



HEALTH EQUITY LONDON FESTIVAL: HARVESTING SUSTAINABLE SEEDS OF CHANGE

Quick links to the Health Equity Harvest Festival recordings can be found here and alongside the programme in the Appendices:

- [Day 1 at the Story Garden](#)
- [Day 2 at Bromley by Bow Centre](#)
 - [Part 1](#)
 - [Part 2](#)
- [From Sunday Mass to celebrating Iftar: How a small pop-up community vaccination clinic tried to redress socially determined inequities in health](#)



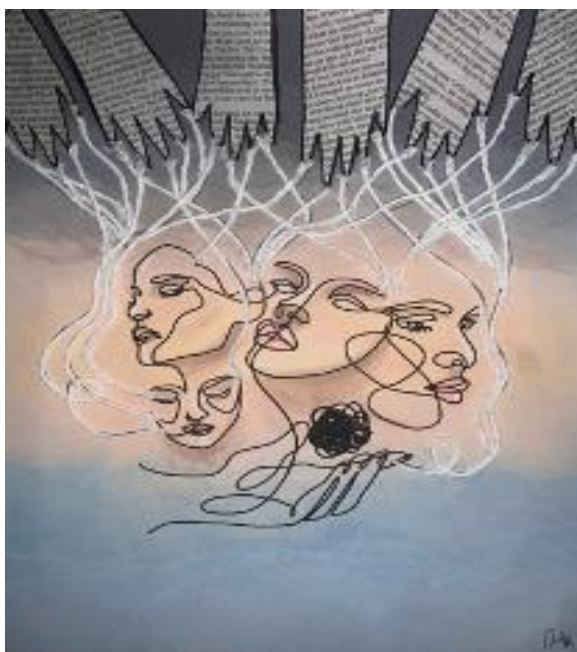
Figure1: Key messages of change captured by animation artist Alice Haskell

Our second collaborative Health Equity event was held over two evenings in September 2021 and included stories from across London and brought together a vision of fairer systems and healthier places. Race and place matter profoundly more so when living and working in areas of deprivation, disadvantage, diversity, and injustice. The devastation of the Covid-19 pandemic has starkly highlighted these inequities and the Marmot Report calls on us to us to [build back fairer](#). Fairness in our communities and primary care teams lies at the heart of what we do in the RCGP NEL Faculty and in our goal to restore and maintain trust.

Practicing in the 'Deep End', where doctors and patients are more stressed, where patients consult more and yet feel less enabled, has been associated with feelings of isolation, despair, and exhaustion in primary care teams. A way forward has been the practice of connective networks around shared values, collaborative working, and communication. The NEL and NCL Deep End Health Equity virtual leadership group, which was formed in September 2020, is an example of the facilitative leadership provided by the RCGP NEL Faculty. The Health Equity Hope Festival & Celebration held in February 2021 showcased the shared values and vision of this group in [stories of hope](#). From this arose the September 2021 London Health Equity Festival which focused on harvesting sustainable seeds of change and brought together stories describing change. The aim of our festival was in facilitating conversations: for connectivity; to inspire and empower, for reflection, for collective action and for change towards Marmot informed fairer care with the community as medicine.

Our Health Equity Festival Harvesting change shared inspiring talks from speakers holding leadership roles in primary and secondary healthcare and included stories of collaborative and meaningful work from colleagues in health and social care; the voluntary sector; medical students; patient groups and community organisations.

The first evening was held virtually on 16th September shone with digital warmth through the hosting by RCGP Joint Honorary Secretaries Shani Bhaskaran and Sally Smith from the unique green space that is [The Story Garden](#), cradled between the Francis Crick building and the British Museum, which provided the organic background and platform for the event and for the videos. RCGP NEL Faculty Joint Chair Sabir Zaman opened the evening and local NHS leaders spoke briefly, on fairer environments, resilient systems, strong communities and resourceful people and these talks were interlaced with enriching music, poetry, and audience interaction. Themes covered: Connecting in the Story Garden; The Positive Peer Empowerment Group; Climate Health and Sustainability; Listening to connect in the digital consultation, the Courtyard Project, making time matter, Social Prescribing, The Listening space and Crafternoons, caring for carers, Breaking free from the chains of expectations, once upon a time in the NHS with Lambeth GP Food co-op and Silence video. Link here to recordings from [Day 1 at the Story Garden](#) and Appendix 1 for full program details and links)



[Medical student Natasha Alia Mohd Razman](#)

Breaking free from the chains of expectations

This piece is a symbol of all the hardships faced by everyone in the medical profession, including even medical students.

