

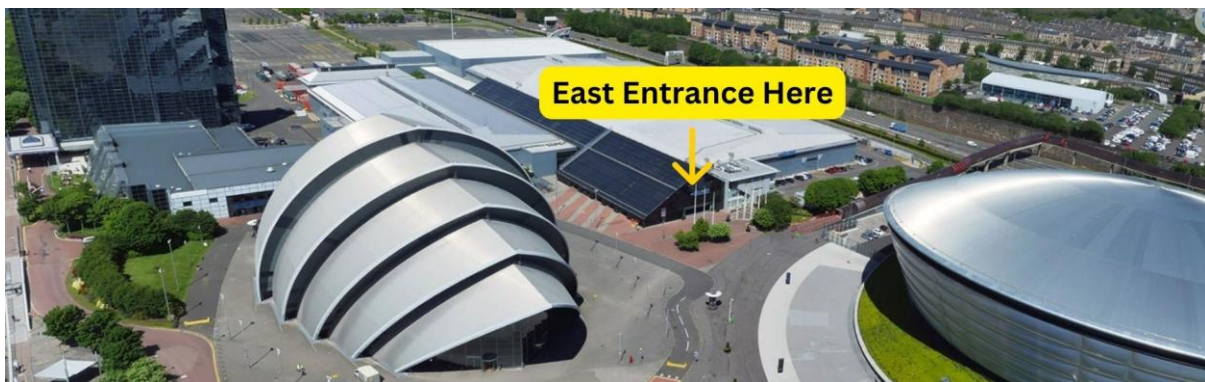
## Welcome Information

We are delighted you will be joining us for the BritSpine conference in Glasgow and have prepared some notes to assist you. If you have any additional queries, please do not hesitate to contact Mosaic Events on [britspine@mosaicevents.co.uk](mailto:britspine@mosaicevents.co.uk) or call + 44 (0) 1904 702615.

### CONFERENCE LOCATION

SEC (Scottish Event Campus), Exhibition Way, Glasgow, G3 8YW

On arrival at the SEC please enter via the **East Entrance**, when entering please to the right to **Hall 5** and will be signposted. **Please collect your badge on arrival from the registration desk and ensure you wear this throughout the event.** Further directions on how to access the SEC are available [here](#).



### MAIN SCIENTIFIC CONGRESS

**Tuesday 18 – Thursday 20 April 2022**

Registration/ Exhibition & Refreshments – Hall 5, Ground floor

Main Plenaries – Lomond Auditorium & Hall 1, Ground floor

Lunchtime symposiums – Alsh room, Ground floor

### PROGRAMME AT A GLANCE

Tuesday 18 April 2023		
0745-0900	Registration with arrival refreshments	Hall 5
0900-1730	Main Scientific Programme	Lomond Suite & Hall 1
1330-1430	Lunch, Symposium & Exhibition	Hall 5 & Alsh Room
1730-1900	Welcome Reception and Posters	Hall 5
Wednesday 19 April 2023		
0745-0830	Registration with arrival refreshments	Hall 5
0830-1700	Main Scientific Programme	Lomond Suite & Hall 1
1330-1430	Lunch, Symposium & Exhibition	Hall 5 & Alsh Room
1700-1800	Annual General Meetings for BASS and SBPR (Members' only)	Lomond Suite
1900-Midnight	Conference Dinner	Glasgow Science Centre
Thursday 20 April 2023		



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<b>0745-0830</b>	Registration with arrival refreshments	Hall 5
<b>0830-1515</b>	Main Scientific Programme	Lomond Suite & Hall 1
<b>1300-1345</b>	Lunch & Exhibition	Hall 5
<b>1515-1530</b>	Prizes/Conference Close	Lomond Suite

Full programme details will be available from the registration desk upon arrival and within the Conference App. If you wish to view the programme in advance there is a copy uploaded on the website [here](#). The content from BritSpine will be recorded and available to view back via the Conference App post event for all delegates.

