

# BYOB

BRING YOUR OWN BRAIN:  
**Liverpool**

March - April 2025

## PUBLIC EVENT PROGRAMME



BYOB Liverpool is proudly delivered by

THE INTERNATIONAL  
**BNA2025**  
FESTIVAL OF NEUROSCIENCE

 Liverpool  
Neuroscience  
Group

**BNA**  
British  
Neuroscience  
Association

[BNA2025.org](http://BNA2025.org) | [LNG.org.uk](http://LNG.org.uk)

# Welcome to Bring Your Own Brain 2025

At the end of April 2025, **the British Neuroscience Association's biennial Festival of Neuroscience** will draw over 1000 neuroscientists to Liverpool for a 3-day meeting, where cutting-edge brain research will be presented and discussed. This is the **first time a British Neuroscience Association (BNA) conference** will have come to the city since 2009.

In the lead up to the festival, through March and April, the local **Liverpool Neuroscience Group**, supported by the BNA and our member institutions (Edge Hill University, Liverpool John Moores University, University of Liverpool, and the Walton Centre) are bringing neuroscience out of the laboratories, lecture theatres and conference halls. To create a neuro-festival atmosphere, we are putting on an exciting **programme of public engagement events** at venues across this city region designed to inspire, entertain and engage people of all ages with the science of the brain.

Through partnerships between our city's **universities, museums, charities and other civic institutions** we aim to ensure that the 2025 Festival of Neuroscience leaves a strong legacy of its visit to Liverpool. Art, comedy, talks and activities will be used to showcase the brain's adaptability, debunk some common misconceptions about how the brain works and provide lifestyle tips that everyone can use to help keep their brain healthy.

The vast majority of our events are entirely **free of charge**. So, browse the programme, invite your friends and family, and **Bring Your Own Brain!**



Susannah Walker  
Chair, Liverpool Neuroscience Group

## Event Calendar



- **8th March:** Meet the Scientists
- **2nd April:** Public Lecture - History of Neuroscience in Liverpool
- **3rd April:** In Touch with the Body
- **5th - 21st April:** Eureka! Science + Discovery
- **7th April:** Brain Charity Coffee Morning & Talks
- **7th - 17th April:** Minds Reimagined: An Art in Science Exhibition
- **10th April:** Move your body, boost your brain
- **10th & 24th April:** Neuronights at LEAF
- **22nd & 23rd April:** What is blindness? The world unseen
- **25th April:** Words beyond vision - reading event for all at the central library.
- **26th April:** Remember me - memory and the brain
- **28th April:** Reading for a happier, healthier and more socially connected world.

## Meet the Scientists

- **Time:** 10.00am - 4.00pm
- **Venue:** World Museum, William Brown Street, Liverpool
- **Registration:** Free to attend for all, no booking necessary
- **Audience:** Children and Families



Meet the Scientists is an annual series of interactive science days for families, brought to you by the University of Liverpool's Faculty of Health and Life Sciences in partnership with the World Museum.

### What's Happening?

There will be researcher scientists from many different specialities, including neuroscientists, who have brought along activities and experiments suitable for families and children for you to get your hands on and learn about the brain.



Scan to find out more!



Wednesday 2nd April

## Public Lecture – History of Neuroscience in Liverpool

- **Time:** 6.30pm - 8.00pm
- **Venue:** Liverpool Medical Institution, Mount Pleasant, Liverpool
- **Registration:** Free to attend, booking essential: [lng.org.uk/BYOB-LMI](http://lng.org.uk/BYOB-LMI)
- **Audience:** Over 18s only



The British Neuroscience Association Meeting in Liverpool in April 2025 will provide many opportunities to learn about exciting developments in the field of neuroscience and forge new ideas and collaborations for future research. It also presents an opportunity for retrospection, to consider the history of neuroscience research in Liverpool which dates back at least 150 years. In this personal view, the work of two late nineteenth- and early twentieth-century researchers, Richard Caton and Charles Sherrington, perhaps the earliest neuroscientists working in Liverpool, will be considered, along with the ramifications of their work as it was disseminated locally, nationally and internationally.

### What's Happening?

Andrew J Lerner, MD, PhD, FRCP(UK), is an Honorary Senior Research Fellow at the Department of Brain Repair & Rehabilitation at the Institute of Neurology, University College London, UK. He was previously a Consultant Neurologist at the Walton Centre for Neurology and Neurosurgery in Liverpool where he had a specialist interest in dementia and cognitive disorders. He now pursues research in the history of neurology and neuroscience.

