

## London Health Creation Spring Festival: Regenerating ourselves, our systems, our world. 5/5/2022



### Healing Voices

London Health Creation Spring Festival

5 May 2022

**30 minutes** Jonathan and Caitlin, on Trauma informed care  
Hannah Hylton, Breathing together  
Rosetta Life "Wishing Well" Q&A  
Time for change with Spotlight Poplar Harca

**Seven minutes** Don Hopewell, on Health creation of Bromley By Bow

**Three minutes** Moving from trauma to healing with Abdi Hassan, Jacqui Henry, Martin Griffiths  
Sharon Christy, Chad Hockley, Angela Burns, Mark Scott

Regenerating our

- Selves with Mavis Wenham, Louise Younis, Philippa Cockman Sanketh Rampes,
- Systems with Kath Evans, Ite Hartle, Jane Myral, Rupal Shah
- World with Sarah Beale, Sarah Yamamoto, Anna Moore Rebecca Waters, Emma Radcliffe

**One minute** Bina Kishi-Debrah Every breath matters

Trauma informed: recognising and resisting re-traumatisation in healthcare

Healing organisations



Our London Health Creation Spring Festival: Regenerating ourselves, our systems, our world, is the third in a trilogy of festivals emanating from an informal network of leaders committed to a vision of [health equity](#) through health creation **Figure 1**. It was a collaboration between the [NHS North East London \(NEL\) Clinical Commissioning Group](#), [HEE NEL Training Hub](#), [Bromley by Bow](#), [The Greener Practice London](#), [QMUL Creative Enquiry](#) and the [RCGP NEL Faculty](#).

In many areas in which we work the environment is unfair, patients consult more, are often less enabled after consultations and healthcare teams are left more stressed. Our leadership task now is to own the problems which face us around how race(ism) and place determine our health outcomes and how our communities have been disproportionately affected by the pandemic. Some of our children grow up with the worst [air quality](#) in London and many families suffer from [fuel poverty](#) and depend on [food banks](#). This festival is rooted in a trauma informed approach which asks the question 'what is strong with us, our systems, our world?' rather than 'what is wrong with us/ our systems/ our world?'

A [trauma informed approach](#) helps us move from trauma to healing, from deficits to assets and changes the conversation we have with each other, with patients and with our communities.

Learning about [trauma informed care](#) is intrinsically linked to learning about chronic pain, [opioid de-prescribing](#) and the [community as medicine](#) i.e., social/blue/green prescribing which is about the wider determinants of health and reducing the [carbon footprint of pharmaceuticals](#) which is the main contributor of costs and carbon in primary care. We make these health creation changes through working with patients to [choose wisely](#) which is fundamentally about consent and core to 'safeguarding' which is essentially about fairer systems and healthier places. We are starting to reimagine what healthy communities look like and how we need to integrate narratives for [health creation](#).

Health Creation is the process through which individuals and communities gain a sense of purpose, hope, mastery and control over their own lives and immediate environment; when this happens their health and wellbeing is enhanced.

The festival was held during working hours to signal the need for work to occur in work time and to reinstitute boundaries around time at work and time at home as online working has blurred this divide for many. The half day program offered option of registering to attend or 'dip in' or to access the recording. **(Appendix 1&2)**. On registration people were asked to answer the question 'what does health creation mean for you?' captured in the word cloud in **Figure 2**. A total of 182 people came online onto the Zoom platform at some point.

- **Music:** by [Yunrui](#) and [Woven Gold](#)
- **Art:** by [Ishita](#), [Rachel](#) and [Karen](#)
- **Breathing:** by [Hannah Hylton](#)
- **Theatre:** **Wishing well** by [Rosetta Life](#)
- **Film:** **Time for Change** by [Spotlight](#) and [Poplar Harca](#)
- **Poetry:** [Kathleen Wenaden](#) and [Mavis Wenham](#)

Full Festival recording [here](#)

**Figure 1: Pandemic collaborative London Health Equity Festivals**



Adapted from: Covid-19 recovery and resilience: what can health and care learn from other disasters?  
<http://theses.birmingham.ac.uk/2021/10/covid-19-recovery-resilience-health-care/>

The first festival occurred on the anniversary of the pandemic in [February 2021](#) and aimed to [restore hope story by story](#).

The second coincided with early emergence from the pandemic in [October 2021](#) and focused on [harvesting sustainable seeds of change](#).

The third marked late emergence from the pandemic in 2022 and has focused on moving from trauma to healing and health creation through regenerating ourselves, our systems, and our world.