## SOCIAL EVENTS

### Welcome Reception with the Industry (available for all attendees)

**Tuesday 18 April 2023**

Hall 5 at the SEC (Conference Venue)

Timings - 17:30 – 19:00

### Conference Dinner (purchased tickets only)

**Wednesday 19 April 2023**

Glasgow Science Centre

Timings - 18:45 Meet at the Crowne Plaza, Glasgow Entrance | Drinks 19:00 | Dinner 20:00

*Dress Code is Smart Casual*

For more information on venues and locations, please click [SEC](#) or [The Glasgow Science Centre](#).

## CATERING & LUNCH

Included within your BritSpine ticket are refreshment breaks and lunch on the day(s) of your attendance, which will be served in **Hall 5** alongside the exhibition. If you have informed us of any special dietary requirements these will have been catered for.

## EXHIBITION

Please ensure you take time to meet with the BritSpine [sponsors and exhibitors](#). They will be available on their exhibition stands at the below times:

Tuesday 18 April - 07.45 - 19.00

Wednesday 19 April - 07.45 – 16.15

Thursday 20 April - 07.45 – 13.45

## PRESENTATION UPLOADS

### Are you presenting a podium presentation?

All accepted presenters will already have been notified by email and are now listed in the programme. All podium presentations will be strictly limited to 5 minutes plus 2 Minutes Q&A.



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**Please prepare your slides in PowerPoint in the ratio of 16:9 and save on to a memory stick to bring along to the conference.**

Upon arrival at to the Glasgow, please head straight to the registration desk which is in Hall 5 to pick-up your name badge. From there you will be directed to the AV team in the **Etive Room** who will upload your presentation from a memory stick to the show laptop. Please arrive no less than 1 hour prior to your presentation time.

### **Are you presenting a poster presentation?**

As part of your acceptance, you, or a co-author, **MUST** be present at the Welcome Reception on Tuesday 18 April 2023 to answer any questions.

### **POSTER GUIDANCE**

- Each poster must be **maximum** A0 size (not exceeding 841mm (33”) wide x 1189mm (46.8”) high).
- Each poster must be produced in portrait format (landscape is not acceptable).
- Each poster must be produced on material that will easily attach to the poster board with Velcro which you **MUST** provide yourself.
- Lamination of posters is recommended, but this is optional.
- Each poster must include the title, the name of the presenter and author(s), as well as institution.
- Font size at least 16pt must be used - anything below this can make it hard to read from a distance.
- Do not use a dark background.
- Posters will be displayed for the duration of the conference.
- There is no requirement for you to remain with your poster, but you should be available during intervals in order to answer any questions.

### **CAR PARKING**

The nearest multi-storey is operated by [Glasgow City Council](#). The postcode is **G3 8GS**.

Onsite pay machines are on the ground floor, or level 2 (walkway level) of the car park. Payment can be made by cash or credit/debit card on arrival or before departure.

### **Tariff Rates in the multi-storey Monday to Sunday are:**

0-1 hour £5.50, 1-12 hours £11.00, 12-13 hours £16.00, 13-24 hours £22.00 Mon-Sun.

Event and concert pre-pay facilities available 12 hours - £11.00, pay at the car park pay station.

The multi-storey has a height restriction of 2m. Drivers with vehicles over 2m can find other local parking areas [here](#).

### **HOTEL ACCOMMODATION**

If you haven't yet booked your accommodation please look on the event website for further information [here](#). For the location of the various hotels please refer to this [map](#).



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## TRAVELLING TO GLASGOW

Please note there are planned engineering works on the train network these will take place between Monday 20 March – Friday 21 April.

On weekdays during this period Avanti West Coast will operate an hourly service to and from Glasgow diverted via Midcalder & Shotts (between Carlisle and Glasgow), extending journey times.

Avanti West Coast will not serve Edinburgh Haymarket or Edinburgh Waverley. Journeys to and from Edinburgh will involve a change at Carlisle, where connections into TransPennine Express services will be available. For further information please visit the below links.

[Full information on the improvement works](#)

[Plan your rail journey](#)

[Train ticket release dates and timetables](#)

[Sign up for ticket alerts](#)

### **ScotRail Conference Rover - £5 for 5 days**

Delegates can purchase a ScotRail Conference Rover ticket for £5 for 5 days train travel within the Conference Zone, more information is available [here](#).