Don't miss this captivating lecture, delivered in beautiful, historic surroundings, highlighting Liverpool's contributions to neuroscience and their broader impacts.



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## In Touch with the Body

- **Time:** 4.00pm – 6.00pm
- **Venue:** The Hub and Foyer, Shakespeare North Playhouse, Prescot
- **Registration:** Free to attend. Tea and coffee included. Link: <https://lmg.org.uk/BYOB-TOUCH>
- **Audience:** Adults and accompanied children.



We might instinctively think of touch as perceiving the external world through our skin, but the skin senses' functions are far broader than that and much of what they do goes on outside conscious awareness. This interactive session will take you on a journey through the somatosensory system, demonstrating the challenges faced in daily life when function is lost and highlighting the importance of ongoing research to the understanding and treatment of a range of conditions including chronic pain and stroke.

### What's Happening?

Through expert talks, live demonstrations, and interactive sessions, you'll learn about you sense of touch, pain and itch from the skin to the brain.

- 4:00PM: Hear four short presentations from Liverpool-based neuroscientists who will explain how we touch, feel, and experience pain – as well a chance to hear more about the research they are doing here in the city.
- 4:45PM: A brief question and answer session, where we try to answer any burning questions you have about the 'somatosensory nervous system'.
- 5:00PM: Your chance to try your hand at the interactive demonstration stations, as well as experience some of the research techniques and tasks used in the lab and in the clinic.



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## Eureka! Science + Discovery

- **Venue:** Eureka! Science + Discovery, Wallasey
- **Registration:** [via centre website](#)
- **Audience:** Children and Families – see specific activities for age guidelines



With Liverpool rolling out the grey matter carpet for the British Neuroscience Association's International Festival of Neuroscience this April, we're teaming up with the local Liverpool Neuroscience Group to hatch an egg-citing series of brainy fun. Get ready for a day out that's sure to spark some synaptic celebrations!

### What's Happening?

- 🧠 **The Senses Science Show! Every day, 5 – 21 April.** Explore the senses, discover which body parts are in charge of each one, and see how our brains help us make sense of the world in this 30-minute science show!
- 🧠 **Mind Craft! Every day, 5 – 21 April - Drop in, 10am – 4pm.** Adult supervision for under 12's required. Make your own neurons, brain hats, or simply enjoy some mindful colouring in craft space.
- 🧠 **As Creatives presents: A World of Brains! 5 – 13 April.** Please book on arrival - 11am, 12am, 1.30pm & 2.30pm (suitable for ages 3+). Eight billion unique brains on Earth – let's celebrate neurodivergence! A World of Brains uses interactive drama to explore why our differences make us stronger.
- 🧠 **As Creatives presents: The Great Brain Machine! 14 – 21 April.** Please book on arrival - 11am, 12am, 1.30pm & 2.30pm (suitable for ages 3+). The brain is tiny but mighty, controlling everything we do at lightning speed! The Great Brain Machine unravels its mysteries with fun, drama-based activities for all ages.
- 🧠 **Brain trail! Every day, 5 – 21 April.** Grab a trail map from our front desk when you arrive. Explore the galleries to track down hidden brains... Can you find them all?



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## Brain Charity Coffee Morning + Talks

- **Time:** 10.30am – 12.00pm
- **Venue:** The Brain Charity Centre, Norton Street Liverpool
- **Registration:** Free to attend for all, [sign up via the website](#)
- **Audience:** Adults and accompanied children



Anyone affected by a neurological condition, including carers and friends, is welcome to join us at this monthly information event. You can receive advice and information and meet other people who have neurological conditions, to share experiences and have a chat. As part of the Festival of Neuroscience, in April, May and June the Liverpool Neuroscience Group are providing guest speakers to run interactive sessions on a variety of topics relevant to Brain Health. Refreshments are free and there's a relaxed atmosphere for you to enjoy.

### What's Happening?

🧠 **April: *The Healing Power of Sleep: How to boost health & wellness*** - In this session, Dr Tara Kidd from Liverpool John Moores University will discuss the importance of sleep to our health and wellbeing and provide tips on how to sleep better.

🧠 **May: *Putting 'learning together about ageing' into action*** - In this session, Dr Sinéad Eccles from The Open University will discuss how to stay well, keep well, age well – keeping our brain functioning as optimally as possible while using the model of the Five Pillars for Ageing well and introducing the Take Five to Age Well campaign.

🧠 **June: *The Social Side of Pain: How Social Interactions Influence Pain*** - In this session, Dr Charlotte Krahe and her PhD student, Maria Planes Alias, from Liverpool John Moores University will discuss their research on the impact of social relationships on both acute and chronic pain, the role of empathy from healthcare providers in shaping pain experiences, and other challenges of navigating the healthcare system as a chronic pain patient.