The faces represent the 'mask' healthcare workers tend to put on, by pretending that nothing fazes them. We often hear that healthcare workers need to pretend that they are not affected by any form of emotion when treating patients, as it could be seen as a sign of unprofessionalism. Unfortunately, sacrificing compassionate care towards patients, as well as compassion to oneself. The strings are connected to the faces, which symbolise the big expectations that are weighed on healthcare workers' shoulders. People often expect them to never make mistakes and achieve extraordinary feats. As a result, healthcare workers become too hard on themselves for not being perfect.

Finally, the hands at the bottom represent the power that we potentially hold. The power to potentially break free from expectations and take control of our own lives. The power to be gentler with our souls and allow ourselves to flourish, instead of pursuing perfection. The power to be able to grow from a difficult situation instead of simply persevering. Regardless of interpretation, I hope this piece allows others undergoing their own struggles to connect with it and inspire them to be more compassionate in their journey to become a better, happier version of themselves each day.

The second evening on the 27 September 2021 was both courageous and ambitious in its promise of a blended event. This innovative evening aimed for maximum inclusion through simultaneously delivering a virtual and live event from the Bromley by Bow Centre where refreshments were provided for attendees.

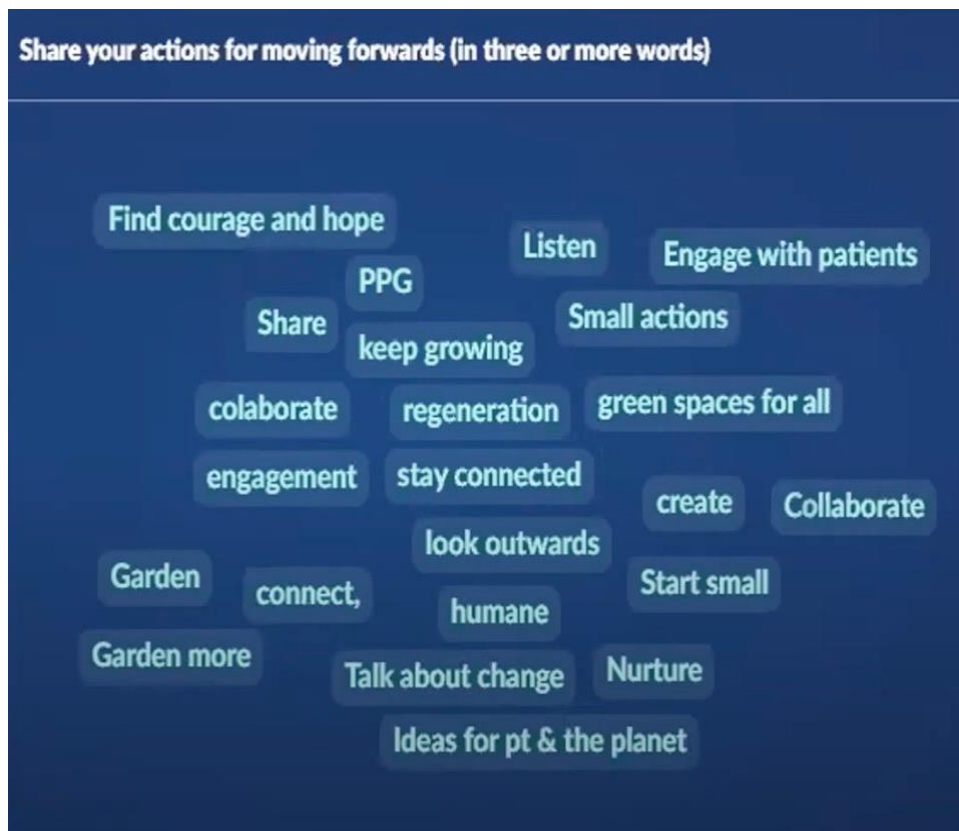
Hosted again by RCGP NEL Faculty Joint Honorary Secretaries Shani Bhaskaran and Sally Smith was opened by Faculty Joint Chair Kaindon Kugathas and continued in the spirit of digital warmth and connectivity. Key messages were captured live in the animation by artist Alice Haskell (**Figure 1**) and music from Spotlight's young musicians filled spaces. Stories covered nature prescriptions, violence reduction, person centred care homes, thriving in Stockwell, bringing your whole self to work, compassionate GP appraisal, climate pledges and small changes, belonging identity and agency and that the solutions are people. [SPOTLIGHT](#) music and poetry filtered through the evening. The word cloud below captures

A late story to our event detailed a pop clinic in South Kilburn where more than 3,775 vaccinations delivered with 45 volunteers in a community space built on trust and a vision for health equity was achieved.