The festivals marked key moments in the pandemic and organically matched the emotional [recovery and resilience of what health and care has learnt from other disasters](#)



**Figure 4: How can we move from trauma to healing organisations for health creation?**

Never doubt that a small group of thoughtful committed citizens can change the world; indeed, it's the only thing that ever has' (Margaret Mead Cultural Anthropologist 1901 –1978)



L-R: Angela Burns, Sharon Christy, Jacqui Henry, Abdi Hassan, Martin Griffiths, Mark Scott, Chad Hockey

**Links**

- Hope Citadel <https://hopecitadel.org.uk/>
- Fair Health <https://www.fairhealth.org.uk/>
- NHS Anchor Institutions <https://www.health.org.uk/news-and-comment/charts-and-infographics/the-nhs-as-an-anchor-institution>
- Tree of Life <https://dulwichcentre.com.au/the-tree-of-life/>
- Doughnut Economics and <https://doughnuteconomics.org/about-doughnut-economics>
- Radical help <https://www.hilarycottam.com/radical-help/>
- Poverty Medicine <https://abetternhs.net/2017/02/20/poverty-medicine-a-gps-journey/>
- Flourishing scale [https://ggsc.berkeley.edu/images/uploads/The\\_Flourishing\\_Scale.pdf](https://ggsc.berkeley.edu/images/uploads/The_Flourishing_Scale.pdf)

**Feedback**

- *Martin, your work crosses organisational boundaries working in communities, schools, PRUs how can we do more of this I wonder?*
- *Love your words Martin*

- *Thank you, Martin, that's really inspiring and encourages/challenges a totally different perspective for us as professionals. How do you and your teams connect with outside organisations who can support the young people with the results of the trauma or to look more into the whys? As many are not getting the right support and are slipping through the net*
- *Hear hear Abdi - agree with all of what you have said.*
- *That's fantastic and powerful Abdi*
- *Tree of life therapy sounds interesting- would love to hear more...*
- *Here hear Abdi... love all you say*
- *I'm really pleased to hear Chad saying this - we do need change and to convince those in power to change their way of thinking - be more holistic. I'm a lead social prescriber and still find that when PCNs are spending money often the personalised care roles are still at the bottom the spending budget. Clinical roles are always invested in first.*
- *"What does equality of opportunity look like?" "What is good or better?" from what we have now. What's the marker? Or measure or should it be more on a sense of community which you cannot measure.*
- *Abdi you are so inspiring. Do you have any advice for how we help to engage with people like you doing amazing work in the community who have very little capacity to engage with mainstream services who are trying to start this approach?*
- *I am finding this event absolutely motivational. Well done for organising this. It is just wonderful to hear people speaking and delivering compassionate and trauma informed care.*
- *Feel so privileged to have been able to block out the time to attend. thank you for organising another fabulous event. So lovely to hear the voices of hope and real action in the community*
- *Such a fabulous event, thank you*
- *I am really pleased and hopeful that the panel and speakers today are so diverse and representative whilst acknowledging our privileges and biases too. Thank you all.*
- *Thank you everyone, from the lay person perspective. It felt really joined, connected, intertwined and nurturing.*

**Round table breakouts: What change is our world asking us to make to:**

1 Regenerate ourselves?	2 Regenerate our systems?	3 Regenerate our natural world?
<p>To love, listen, be present, be kind, be curious</p> <p>recalibrate</p> <p>Sameness revive understanding allow vulnerability</p> <p>SelfCompassion <b>Be kind</b> collaborate</p> <p>breathe</p> <p>to remain connected and caring</p> <p>Speaking Upgo back to 'normal'</p> <p>Connectivity</p>	<p>Small scale is powerful</p> <p>more humanity and courage to show up</p> <p>pathways of return</p> <p>diversity shared experiences Presence</p> <p>healing treasuring not measuring</p> <p>thinking together</p> <p>secondary care based social prescribing</p> <p>linking arms connectivity</p> <p>human responses</p>	<p>Clean air</p> <p>Collective action</p> <p>Find good stories Sustainable Listen</p> <p>Rapid act care Planning</p> <p>Sharing deprecise Trust</p> <p>Forest community solutions Green</p> <p>Grow See beyond boundaries</p> <p>Create a movement</p>

POETRY

**There I go!**

Born premature in '64,  
Many ailments caused me strife.  
Doctors, Hospitals, illness ruled,  
My days, my nights, my life.

Racism, an ugly word,  
I learned to laugh it off.  
Blair peach, newcross and all the rest,  
Head down, my inner screams stayed soft.

Mid 20's, two children,  
The rage was there to blow.  
Marching, disrupting, demanding rights,  
The militant in me now sown.

I looked to meditation,  
I began to ground.  
Crystals, colours, centeredness,  
My inner strength I found.

I sit in daily practice,  
Everything is fine.  
I let go and surf the universe,  
My life in perfect time.

