at the Aristotelio University of Thessaloniki, focuses on the quality of life and cost-effectiveness of biologic treatment in people with axial spondyloarthritis.

Speaker Biographies

Georgia Dimitraki

Greece

Georgia has a Bachelor's degree in Psychology, Her background provided her with insight and knowledge into various fields of applied psychology, including clinical psychology, health psychology, psychotherapy and neuropsychology. Her Master's degree and PhD studies have given her the opportunity to study the role of illness representation in the physical and psychological health of people with chronic diseases. Specifically, her personal interest focuses mainly on a dyadic approach in the study of couples' adaptation to illness. She is interested in understanding how the dyadic process is involved in adaptation to illness and how these findings could refocus on psychological intervention that involves both partners. Additionally, her research experience on neuropsychological assessment of people with autoimmune diseases helps her to understand how cognitive deficits affect patients' adjustment, and how these patients apply maladaptive coping strategies. She has specifically studied Cognitive Behavioural Therapy (CBT) and now uses this therapy in clinical practice.

Lizy Zommer Schupack

Israel

Lizy has degrees in Psychology and Counselling Psychology, and is currently working as a Counselling Psychologist. She is currently the Projects Manager of the a non-profit organisation in Israel, called Roots For Generations. In this role, she managed the support groups for people with fibromyalgia and chronic fatigue syndrome, as well as the Marriage and Families Enrichment groups, initiated by Bar Ilan University, Israel. In addition, Lizy was a Board Member of ENFA for seven years.

Andreas Iacovou

Cyprus

Andreas has a Bachelor's degree in Physical Education and Sports Sciences from the Aristotle University of Thessaloniki, Greece, as well as a MBA in Sport Management from the University of Leicester, UK. In his youth, Andreas was a member of the Cyprus National Swimming Team, and currently works within his family business, the 'Iacovou Swimming Centre'. Here, he teaches and training people in swimming and aqua fitness. More recently, he has developed an aquatic therapy programme for people with rheumatic and musculoskeletal diseases. Andreas is also a Board Member of the Cyprus League Against Rheumatism (CYPLAR).

Logistics

Hotel

**ibis Styles Heraklion Central,
26 Koroneou & Agiou Titou Street,
71202, Heraklion, Crete, Greece**



Email: HA9P7-RE@accor.com

Website: www.accorhotels.com/gb/hotel-A9P7-ibis-styles-heraklion-central-/index.shtml

Check-in and check-out hours

Check-in: From 14:00.

Check-out: Up to 12:00.

Airport

**Heraklion International Airport Nikos Kazantzakis,
71601, Heraklion, Crete, Greece.**

Transportation

The hotel is located 4 km / 2 miles away from the airport (around 10 to 12 minutes by taxi). Given the short distance, it will be best to use a taxi and ask for a receipt, so that you can claim a reimbursement for the taxi fare.

Language

The official language spoken in Heraklion is Greek, though people will be able to communicate with you in English too.

Time

Heraklion time is currently set in the Eastern European Summer Time (EEST), which is 3 hours ahead of Coordinated Universal Time (UTC). This time is one hour ahead of Central European Summer Time (CEST).

Logistics

Currency

The currency used in Heraklion is the Euro (€).

Electricity

In Heraklion, the power plugs and sockets are of type C and F. If the plugs of your electrical appliances have a different shape, you may need an adapter.

The standard voltage is 230 V and the standard frequency is 50 Hz. You can use your electrical appliances in Heraklion, if the standard voltage in your country is between 220 and 240 V (as is in Europe, Australia and most of Asia and Africa).



Internet access

Free Wi-Fi internet access is available throughout the hotel.

Telephone code

The international dealing code for Greece is +30. The area code for Heraklion is 2810. All personal calls must be settled with the hotel by each participant.

Climate

During May, the average temperature in Heraklion is 19°C, which typically ranges from a low of 15°C to a high of 24°C.

Emergency contacts

In case of an emergency, please contact:

Souzi Makri: president@enfa-europe.eu +357 9963 8264 or

Simon Stones: contact@enfa-europe.eu +44 7761 058920.



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