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7th – 17th April

## Minds Reimagined: An art in science exhibition

- **Time:** 10.00am-12.00pm Monday-Friday
- **Venue:** The Brain Charity Centre, Norton Street Liverpool
- **Registration:** Free to attend for all
- **Audience:** Suitable for adults and accompanied children.



This unique and informative public exhibition of Neuro-Hats is the result of an interdisciplinary collaboration between materials artist Helen Lydon (MA Art in Science, Dip.R.S.A.) and neuroscientist Dr Joshua Kearney.

Each hat is a creative response to interesting aspects of neuroscience and neurodiversity. Hats are accompanied by accessible labelling, giving information and perspectives from both artists and neuroscientists. Visitors are encouraged to try on some of the neuro-hats.

### What's Happening?

🧠 **Introducing Neuro-Hats:** at the Brain Charity Coffee Morning, 10-12 on 7th April neuroscientist Dr Joshua Kearney and artist Helen Lydon will give a short talk about their interdisciplinary and interactive exhibition of Neuro-Hats on display at the Brain Charity and will be available all day for conversations and questions.

🧠 **Meet the Artist & Neuroscientist sessions:** Helen and Josh will be very happy to discuss their work and collaborations with visitors to the Brain Charity and exhibition.



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Thursday 10th April

## Move Your Body, Boost Your Brain: Dance Movement Therapy for Healthy Ageing

- **Time:** 12.00pm – 4.00pm
- **Venue:** The Liverpool Lighthouse, Oakfield Rd, Anfield, Liverpool
- **Registration:** Free to attend for all. Booking essential: <https://lng.org.uk/BYOB-NMDT>
- **Audience:** Suitable for adults



An inspiring public event where cutting-edge motion capture technology meets the transformative art of Dance Movement Therapy! Explore how this innovative combination fosters well-being and supports healthy ageing, all while delving into the fascinating neural mechanisms that help our brains age gracefully.

### What's Happening?

Through live demonstrations, expert talks, and interactive sessions, you'll discover how movement-based interactions can promote joy, connection, and vitality at any life stage.

🧠 **12pm-1pm: Public Lecture** - Professor Frank Rohricht, Consultant Psychiatrist; Body psychotherapist; Honorary Professor of Clinical Psychiatry at the Wolfson Institute for Population Health, Queen Mary University London will give a talk on the proven benefits of body-focused therapies for mental health. \*Note this lecture is being delivered remotely.

🍴 **1pm-2pm: Buffet lunch and Networking**

🧠 **2pm-2.30pm: Brief Talks** - Dance movement psychotherapist Professor Vicky Karkou and neuroscientist Dr. Valentina Cazzato will reveal how movement-based therapies can boost your brain power, improve mental well-being, and even help slow down the effects of aging!

🧠 **2.30pm-3.30pm: Interactive Session** - Explore how movement fosters connection and well-being in therapy. You'll also get a glimpse of motion-tracking technology, which helps analyse movement patterns and key moments like synchrony and mirroring.

🧠 **3.30pm-4pm: 'Try It Yourself'** - Exploring Movement with Motion Tracking. Whether you are curious about technology, passionate about the arts and the brain, or simply looking for new ways to improve your well-being, this event promises to move your—body and mind!



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## NeuroNights at LEAF

- **Time:** 7.00pm - 10.00pm
- **Venue:** LEAF, Bold Street, Liverpool
- **Registration:** £5 (donation to charity partner) Booking essential: <https://lng.org.uk/BYOB-LEAF>
- **Audience:** Over 16s only



Join us for NeuroNights, where science and comedy come together for two entertaining evenings at LEAF on Bold Street, Liverpool this April. Expect laughter, fascinating ideas, and a fresh take on how we understand the brain.

### What's Happening?

#### **April 10th: Neuro Myth Busters: Comedy Meets Science**

Get ready to laugh and learn as speakers tackle common myths about science with creativity, humour, and wit. This light-hearted yet informative evening promises to bust misconceptions and spark curiosity about neuroscience in an accessible and engaging way. Charity Partner - The Brain Charity

#### **April 24th: Battle of the Brains**

For one night only, scientists swap their lab coats for the stage. In this stand-up comedy special, researchers bring their best jokes, stories, and unexpected insights about the brain. Expect a mix of sharp wit, fascinating facts, and a fresh perspective on neuroscience—all delivered by the experts themselves. Charity Partner - The Pain Relief Foundation

Whether you're curious about the brain, love a good laugh, or just want a fun night out, NeuroNights is just what the doctor ordered!