I focus on my issues,  
Like birds they fly away.  
I release all pain and unhappiness,  
My imagination comes to play.

I create my new reality,  
I smile and just allow.  
Myself I bring to balanced staTe,  
My love to me, right now.

An idea pops into my mind,  
A story to create.  
A state of giving to the world,  
I smile, I cannot wait.

So up I rise, to work I go,  
My self now settled in.  
My day is set to beautiful,  
My aim is anything.

**Mavis Wenham 15.04.22**

**And some day take the time to**

Walk by the feathery reeds which hum as you pass  
Drink several coffees whilst thinking of nothing  
Live a day like no-one is watching  
Live a life outside in; wearing your heart on your skin  
Slowly release the butterfly in January  
Open the door feeling the wind in your heart  
Open the door and watch the orbed sun rising  
Wake and let the dreams of sleep be your reality  
Watch the starlings perch on the pylons overhead  
Capture the laughter of your daughter in a jam-jar  
And remember with awe your dreams.

**Kathleen Wenaden 25.04.22**

THANK YOU

**APPENDIX 1: PROGRAM HEALTH CREATION SPRING FESTIVAL: REGENERATING OURSELVES OUR SYSTEMS OUR WORLD Thursday 5 May 2022 from 9.00-13.00**

9-9.30	<a href="#">Bromely By Bow Centre</a> Stories from the cradle of health creation Bromley by Bow Health Centre was built and is owned by its community	<a href="#">Every breath matters</a> – Ella Kissi-Debrah <i>Ella - and every one of the 600,000 other children who die from air Pollution this year - deserved to have full, healthy lives.</i> <b>Breathing together: 1 &amp; 2 with <a href="#">Hannah Hylton</a></b> <i>Life is not measured by the number of breaths we take, but by the moments that take our breath away</i>		
Festival Theme Music: <a href="#">To Flourish by Yunrui</a> QMUL Medical Education Student				
9.30- 31	<b>Welcome <a href="#">Liliana Risi</a></b> Provost RCGP NEL Faculty: “Systems awareness and systems design are important for health professionals but are not enough. They are enabling mechanisms only. It is the ethical dimension of individuals that is essential to a system’s success. Ultimately, the secret of quality is love. <a href="#">You have to love your patient, you have to love your profession, you have to love your world.</a> If you have love, you can then work backward to monitor and improve the system.”			
9.31-9.44	<b>What change is our world asking us to make?</b> Caring for doctors, caring for patients, and moving from trauma to healing and health creation	<ul style="list-style-type: none"> <li>• RCGP Nel Faculty - <a href="#">Jeeves Wijesuriya</a></li> <li>• NHS NEL CCG - <a href="#">Jagan John</a></li> <li>• HEE Training Hub - <a href="#">Kavita Gaur</a></li> </ul>		
Festival Theme Music: <a href="#">To Flourish by Yunrui</a> QMUL Medical Education Student				
9.45 -10.14 Virtual Keynote	<b>What does <a href="#">trauma informed care mean</a>?</b> <i>New language for old knowledge</i>	Jonathon Tomlinson with Amber and Caitlin <i>“Learning about trauma informed care is not just for the people I am looking after; it is also for me”</i>		
Festival Theme Music: <a href="#">To Flourish by Yunrui</a> QMUL Medical Education Student				
10.15 -11.13 Virtual beamed LIVE from the Bromley by Bow Centre	<b>Round Table</b> <b>How can we move from trauma to healing organisations for health creation?</b>	Facilitator: Kavita Gaur <ul style="list-style-type: none"> <li>• Jacqui Henry – <a href="#">Shoreditch Trust</a></li> <li>• Martin Griffiths - Secondary care</li> <li>• Angela Burns - Public Health</li> <li>• Abdi Hassan – <a href="#">Coffee Afrik CIC</a></li> <li>• Chad Hockey - Primary care</li> <li>• Sharon Christy - <a href="#">Greener Practice London</a></li> <li>• Mark Scott - Commissioning</li> </ul>		
<b>Hackney GP Kathleen Wenaden</b> ‘And some day take the time to...’				
11.15 -11.30 <b>BREAK</b>	<b><a href="#">WOVEN GOLD</a></b> Music Woven Gold is a choir of refugees and asylum seekers from around the world from Congo and Iran to Pakistan, Kurdistan and Uganda.	<a href="#">Every breath matters</a> – Ella Kissi-Debrah <b>Breathing together 2:</b> with Hannah Hylton		
11.30-12.29	<b>REGENERATING OURSELVES</b>	<b>REGENERATING OUR SYSTEMS</b>	<b>REGENERATING OUR WORLD</b>	
Break out groups to influence the future	Facilitators: Rammya Mathew & Clare Etherington Round table: <ul style="list-style-type: none"> <li>• Mavis Wenham - Independent Sector</li> <li>• Philippa Cockman - Primary care</li> <li>• Sanketh Rampes -Secondary care</li> <li>• Louise Younie – <a href="#">Medical Education</a></li> </ul> <p>WORD CLOUD What change is our world asking us to make to regenerate ourselves?</p>	Facilitators: Manpreet Sahemey & Roberto Tamsangan Round table: <ul style="list-style-type: none"> <li>• Rupal Shah - Primary &amp; Secondary: Thinking Together</li> <li>• Jane Myat - Primary care</li> <li>• Kath Evans - Commissioning</li> <li>• Liz Harte – Secondary care</li> </ul> <p>WORD CLOUD What change is our world asking us to make to regenerate our systems?</p>	Facilitators: Sarah Yamamoto & Farah Bede Round Table: <ul style="list-style-type: none"> <li>• Anna Moore - Secondary care</li> <li>• Rebecca Waters - Commissioning</li> <li>• Emma Radcliffe - Primary care</li> <li>• Sabeh Miah – <a href="#">Sustainable Transport</a></li> </ul> <p>WORD CLOUD What change is our world asking us to make to regenerate our natural world?</p>	
Festival Theme Music: <a href="#">To Flourish by Yunrui</a> QMUL Medical Education Student				
12.30-1pm FILM OPTIONS	Wishing Well – <a href="#">Rosetta Life</a> Innovative arts charity enabling those living with serious illness or facing loss to create performances that transform lives and build inclusive communities	<a href="#">Every breath matters</a> – Ella Kissi-Debrah <b>Breathing together 1 &amp; 2:</b> with Hannah Hylton	<a href="#">Time for Change</a> <a href="#">Spotlight and Poplar HARCA</a> The film centres on the experiences of those living in Tower Hamlets, a hotspot for air pollution. The A12, located closely to the densely populated borough transports 100,000 vehicles daily, contributing to major health problems	
<b>ART EXHIBITION ‘Self-care in Healthcare’ in the Old Library Garrod Building Whitechapel Library E1 4NS on 5-6 May, 2022 (from 5.30 pm to 7.30 pm) <a href="#">BARTS AND THE LONDON ARTS</a> is a new <i>Creative Enquiry</i> initiative which aims to bring together, explore, and display creative works from both students and staff in the Faculty of Medicine and Dentistry.</b>				