[From Sunday Mass to celebrating Iftar: How a small pop-up community vaccination clinic tried to redress socially determined inequities in health.](#) South Kilburn Trust.

Overall, 177 people registered for both events with 132 attending virtually on Day 1 and 119 on Day 2. The live event was attended by 37 people noting that the venue had a limit of 40 people. Funding was provided by NHS Partners East London Health & Care Partnership and North Central London Partners. Leadership for these events was provided by the RCGP NEL Faculty: Provost Liliana Risi, Joint Honorary Secretaries Shani Bhaskaran and Sally Smith, Climate Health Lead Tamsin Ellis working in collaboration with Dan Hopewell, London Lead for Social Prescribing and Bromley by Bow Berenice Lamblin who led on administration.

Our vision is for resourceful people, strong communities, resilient systems, and fairer environments.



Health Equity Festival Word Cloud capturing change actions

APPENDIX 1



London Health Equity Festival: Harvesting sustainable seeds of change.
Day 1 Programme Tuesday 21 September 2021

Day 1 – online					
Session	Time	length	Story	Speaker	Job title
Music	19:00	1min	Music: Arabian Waltz, Rabih Abou-Khalil		
VIDEO: Intro + walk around the garden	19:01	10min	Intro video	Sally Smith	GP Redbridge, RCGP Joint Honorary Secretary
				Shani Bhaskaran	GP Newham, RCGP Joint Honorary Secretary
			Story Garden video	Jane Riddiford	Global Generation Founding Director
Welcome from RCGP	19:10	5min		Sabir Zaman	GP Tower Hamlets, Joint Chair, RCGP NEL Faculty
Music	19:14	1min	Music: Rain falling from the Roof, Wu Tong, Yo-Yo Ma, Kathryn Stott		
Speaker 1	19:15	5min		Katherine Gerrans	Director of Primary Care Nursing NCL
VIDEO + Q&A	21:05	5min	Video	Tamsin Ellis	GP Islington, Chair of Greener Practice London and RCGP NE London faculty lead for climate and health
Music	19:20	1min	Music: Heart and Would Hoagy Carmichael, The Silk Road Ensemble		
Story 2 + Q&A	19:25	10min	Courtyard project	Kathleen Wenaden	GP City & Hackney
				Krista Brown	Community Development Officer
Talk	19:35	5min	Making Time Matter	Honor Rhodes	Director of Strategy and Projects, Tavistock Relationships
Walk and talk (randomised breakout / 3 people)	19:40	9min			
Music	19:49	1min	Music: Heart and Would Hoagy Carmichael, The Silk Road Ensemble		
Speaker 2	19:50	5min		Jo Sauvage	GP Islington, Chair, North Central London CCG
Story 3 + Q&A	19:55	10min	Social Prescribing	Phoebe Williams	Health Coach for Hammersmith & Fulham Partnership
				Josh Norman	
Music	20:05	1min	Music: Heart and Would Hoagy Carmichael, The Silk Road Ensemble		
Art	20:06	4min	Breaking Free from the Chains of Expectations	Natasha Alia Mohd Razman	Medical student Barts and the London School of Medicine and Dentistry, QMUL
Coffee break (optional dance breakout)	20:10	10min			
Story 4 + Video + Q&A	20:20	15min	Once Upon a time in the NHS.... A story from Lambeth GP Food Co-op	Edward Rosen	Director, Lambeth GP Food Co-op

Message	20:25	5min	Marcus Rashford to Health Professionals	Kavita Gaur	GP Newham, Chair Newham Training Hub
Story 5 (video) + Q&A	20:40	15min	The Listening Space and Crafternoons (2 videos)	Jane Myat	GP Camden
				Jo Lynch	Health Connector & Wellbeing Support Worker, Kentish Town Central Primary Care Network
Short film	20:55	5min	Silience in London, Multi-award-winning social impact music smartphone film	Dimple Devadas	GP, Lifestyle Medicine Physician, Psychology coach & experimental creative artist
Speaker 3	21:00	5min		Katie Coleman	GP Islington, NCL Clinical lead for Primary Care Development and Personalisation
Story 1 + Q&A	21:05	5min	Listening to connect in the digital consultation	Clare Etherington	GP Hillingdon and Harrow
				Liliana Risi	GP Tower Hamlets, Provost RCGP NEL Faculty
Conclusion	21:10	10min	Chair conclusion	Sally Smith	GP Redbridge, RCGP Joint Honorary Secretary
				Shani Bhaskaran	GP Newham, RCGP Joint Honorary Secretary
				Sabir Zaman	GP Tower Hamlets, RCGP NEL Faculty Joint Chair
Back to Story Garden	21:20	5min	Fire lighting in the Story Garden HARVEST MOON		
Music	21:29	1min	Music: La vie en rose, Grace Jones		

