

## Care, Share and Inspire

### Can we thrive in today's healthcare systems?

**Saturday 10<sup>th</sup> December 2022**

#### Programme

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

## Full biographies of speakers

**Prof 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.

**Prof 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).

**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.

**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.
- **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.
- **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 Julia Ronder** - Consultant Child and Adolescent Psychiatrist, NHS Kent and Expert in Mind, Co-ordinator of the Kent Group of the Janki Foundation.
- **Dr Rachna Chowla** – Doctor by day; a poet by night and a medical advisor at 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.
- **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.