**APPENDIX 2: Health Creation Spring Festival – Speaker biographies**

<b>Abdi Hassan</b>	Abdi Hassan, Founder of radical & trauma informed community organisation Coffee Afrik CIC; is someone who has experienced child abuse, homelessness, addiction and lives with PD. Despite this Abdi was able to study and gain an Economics degree from the London School of Economics. Abdi has over 15 years Director level experience, working for PwC, Unilever and the Dorchester, Four Seasons, RAC and 45 other luxury hotel group. A lifelong resident of Tower Hamlets, NHS England Board Member and a determined activist & proud black man.
<b>Amber</b>	Amber has been in the system since the age of four and over the course of her life she has been given the diagnoses of bipolar, BPD, PTSD, ADHD and addiction among others. Despite years spent going through the revolving doors of psychiatric units, addiction rehabilitation services and the criminal justice system, Amber is yet to fully understand the impact that complex childhood and adult trauma has had on her physical and mental health but she continues to search for the answers for herself and for others. It is this desire to know more about how adverse experiences have affected her that inspires her to do work to encourage more trauma-informed care. Amber currently runs her own business selling vintage menswear and she lives at Amy's Place, a residential recovery home for young women who are overcoming addiction and rebuilding their lives. She loves boxing and has taken part in two amateur fights (both of which she won). Amber hopes her experience can help educate others on the importance of trauma-informed care.
<b>Angela Burns</b>	Angela Burns, Public Health Programme Manager, Healthy Adults Team, Public Health Division, Tower Hamlets Council Angela is a public health professional who joined the Tower Hamlets Council Public Health Division in April 2021. In her current role, she coordinates strategy and programming related to public mental health for adults in Tower Hamlets. Prior to joining Tower Hamlets Council, Angela has worked on: Covid-19 response for Southwark Council Public Health; Evaluation and insight for Independent Age, a national charity for older people; Inclusive sustainable development, with a focus on older people and people with disabilities, working for an international NGO and for the United Nations; Tobacco control and smoking prevention in Canada, with a focus on support for students, indigenous young adults and LGBTQ+ young adults Angela completed her studies in Canada and has a Bachelor of Health Sciences and a Master of Public Health and Epidemiology.
<b>Anna Moore</b>	Anna is a respiratory doctor and educationalist interested in planetary health – the interdependence between the health of ecosystems, human health and health equity – and the position and role of the healthcare system in all of the above! Since having children she has taken a rather indirect route towards completing her training, taking time out to develop as an educationalist, and currently working as a population health fellow for Health Education England. She is interested in finding ways of applying a planetary health approach and awareness of the social and commercial determinants of health to clinical practice and currently works as a doctor in a dedicated breathlessness clinic at Barts Health. She founded a “Singing for Breathing” programme in East London and is vice chair of “Green at Barts Health”, a trust-wide sustainability group. Outside work she campaigns for active travel and protecting green space in her local area.
<b>Cait</b>	Cait lives at the Amy Winehouse Foundation which is supported housing for young women trying to get out of addiction. At 14 she was diagnosed with anorexia, anxiety, depression and BPD and really struggled in school. What followed was years of active addiction where bad things happened continuously. After 3 rehabs, trauma secondary care and 3 different supported houses she is nearly a year clean and sober. Because of this foundation, she is back at university, volunteering at Brook Sex Education Charity and is now helping Dr Tomlinson educate on the importance of trauma-informed care.
<b>Clare Etherington</b>	Clare Etherington has worked in NWL for her whole career, as trainee, locum, salaried, partner and retainer. She held educational posts including GP tutor, trainer, appraiser, HEE and RCGP and author roles. She learned early that the biggest determinants of health and access to healthcare were known to be social. She tried to speak up as an ally and bring the unseen back into the room in all her roles. During the pandemic she connected wellbeing groups across London, helped support all staff in her surgery and met weekly with her PPG to improve communications and access for those most in need. As an ‘older GP’ she loves watching successors fight so powerfully for the environment and for equity. She has come full circle since the heady days of making ‘an exciting diagnosis’ and believes that listening to the person’s story is the best thing we do.
<b>Dan Hopewell</b>	Dan Hopewell is Director of Knowledge and Innovation at the Bromley by Bow Centre, leading the Bromley by Bow Insights team who carry out research and evaluation programmes into our model and