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22nd & 23rd April

## What is blindness? The world unseen

- **Time:** 22nd: 2.00pm & 6.00pm  
23rd: 2.00pm & 7.00pm
- **Venue:** FACT, Wood Street, Liverpool
- **Registration:** Free to attend. Booking essential: <https://lng.org.uk/BYOB-FACT>
- **Audience:** Adults and accompanied children.



“The only thing worse than being blind is having sight but no vision.”

Inspired by Helen Keller's words, step into a space where blind and partially sighted individuals take the spotlight, sharing their authentic stories and experiences. Through engaging workshops, cutting-edge research, inspiring art, and dynamic dialogue, we're crafting a new narrative—one that celebrates the independence, creativity, and strength of blind and partially sighted individuals.

Join us as we challenge misconceptions, transform public attitudes, and work toward a more inclusive world for everyone—where vision isn't just something you see, but something you create.

Scan to find out more!



Friday 25th April

## Words beyond vision: reading event for all at the Central Library

- **Time:** 2.00pm - 4.00pm
- **Venue:** Discover Room, Liverpool Central Library
- **Registration:** Free to attend for all. Booking essential: <https://lng.org.uk/BYOB-READ>
- **Audience:** Suitable for adults and older, accompanied children.



Whether you read with your eyes or fingertips, join us within the magnificent walls of the Liverpool Central Library for an event that brings visually impaired and sighted readers together in a shared love for stories. Enjoy engaging readings in Braille and print; learn about personal experiences with reading from those with various sight conditions and discover how reading can influence your brain and mental health.

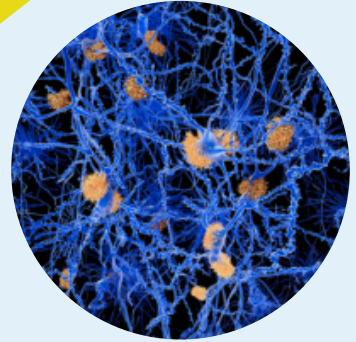
Let's celebrate the power of books, no matter how we read them!

Scan to find out more!



## Remember Me: Memory & the Brain


- **Time:** 12.00pm - 4.00pm
- **Venue:** Outside Museum of Liverpool, Pier Head
- **Registration:** Free to attend for all. No booking necessary
- **Audience:** Adults and accompanied children





Mark your calendars for an afternoon of memory magic and brainy fun outside the Museum of Liverpool this April!

Like Yesterday brings people together to share cherished memories, explore the fascinating functions of the brain, and enjoy interactive activities—all in one engaging event.

### What's Happening?

 **Movie Showcase:** Watch Like Yesterday: Movement, Memory, and Wellbeing, a film that explores the deep connection between movement, memory, and overall wellbeing.

 **Memory Sharing:** Listen to and share personal stories of fond memories that have shaped who we are.

 **Interactive Activities:** Enjoy games and activities designed to highlight the amazing functions of the brain and the art of remembering.

Whether you're fascinated by the science of memory, love a good story, or simply want to connect with others over shared experiences, this event promises a blend of entertainment and enlightenment.



Scan to find out more! 

Monday 28th April

## PUBLIC LECTURE: Reading for a happier, healthier and more socially connected life

- **Time:** 6.30pm – 7.30pm
- **Venue:** [ACC Liverpool](#), King's Dock, Liverpool
- **Registration:** Free for BNA2025 delegates ([register here](#)), or £10 for non-delegates ([register here](#))
- **Audience:** Suitable for all, children must be accompanied by an adult



The Queen's Reading Room is a charity initiated by Her Majesty Queen Camilla, championing books and reading for pleasure in the UK and beyond. Together with The British Neuroscience Association, The Queen's Reading Room will host this public lecture on the benefits of reading, with the valuable help of some brilliant friends of the Reading Room. These talented friends include authors, literature lovers and scientists, all of whom have a passion for the benefits of reading on wellbeing. This session will explore how reading can influence not only the way we feel, but also the way we think, speak and sleep. The global discussion on the benefits of reading is only in its infancy, but this lecture will explore how this exceptionally important topic can progress and evolve.

Delegates who have registered for the BNA2025 conference can attend this session for FREE. Non-delegates are invited to attend for the ticket price of £10 (+booking fee). All proceeds will be shared equally between the British Neuroscience Association and Queen's Reading Room as a donation to their charitable activities. [Non-delegates must book a ticket via EventBrite.](#)



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**Scan to visit the Bring Your Own Brain website!**