APPENDIX 2



London Health Equity Festival: Harvesting sustainable seeds of change.

Day 1 Programme Tuesday 21 September 2021

Part 1

Part 2

Session	Time	Length	Story	Speaker	
Music	Music: Spotlight Interpretation Skye ft. Jaiming				
Introduction and welcome	19:00	5min		Kaindon Kugathas	GP City & Hackney, RCGP NEL Joint Chair
Intro	19:05	5min	Video about the Bromley by Bow Centre	Dan Hopewell	Director of Knowledge and Innovation at BBBC, London Region Facilitator for Social Prescribing
Story 1	19:10	5min	Nurses supporting care homes with person centred activities during and beyond Covid	Louise Keane	Nurse Education Lead, NCL Training Hub
Story 2 (video)	19:15	5min	Green Social Prescribing Pilots	Louise Montgomery	Social Prescribing Lead, Natural England
Live event walk around	19:20	5min	Let's see what is happening	Shani Bhaskaran and Sally Smith	Joint Honorary Secretaries RCGP NEL Faculty
Music	19:25	2min	Spotlight on Spotlight		
Speaker 1	19:30	5min	Violence Reduction	Martin Griffith	National Clinical Director for Violence Reduction (NHS England), Clinical Director for Violence Reduction Network (NHS London), Consultant Trauma and Vascular Surgeon Barts Health NHS Trust
Speaker 2	19:35	5min		Jagan John	GP Barking & Dagenham, Chair NEL CCG Personalised Care Clinical Lead (NHS E-London/ HLP) Clinical Chair Barking & Dagenham
Q&A	19:40	5min	Q&A with the session's speakers		
Poem	19:45	1min	Spotlight Poem		
Speaker 2	20:00	5min		Naureen Bhatti	GP Tower Hamlets, HEE Lead GP Training North Central and East London
Story 4 - video	20:05	5min	Thriving Stockwell - Health and Wellbeing Festival example	Vikesh Sharma	GP Lambeth
Story 5 (+video)	20:10	5min	The Seeds of Climate Action	Emma Radcliffe	GP Tower Hamlets
Live event walk around	20:15	5min	Let's see what is happening		

Speaker 3	20:20	5min		Philippa Cockman	GP, Tower Hamlets, Deputy Medical Director London NHSEI & London-wide GP Appraisal Lead
Student project 1	20:25	5min	Widening access to COVID vaccine information in Chinatown, Soho	Alexandra Kondratiuk	Medical students at Imperial College
				Sajan B Patel	
Q&A	20:30	5min	Q&A with the session's speakers		
Art	20:35	5min	Co-creating research: Talking Trials		Catherine Lamont -Robinson QMUL
Music: Spotlight Interpretation Skye ft. Jaiming					
Speaker 4	20:50	5min		Chad Hockey	GP NWL, Clinical Director, North Hammersmith & Fulham Primary Care Network
Student project 2	20:55	5min	Creating Health in an Urban Community: a project exploring what impacts the well-being of local residents	Lydia Daniels	FY1 South Thames Foundation School
Story 6 + video	21:00	5min	Soil, seeds & humanity: A co-creation project planning a garden with patients from a grey space into a vibrant green place for patients & staff to connect & relax in nature	James Broadley	Social Prescriber and Year Here Social Innovation Fellow
Music		2min	Carry me – Everything is recorded		
Live event walk around	21:05	2min	Let's see what is happening		
Headline speaker 5	21:10	5min	Headline speaker	Anita Berlin	Academic Lead for CBME, Queen Mary University QMUL
Story 7	21:15	5min	Sharing insights across London's city farms and community gardens strengthens delivery	Amber Alferoff	London Learning & Development Manager
Q&A	21:20	5min	Q&A with the session's speakers		
Music	21:25	5min	Music: Spotlight Interpretation Skye ft. Jaiming		
Close	21:30				