	<p>our community and support innovation and development of our model and its services. Bromley by Bow Insights shares our learning across the UK and the world through our Knowledge Share and Exchange programme which has attracted over 7,000 participants from over 20 countries in the past five years. Previously Dan was the Centre's Director of Strategy and prior to that it's Director of Services, leading its £3.0 million community development and services programme in east London.</p> <p>Over the past decade Dan has played a leading role in the development and adoption of social prescribing in the UK and abroad and is a founding member of the Social Prescribing Network, a Regional Social Prescribing Regional Facilitator and a member of the GLA's Social Prescribing Advisory Group.</p>
<b>Elizabeth Harte</b>	<p>Dr Elizabeth Harte, Principal Clinical Psychologist, Emergency Department &amp; HEMS Staff Support, Royal London Hospital</p> <p>Elizabeth Harte is a clinical psychologist who is passionate about connection. Since being redeployed for staff support during the pandemic in 2020, they have been working with the Emergency Department and London Air Ambulance staff in the Royal London Hospital. Prior to this, they were working within General Practice in Tower Hamlets on a pilot project supporting GP staff and people with poorly controlled COPD and Type 2 diabetes.</p> <p>They feel fortunate to be able to apply and develop the training they have received in systemic and trauma informed practice. Connecting people with a deeper understanding of themselves, one another and the wider system has been an important part of the work. Enabling individuals and teams to move this understanding into creative action is the joy.</p>
<b>Emma Radcliffe</b>	<p>They have worked as a GP in Tower Hamlets for 18 years. They have been concerned about the climate emergency for a long time but they now absolutely see it as a health emergency. They think it is therefore their duty as a health professional to respond to this. Acting on the climate emergency also improves health and wellbeing and reduces health inequalities so this is central to my role as a GP. They are one of the North East London Net Zero Leads having been a NEL faculty RCGP climate and sustainability scholar in 2020.</p>
<b>Farah Bede</b>	<p>Tower Hamlets GP MBBS BSC DRCOG MRCGP</p> <p>Researcher with LSE/British Academy on Covid Impact on the Somali Community in TH/East End NEL</p> <p>Clinical lead for net zero</p> <p>Clinical Lead for IRIS domestic violence programme in Tower Hamlets</p> <p>Working with MedicineAfrica on Medical capacity building in Primary Care in Somaliland ; Greener Practices Pan London Group</p>
<b>Hannah Hylton</b>	<p>Hannah Hylton, Highly Specialist Respiratory Physiotherapist, Barts NHS Trust</p> <p>Hannah Hylton is a Physiotherapist specialising in complex breathlessness and chronic respiratory issues. They have spent many years working with Breathing Pattern Disorder alongside Difficult Asthma and other chronic respiratory issues. In more recent times, I have been working with Long Covid patients, and helped to develop the Living With Covid Recovery app used to support their care. I am enthusiastic about building connections between health care and the community, and have run Pilates classes in East London to support health promotion for those less able to access exercise. I am also a Foster Carer and want to be a part of the social change needed in our area to see young lives reach their full potential.</p>
<b>Ishita Kataria</b>	<p>Ishita Kataria was born and brought up in New Delhi, India. She is a first year MBBS student at QMUL, Malta campus. She has always been passionate about art. She uses it as an escape from the everyday chaos. She thinks it is an extremely helpful mode of meditation and mindfulness. She likes exploring new mediums of art every now and then, but sketching is her personal favourite. She really enjoys baking and reading too! She has a massive sweet tooth and likes developing recipes :)</p> <p>About her work 'Into the woods' : She created this piece on the watercolour agave sketch book that she won in an art competition. Creating this piece was very relaxing and fun. The process of layering different colours and adding details was as therapeutic as walking in a place depicted in the painting itself. She always craves such calm and serene atmospheres, having lived her entire life in Delhi's hustle and bustle. Walking between old trees is almost meditative. It's pretty much the antidote to stress, and she always comes out happier than when she went in. Her work is inspired by John Muir's quote "And into the forest I go to lose my mind and find my soul." Original size: 20X21 cm Medium : watercolour Paper: agave watercolour sheet by Hahnemühle</p>
<b>Jacqui Henry</b>	<p>Jacqui leads on strategic planning, working with the team to develop health and wellbeing strategies that set the overall vision and direction for Shoreditch Trust.</p> <p>She is proud to have worked in Hackney for many years and to have experienced the ongoing commitment and resilience of Hackney's diverse voluntary sector and the residents it supports. With a background in mental health and wellbeing including nursing and community development, Jacqui is</p>

