

Speaker biographies

Professor Peter Bain, Consultant Neurologist and NTF Trustee

Professor Peter Bain is a Reader and Honorary Consultant in Clinical Neurology at Imperial College London and Charing Cross Hospital. He is an international authority on tremor, Parkinson's disease, movement disorders, and deep brain stimulation, with over 100 peer reviewed publications and extensive experience as an invited speaker at major international congresses.

He is a Fellow of the Royal College of Physicians and the Royal Society of Medicine, and a trustee and co founder of the National Tremor Foundation, where he supports research, knowledge sharing, and improved care for people living with tremor.

Carl Beech, Founder, BeechBand

When his health and wellbeing took a turn for the worse at 51, charity activist and founder Carl Beech began to give up hope. But having spent his adult life helping others, he was determined not to give up on himself. Along with friend Nick, Carl invented the BeechBand, a wellness device, based on the heartbeat a baby would feel in the mother's womb, and the effect on his wellbeing was dramatic. Since launching last year, we have heard from thousands about how the BeechBand is helping them to believe in better days.

Sarah Bennett, Community & Locality Engagement Coordinator, Age UK North Tyneside

Sarah Bennett is Community & Locality Engagement Coordinator, Age UK North Tyneside. Age UK North Tyneside Group was established in 1972 and has grown to become one of the largest local voluntary organisations in the borough.

Their vision is a world where everyone enjoys later life, with a mission of helping people make more of life. They support individuals aged 50+ with information and advice, physical and social activities. They also support individuals who require care with specialist dementia activities and extra care schemes through their partner, EveryDay.

Dr Matteo Ciocca, Consultant Neurologist and NTF Trustee

Dr Matteo Ciocca is a Consultant Neurologist at Imperial College Healthcare NHS Trust, London, specialising in movement disorders. His clinical expertise includes advanced tremor therapies, particularly Deep Brain Stimulation and MR guided Focused Ultrasound.

He is actively involved in research to improve the understanding and treatment of tremor, with a focus on optimising existing interventions and developing new non pharmacological approaches to care.

Jackie Farrell, NTF Lead Peer Support Advocate

In the early 1970s, when she was in her twenties, she was diagnosed with mild essential tremor.

She ran her own dance school from 1964 until 2004, when she had to retire early as the tremor in both hands progressed in severity. This meant she could no longer teach classical ballet, which requires precise hand movements. It was a devastating time, as dance had been her life since the age of three. Around the same time, the tremor began to progress to her head and later to her legs.

However, when one door closes, another opens. Since retiring, she has taken every opportunity to raise awareness of tremor through talks and events, both in the UK and internationally. She also serves as an NTF support group coordinator.

Rosie Frost, Head of Design for Accessibility, Logitech

Rosie Frost is Head of Design for Accessibility at Logitech who make computer hardware peripherals and video conferencing equipment. She works with a wide range of users to understand how to improve tech usability.

A big focus area is understanding the needs of users with reduced hand mobility - spanning physical, neurological or inflammatory.

She has been working closely with Jackie Farrell - co-ordinator of the Sutton Shakers NTF group to understand some of the challenges of using a mouse and keyboard with Tremors.

Karen Hull, Neuro-Physiotherapist

Karen Hull is an expert neuro physiotherapist based in Hebden Bridge, with a specialist clinical and academic interest in movement disorders, particularly Essential Tremor. With extensive experience in neurological rehabilitation, they are dedicated to improving quality of life for people living with complex neurological conditions through evidence-based physiotherapy and patient-centred care.

Their work focuses on understanding and optimising movement in individuals affected by tremor and other neurological disorders, combining clinical expertise with a strong commitment to research and service development. As part of the steering committee for a James Lind Alliance Priority Setting Partnership, they have contributed to shaping national research priorities, helping ensure that the questions most important to patients, carers, and clinicians guide future studies in the field.

Outside their professional work, they live in the beautiful Calder Valley community of Hebden Bridge, where they maintain an active lifestyle through regular dog walking and gentle jogging in the surrounding countryside. This personal commitment to health and movement reflects the same principles that underpin their clinical practice: staying active, supporting wellbeing, and valuing the restorative power of movement.

Dr David Ledingham, Consultant Neurologist

Dr David Ledingham is a Consultant Neurologist specialising in movement disorders at Newcastle upon Tyne Hospitals NHS Foundation Trust and an Honorary Senior Clinical Lecturer at Newcastle University.

He leads the Newcastle movement disorders service, managing complex Parkinson's disease, tremor, and dystonia cases, including advanced therapies such as deep brain stimulation, and has a research focus on biomarker driven and device aided approaches to care.

Kitty Reilly Chair of the Board of Trustees, NTF

Kitty, whose son has essential tremor, works as a Diagnostic Radiographer and has multiple roles working in the NHS . She has been Children's Liaison Officer for the NTF since 2016 and a Trustee of the charity with her primary focus being ET in Children since 2017.

Kitty aims to work with Trustees and volunteers to grow the NTF and raise awareness of tremor, meeting the values of the NTF. Kitty is keen to ensure children and young people with tremor continue to be represented in the work we do.

Ian Sharp, NTF in Scotland

Ian Sharp is 72 years old. He first noticed something was wrong when he was in his early thirties while working as a process engineering manager in the electronics industry. During this time, he began to notice that his handwriting was becoming increasingly difficult to control.

It was not until his early forties that he was diagnosed with essential tremor. At that time he was offered deep brain stimulation (DBS), but he felt the procedure was too risky.

In his fifties his right hand became affected, making even the simplest tasks almost impossible. However, after undergoing the MR-guided focused ultrasound (MRgFUS) procedure, his quality of life improved immensely.

Organisations

The Age UK North Tyneside Group

The Age UK North Tyneside Group was established in 1972 and has grown to become one of the largest local voluntary organisations in the borough. Our vision is a world where everyone enjoys later life, with a mission of helping people make more of life. We support individuals aged 50+ with information and advice, physical and social activities. We also support individuals who require care with specialist dementia activities and extra care schemes through our partner, EveryDay.

The Deep Brain Stimulation Nurses Association (DBSNA)

The Deep Brain Stimulation Nurses Association (DBSNA) represents nurses specialising in deep brain stimulation (DBS) care and supports the advancement of clinical practice, education, and research in neuromodulation. DBS nurses play a central role throughout the patient journey, from assessment and preparation for surgery to long-term care, supporting patients, families, and carers living with DBS.

They are highly specialised practitioners with advanced skills in DBS management. Many hold extended roles, including independent prescribing, service development, education, and research, contributing significantly to improving patient care and innovation in the field.

Boston Scientific

Boston Scientific is dedicated to transforming lives through innovative medical solutions that improve the health of patients around the world. Our commitment to transforming lives through meaningful innovation is more than a goal, it's how we're advancing science for life. We're fulfilling our brand promise by focusing on solutions that matter most, pursuing excellence and collaborating with healthcare professionals.

Insightec

Insightec is a global healthcare company pioneering in Focused Ultrasound with a mission to help transform lives by delivering the therapeutic power of acoustic energy. The company's Exablate Neuro platform focuses sound waves, safely guided by MRI, to provide tremor treatment to patients with medication-refractory essential tremor and Parkinson's disease. Today, more than 30,000 patients have been treated with MRgFUS globally. Insightec is headquartered in Haifa, Israel, and Miami, US and with a European head office in Frankfurt, Germany and offices in Dallas, Shanghai, and Tokyo.