

Care, Share and Inspire Can we thrive in today's healthcare systems? Saturday 10th December 2022

A collaborative programme between the Janki Foundation and Brahma Kumaris UK for health and social care professionals.

Most health and social care professionals identify their compassionate, caring role as their strength and that which gives them a sense of purpose. The events of recent times have unfortunately made many critically examine their vocation, even to the extent of questioning where personal responsibility lies in a system where organisational leadership is struggling.

To celebrate both the Janki Foundation's 25th Anniversary and the ongoing support that Brahma Kumaris provide to healthcare professionals, we invite you to spend a day with us to explore new models of good practice to enable health and social care professionals and organisations to continue to function effectively, and even to thrive within the current constraints. Highlights of the day will include keynote speakers, dialogue, panel discussion, poetry, meditation and small-group conversations.

Programme

9:30 - 10.00	Registration	13.30 - 13.50	<i>Thriving in Health care</i> Dr Julia Ronder - <i>film of inspiring interviews</i>
10.00 - 10.15	Welcome Dr Sarah Egger - Janki Foundation Maureen Goodman - Brahma Kumaris	13.50 - 14.20	<i>Courage to follow your heart</i> Rev Lizzie Hopthrow, Dr Ramya Mohan, Dr Saudamini Bhide Panel discussion moderated by Dr Julia Ronder
10.15 - 10.35	<i>JF 25 years of caring, sharing and inspiring</i> David Goodman and Dr Kala Mistry	14.20 – 14.30	Meditation Rachel Priestman
10.35 - 11.20	<i>Inspiring through compassionate leadership</i> Prof Michael West	14.30 - 15.20	Small group discussions Various facilitators
11.20 – 11.35	Stretch /comfort break Nirmala Ragbir-Day	15.20 - 15.45	Refreshment break
11.35 - 12.20	<i>Creating a conscious caring culture</i> Mary Prendergast & Wilfred McSherry in conversation with Chrissie McGinn	15.45 – 15.50	Our feedback distilled Masana D'Souza
12.20 – 12.30	Poem Rachna Chowla	15.50 - 16.20	<i>Caring, sharing, inspiring ourselves - how to maintain enthusiasm and inner strength.</i> Sister Jayanti interviewed by Suja Chandran
12.30 - 13.30	Lunch	16.20 - 16.30	Closure

Inspiring through compassionate leadership

An evidence-based approach to transforming the leadership and cultures of our organisations and institutions is desperately needed. By sustaining compassion in human communities, we can cultivate wisdom, humanity, presence and high-quality in all we do. This presentation will offer a simple, radical and powerfully effective strategy for change. It requires leaders to nurture compassion within themselves and across institutions, to support healthier and happier institutions and communities. Leaders at every level must have the courage and authenticity to embody compassion in their leadership now and for the long-term future.



Professor Michael West CBE, Senior Visiting Fellow, The King's Fund, Professor of Organisational Psychology, Lancaster University, Emeritus Professor, Aston University; introduced by **Dr Sarah Egger**, chair of the Janki Foundation.

Creating a conscious caring culture

To show how to develop conscious caring cultures, and how they make a difference to staff, patients and the organisation.



Dr Mary Prendergast, Director of Nursing, Innovation & Research at the Nursing and Midwifery Planning and Development Unit South-East, Health Service Executive Ireland.



Wilfred McSherry, Professor in Nursing, Department of Nursing, School of Health, Science and Wellbeing, Staffordshire University.

In conversation with **Chrissie McGinn** - training consultant.

Courage to follow your heart

An exploration of 3 different journeys as healthcare professionals; integrating career changes and creativity, following unique and unusual paths and thriving.

Dr Ramya Mohan, senior NHS Developmental Consultant Psychiatrist, Medical Educator, Music Composer, trained Singer, exhibiting Artist, invited Author, Orator and Humanitarian working across Asia and Europe for international community development.

Rev Lizzie Hopthrow, Retired Hospice Chaplain, Director of The Quiet View, Centre for Contemplative Spirituality and Community Retreat Garden

Dr Saudamini Bhide, Consultant paediatrician in the NELFT (NHS) Kent neurodevelopment service. She is also a chartered accountant.

Panel discussion moderated by **Dr Julia Ronder**, Consultant Child and Adolescent Psychiatrist, NHS Kent, and Expert in Mind, Co-ordinator of the Kent Group of the Janki Foundation.

Caring, sharing, inspiring ourselves

An exploration of ways in which we can maintain enthusiasm and inner strength through spiritual insights.



Sister Jayanti, Additional Administrative Head, European director and NGO representative at the UN in Geneva, of the Brahma Kumaris, interviewed by **Suja Chandran**, Registered Social Worker.

Full biographies of speakers

Michael West CBE - Senior Visiting Fellow at The King's Fund, London and Professor of Organisational Psychology at Lancaster University, Visiting Professor at University College, Dublin, and Emeritus Professor at Aston University. He led the NHS National Staff Survey development and initial implementation. He co-chaired with Dame Denise Coia, the two-year inquiry on behalf of the UK General Medical Council into the mental health and well-being of doctors *Caring for Doctors, Caring for Patients* (2019). He led the review for The King's Fund (commissioned by the RCN Foundation) into the mental health and well-being of nurses and midwives across the UK. His latest book (2021) is *Compassionate leadership: Sustaining wisdom, humanity and presence in health and social care* (London: Swirling Leaf Press).

Dr Mary Prendergast - Director of Nursing, Innovation & Research at the Nursing and Midwifery Planning and Development Unit South East, Health Service Executive Ireland, is a key advocate in nursing leadership, advancing nursing roles, and in the development of holistic and integrated care in Ireland. She introduced a Restorative Conscious Caring Programme for staff, leading to accreditation for healthcare centres and hospitals if they can demonstrate a sustainable culture of self-care and conscious caring.