	<p>passionate about whole person wellbeing and community leadership, and balances the strategic work by facilitating groups including Training for Trainers, Mental Health First Aid, and Acceptance and Commitment Therapy.</p> <p>Jacqui has a personal commitment to wellbeing and has a keen interest in Mindfulness. Working for Shoreditch Trust and seeing how people have made efforts to change their lives has been a constant source of motivation and inspiration.</p>
<b>Jane Myat</b>	<p>Jane has worked as a GP at the Caversham Group Practice in Kentish Town since 1997. She is a passionate advocate of finding alternative relationship-centred approaches to health regeneration informed by “viriditas”: approaching recovery through careful and kind care. Assisted by Transition Kentish Town, patients and colleagues, Jane co-founded the Listening Space in 2016, a project focused around the community garden in the courtyard of the Caversham. The space allows healthcare to be reimagined in exploring alternative ways of working holistically and collaboratively with patients and the local community.</p> <p>Jane is a GP trainer and educator for UCL Medical School. Jane sits on the council of the College of Medicine. She was one of the fifty founding members of the British Holistic Medical Association’s Real Food Campaign. Jane acts as an ambassador for the Fathom Trust, the Mayo Clinic’s Patient Revolution and a proud member of the Highgate Union of Spoon Workers.</p>
<b>Jonathon Tomlinson</b>	<p>Jonathon Tomlinson has been a GP and educator at the Lawson Practice for almost 20 years. His clinical practice is grounded in continuity of care and human relationships. His clinical interests are intractable problems like chronic pain, medically explained symptoms and obesity. The frequency with which adverse childhood experiences and other types of trauma are in the background with these conditions led to his present interest in complex trauma and social, physiological and psychological consequences. He is chair of trustees for the Centre for Health and The Public Interest and a Trustee for the Shoreditch Trust and a member of the London Aces Hub. He a husband and dad to boys and a cyclist who rides just a bit faster than his skills permit, so regularly experiences being an NHS patient.</p>
<b>Karen Landi</b>	<p>My name is Karen Landi and I work as a Practice Nurse at Speedwell practice and have done so for the last 20 years (approximately) but a nurse since 1987. My interest in art began when my mum sadly passed away in 2015. I created an Instagram account under the pseudonym @Pebblefairy and began to paint and hide pebbles for others to find. It brought me a lot of comfort and joy and still does!</p> <p>I love dot art and thought the caps we throw away would be suitable for a piece of artwork in the practice. My colleagues collect them for me and we are very pleased that they can bring some joy whilst not adding to the plastic waste that is affecting our planet so badly.</p>
<b>Kath Evans</b>	<p>Kath Evans' pronouns are she/her. She is Children's Nurse, who is passionate about supporting our young generation to flourish and thrive in a society which enables them to live happy, fulfilled lives. More formally she is Director of Children's Nursing and Chair of the Children's Board at Barts Health, a Nursing &amp; Academic Fellow at the School of Health Sciences at City University, am the Children &amp; Young People's Clinical Lead for North East London Integrated Care System and Participation Clinical Champion at the NHS England London BCYP Transformation Programme.</p>
<b>Kavita Gaur</b>	<p>Kavita Gaur is a GP in Newham for the last 13 years, GP partner (First4HealthGroup) and is heavily involved in PCN work. Through her roles as NEL Faculty RCGP Board Member, Newham Training Hub Chair, Appraiser, GP Trainer and NEL Training Hub Co-Clinical Lead for Inclusion and Health Equity, NEL Training Hub Lead for Trauma Informed Care – she is fortunate to be given the opportunity to be able to work on her passions.</p> <p>Her key passions are health equity, people and our workforce developing to their full potential, supported by inclusive and compassionate, trauma informed cultures and Women's and CYP health. Her interests in these areas started in Brent, working with marginalised patients including Asylum seekers, Homeless patients and Safe Haven patients as a locum– she then moved over to Newham and although hugely challenging, it is uplifting and grounding at the same time to work in East London as a GP.</p>
<b>Liliana Risi</b>	<p>Liliana Risi is the Provost of the RCGP North East London Faculty where she is responsible for leadership, fellowship and scholarship. She is a GP and has worked in resource poor settings in London and internationally. She has held multiple CCG Clinical Lead roles and is a GP Appraiser. She developed the Handy Approach to Care, a person-centred framework integrating the personal, mental, social and physical domains of care. She believes in proportionate, respectful and equitable medicine. More about her work at <a href="https://handyapproachtocare.com">https://handyapproachtocare.com</a> and on twitter @Liliana Risi</p>
<b>Louise Younie</b>	<p>Louise Younie is a GP and Clinical Reader in Medical Education at Queen Mary University of London where she leads on GP tutor faculty development and innovation. Since qualifying as a GP and being surprised by the complexity and interpersonal messiness of practice, she has been engaging creative enquiry methodologies in medical education. Creative enquiry involves exploring lived experience through the arts and invites student engagement with meaning-making, story and the human dimension</p>