You can then travel between the SEC and the City Centre as many times as you like within this time. The Conference Rover also gives you up to 50% off train fares throughout Scotland if you'd like to explore the rest of Scotland after the conference. **To purchase the ticket, show your conference badge at the station or photo ID with a conference confirmation.**

For more information on other methods of transport please click here [click here](#).

## BRITSPINE 2023 – DOWNLOAD THE EVENT APP

Don't forget to download the BRITSPINE 2023 mobile app on your iPhone, iPad, or Android! **Ideally before the conference.** Within the app you can view the event schedule, see the attendee and speakers list, oral and poster abstracts, and view details of the BritSpine sponsors.

**\* The app will be used during some of the sessions for live polling, so don't be the odd one out!**

Please follow the 3 simple steps to **DOWNLOAD THE APP NOW!**

**1) Download the app.** Go to [Apple store](#) or [Android](#) and download **Cvent Events**



**2) Search for BritSpine 2023 and click download and open the app**



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- 3) To view features such as the delegate list and polling, you will need to enter your name and email, then you will be sent a verification code to your phone number (if you have provided this on registering) and your email address to input to access all features.

If you need any support with this throughout the event, please visit the registration desk.

## DELEGATE LIST AND PHOTOGRAPHY

The delegate list is available electronically via the conference app this is available to encourage networking. Photographs and videos of activities at the Conference may be taken and possibly used in future UKSSB publicity. If you would prefer not to have your photograph taken or being in video footage, or to providing your details on the delegate list, please contact Sarah on +44 (0)1904 702165 or [britspine@mosaicevents.co.uk](mailto:britspine@mosaicevents.co.uk). If you have already stated your answers in your registration, you do not need to contact us again.

## CLOAKROOM

A complimentary cloakroom facility will be available throughout the event to store your belongings. Situated outside of Hall 5, this will be available at the following times:

Tuesday 18 April - 07.30 - 19.30

Wednesday 19 April - 07.30 - 18.30

Thursday 20 April - 07.30 - 16.30

## SOCIAL MEDIA

Keep up to date with the meeting by following us on Twitter [@BritSpine](https://twitter.com/BritSpine) tweet and post about your conference experience using [#BritSpine2023](https://twitter.com/BritSpine2023).

## DIGITAL DELEGATE BAG

Access our digital delegate bag, packed with information, and offers from our BritSpine Meeting Sponsors and Exhibitors [here](#).

## QUIET SPACE

There is a designated quiet space available for all delegates, this is within the Fyne room which is situated on the ground floor near to the Lomond Auditorium. Please note mobile phones or computer devices are not to be used within the space and we ask delegates to always remain silent.

## WATER

We request where possible delegates bring their own water bottle to refill throughout the conference at the water coolers and fountains which are available throughout the venue.

## WI-FI

Free Wi-Fi is available throughout the SEC, there is no password to join.



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## DELEGATE OFFERS

Glasgow Convention Bureau have negotiated special delegate discounts at local suppliers you can view what is available [here](#).

## NEVER BEEN TO GLASGOW BEFORE?

For more information and what to do and see whilst you are in city please visit the Glasgow website to see what activities there are to do [here](#).

## TAXIS

Glasgow Taxis  
0141 429 7070

Download the app: <https://www.glasgowtaxi.co.uk/passenger-services/smartphone-apps/>

GlasGo Cabs (private hire)  
0141 332 5050 / 0141 774 3000

Download the app: <https://glasgocabs.co.uk/app/>

Uber also operates in Glasgow.

**All delegates are asked not to attend in-person if symptomatic of Covid 19.**

## CONTACT NUMBERS

For any queries, please call Mosaic Events on +44 (0) 1904 702165 or email [britspine@mosaicevents.co.uk](mailto:britspine@mosaicevents.co.uk). For contact during the event, or as an emergency contact to reach any of the delegates during the event, please call +44 (0)7703 597744.

**We look forward to seeing you in Glasgow!**