Wilfred McSherry - Professor in Nursing working in the Department of Nursing, School of Health, Science and Wellbeing, Staffordshire University, and the University Hospitals of North Midlands NHS Trust United Kingdom. He has published extensively with several books and many peer-reviewed articles addressing different aspects of the spiritual dimension. In 2010 Wilf led on a piece of work for the Royal College of Nursing (RCN) exploring members' perceptions of spirituality. In 2012 he was made a Fellow of the Royal College of Nursing for his unique contribution to nursing in the areas of spirituality and dignity. Wilf was Lead Partner for the European project titled *Enhancing Nurses Competence in Providing Spiritual Care through Innovation Education and Compassionate Care (EPICC)*.

Dr Ramya Mohan - Senior NHS Developmental Consultant Psychiatrist, Medical Educator, Music Composer, trained Singer, exhibiting Artist, invited Author, Orator and Humanitarian working across Asia and Europe for International Community Development. She has worked as an NHS Consultant and has also been teaching faculty as part of a UK-India mental health training initiative in 2020 (A UK-India voluntary sector collaboration). She has extensive experience in international community and contributes her expertise actively to the voluntary sector across the UK and India. Ramya has been commended as a global pioneer in amalgamating Creative Arts and Neuroscience for youth and societal development (The Royal College of Psychiatrists UK). Her acclaimed therapeutic platform *CAPE for Health (CAPE: Creative Arts for Processing Emotions®)* has dedicated users across the globe. Ramya is the Creative Head of I MANAS London, a trail-blazing organisation with an established body of globally acclaimed work in integrating Medicine, Music, Art, Neuroscience and Ability.

Reverend Lizzie Hopthrow – Warden of the Quiet View - Centre for Inclusive and Contemplative Spirituality. Lizzie is an Anglican priest, retired hospice chaplain and former classical singer. She is passionate about encouraging people to find stillness, comfort or inspiration when they visit. Her experiences in the hospice movement and the Taizé Community together with influences from Eastern spirituality have formed her understanding of the Universality of Divine Love. She is a very experienced labyrinth facilitator and trainer and has been published extensively on her national labyrinth work.

Dr Saudamini Bhide - worked in Obstetrics and Gynaecology before leaving medicine to train as a chartered accountant, working with HSBC for a few years. She then returned to medicine and is thriving in paediatrics. She currently works as a locum consultant paediatrician in NELFT in the Kent neurodevelopmental service.

Sister Jayanti - Additional Administrative Head of the Brahma Kumaris. She is also the Director of Brahma Kumaris activities in Europe and the Middle East. As a spiritual teacher for over 50 years, she has dedicated her life to self-transformation and service to humanity. Sister Jayanti is the Brahma Kumaris NGO representative at the UN in Geneva. She continues to champion the co-operative role of spiritual organisations in creating a just and peaceful world, bringing spiritual principles to the discussion tables of politicians, economists, business leaders, scientists and nearly every stakeholder of our times. Sister Jayanti sees the erosion of spiritual values as the underlying cause of the crises the world is facing today.

The Brahma Kumaris is an international non-governmental organisation (NGO) of the United Nations, accredited with General Consultative Status with the Economic and Social Council (ECOSOC).

Session moderators and other roles:

- **Dr Sarah Egger** - Chair of the Janki Foundation, executive member of both the Religion, Spirituality and Psychiatry section of the World Psychiatric Association and the Special Interest Group on Spirituality at the Royal College of Psychiatrists.
- **Maureen Goodman** - Programme Director for the Brahma Kumaris UK, Brahma Kumaris representative at the United Nations in Vienna, and involved in inter-religious dialogue for over 40 years.
- **David Goodman** - Janki Foundation Trustee and retired community dentist.
- **Dr Kala Mistry** - NHS Community Psychiatrist, former Newsletter producer and Steering group member of Janki Foundation.
- **Nirmala Ragbir- Day** - Health economist, currently spiritual care trainer and clinical research officer at SW Yorkshire Partnership NHS Foundation Trust. Steering group member of Janki Foundation.
- **Chrissie McGinn** - A partner in 'Wisborough Transformation', facilitating leadership, personal and spiritual development; Spiritual Companion and trained Interfaith Minister; Learning & Development Advisor of Janki Foundation.
- **Dr Rachna Chowla** – Doctor by day; a poet by night and a medical advisor at Janki Foundation.
- **Dr Julia Ronder** - Consultant Child and Adolescent Psychiatrist, NHS Kent and Expert in Mind, Co-ordinator of the Kent Group of the Janki Foundation.
- **Masana De Souza MSc** - is an experienced Nurse, Counsellor, Coach & Mediator. She is also a Janki Foundation Facilitator and Trainer.
- **Richard Hewitt** - He is a Governor of a Quaker Primary School, a partner in 'Wisborough Transformation', facilitating leadership, personal and spiritual development; Spiritual Companion and trained Interfaith Minister; Learning & Development Advisor of Janki Foundation.

- **Rachel Priestman** - volunteers with the Brahma Kumaris and has been running meditation sessions in London NHS hospitals for the last 4 years. Her career includes research librarianship, PR, urban regeneration and arts management.
- **Suja Chandran** - Registered Social Worker for vulnerable children and families, involved in projects to improve psychosocial care in NHS hospitals; Steering group member of Janki Foundation.

This is an in-person engaging event and recordings of the main sessions will be available later on the [Past Events page](#) of the Janki Foundation website.

By [joining our mailing list](#) you will be informed of our future events. All of the Foundation's activities are offered free of charge as a service to promote a values-based approach to health and social care.