	of clinical practice. The arts can slow down our listening and extend engagement with the other, as well as allowing us to hear the songs we carry in our own hearts. The potential result is the development of practice as well as human flourishing. She has just started as a Flourishing Fellow working across the whole of QMUL to explore co-creatively with students and staff, what it means to flourish.
<b>Manpreet Sahemey</b>	Manpreet is a Locum GP and GP trainer and appraiser in East London. They also work in Emergency Medicine and have an interest in Medical Education and breaking down silos in healthcare.
<b>Mark Scott</b>	Mark Scott is a transformation lead for the Personalised Care and Babies, Children and Young People's Programmes at North East London CCG/ICS. He has worked in the NHS since 2002. The focus of my work is to deliver change through empowering staff and teams to be the best versions of themselves. He provides leadership to my groups through developing trust, teamwork and personal relationships – trying to turn peoples' hard work into making a difference for the communities we serve. He feels that this approach has much to offer organisations considering a healing approach to healthcare, informed by the principles of trauma informed care.
<b>Mavis Wenham</b>	Mavis Wenham has practiced daily meditations for 30 years, as a means of addressing a range of health challenges from childhood and for health and wellbeing maintenance. She has been involved in a range of complementary therapies work for almost 20 years. Her career spans youth and community engagement and development; social work and management; commissioning; project and change management and turnaround delivery, and she is passionate about service user, community and patient engagement and leadership. She is the former Chair of Tollgate Medical Centre PPG, serving for six years, attracting grants for patient-led services, of over £80,000. Mavis is an independent consultant working across VCFS, health, business and social care services since 1999. She is a Non-Executive Director for Newham Health Collaborative and for Island Health Trust; Committee member for National Institute for Health Research; sits on Newham Training Hub Board and Accreditation Body member for Craniosacral Therapy Association.
<b>Philippa Cockman</b>	Philippa was a teacher before becoming a GP. Based in East London, she has had roles in medical education from teaching students, being a GP Tutor, through to appraisal, training and multidisciplinary continuous professional development. She is now NHSEI Deputy Medical Director and London-wide GP Appraisal Lead. She is working towards a coaching qualification and feels the NHS would be a better place to work if a coaching and mentoring culture was embedded throughout everyone's careers. Done well, she believes coaching really can enable change and release potential. Addressing inequalities remains a core value. Studying Public Health at LSHTM provided a wider perspective. More recently, she has learnt a huge amount about kindness and compassion from the role models at the Doctors' Mess during the pandemic. She is an advocate of compassionate leadership, keen to work across organisational boundaries and passionate about looking after the workforce in the NHS.
<b>Rebecca Waters</b>	Rebecca Waters, Deputy Programme Manager at North East London Health and Care Partnership. Rebecca Waters is a programme manager for the NHS with a background in public engagement, behaviour change and event management in the third and public sector. Currently leading on the implementation of the recently approved North East London Integrated Case System (NEL ICS) Green Plan, which commits the health and care system to reducing its carbon footprint by 40% by 2025. She has been a trade justice campaigner for 17 years and is the Chair of the Waltham Forest Fairtrade Campaign Group. Rebecca lives in Walthamstow and is a parent to a seven-year-old.
<b>Roberto Tamsanguan</b>	Dr. Roberto Tamsanguan is a GP in North East London, working at Bromley By Bow Health Centre in E3 since 2018. He also supports North East London CCG as Outpatient Transformation Programme Clinical Lead, and a Clinical Advisor to NHS England/ Improvement Transformation Directorate. Roberto also sits on Medical Fitness to Practice Tribunal hearings at Medical Practitioner Tribunal Service and in the First Tier Social Entitlement Chamber hearing benefit appeals.
<b>Rupal Shah</b>	Dr Rupal Shah FRCGP MA (Dist), Associate Dean / Education Lead Professional Development, Health Education England Rupal spends half her week working as a GP partner and trainer in Battersea; and the other half as an Associate Dean in the Professional Development Team, developing courses and support around educational supervision and differential attainment. She is currently partly seconded to the National Generalism Programme, which aims to promote Generalist skills in all young doctors. She has published extensively in the field of medical education and has also recently published a memoir of her mother, with 5 other women, the profits of which will go to the charity Women for Refugee Women.
<b>Sabeha Miah</b>	They have a wide range of experience of community engagement and the issues that people face particularly women, in a pre and post covid world, which has exacerbated all forms of trauma. Their

	<p>expertise is in the area of BAME women, with 20 years of experience of creating, developing and delivering community provision. Most recently they have been working in active travel with a focus on cycling, and in particular Muslim women both through Sustrans and Cycle Sisters.</p>
<p><b>Sanketh Ramesh</b></p>	<p>Sanketh is a Foundation Year 1 Doctor working at Royal Free Hospital in London. He became interested in organisational culture and human factors including the importance of kindness after his medical elective placement with the Care Quality Commission. His experience as a FY1 doctor has reinforced that our interactions at work matter and how colleagues treat and interact with each other often is the difference between a good and a bad day at work. Incivility affects everyone, regardless of competence or seniority. Together with Dr Su Laurent Director of Medical Education and retired consultant paediatrician, he has been delivering lectures on kindness to a variety of audiences including junior doctors, registrars and consultants. The talks have been well received and aim to promote kindness and understanding between colleagues.</p>
<p><b>Sarah Yamamoto</b></p>	<p>Sarah is a GP working in North London and co-chair of the North London Greener Practice group. She is currently leading an Islington air pollution project as a 'Clean air champion' and studying a post-graduate degree to develop leadership and research skills in the field of sustainable healthcare. Her particular interests include climate related health inequalities, air pollution and homelessness health.</p>
<p><b>Sharon Christy</b></p>	<p>Sharon is a GP in East London currently working in Barking and Bow. She started co-chairing the Greener Practice North London group in February 2022. Greener Practice is a nationwide community of healthcare professionals working together to improve the health of people and the planet. Our local group runs as a peer support group to share experience, learn together and promote action on sustainability in primary care. Many of our actions overlap with health inequalities work as the impacts of climate change, both locally and globally, are frequently experienced most harshly in the most vulnerable communities in what has been dubbed the 'inverse climate law'. We are always open to new members and ideas so please don't hesitate to visit our web page if you would like to find out more.</p>
<p><b>Yunrui Hao</b></p>	<p>Yunrui Hao is a 2nd year medical student at Barts and the London who is constantly intrigued by the connection between creative arts and medicine. They also love to go on long jogs in my spare time, being immersed in nature inspires and renews them. Background for the music: This music was created as part of my Creative Arts SSC. It was inspired by the idea of Flourishing – a concept introduced by Dr Louise Younie as a state of growth and renewal in nature, a state that we too can adopt by embracing changes and hardships in life, and turning them into opportunities of growth. Yunrui has always thought being resilient is the only correct option to hardship, but this concept of growing alongside the change – being transformed and inspired by it gave them renewed joy. Yunrui hopes the ideas of nature, well-being and self-love can resonate with all of you too. Listen to your own heart, listen to the sounds of nature, and you will learn to flourish wherever you are.</p>

**Karen Landi's recycled art using tops of vials [The Speedwell Practice](#)**



**THANK YOU**