

## THE 20<sup>TH</sup> ANNUAL WORCESTERSHIRE PALLIATIVE CARE CONFERENCE

### THE MYTH OF EQUALITY...CHALLENGES FOR PALLIATIVE CARE PROVISION

14 JULY 2022 (09.00 – 16.00)

UNIVERSITY OF WORCESTER

This year celebrates 20 years of the Worcestershire Palliative Care Conference. It will examine some of the challenges that present themselves to health professionals supporting and delivering palliative and end of life care, whilst being mindful of equality for all. Speakers will encourage delegates to understand how they can achieve the best outcomes for all patients so as to ensure equality is applied to its greatest potential. Our morning speakers will provide an insight into supporting palliative and end of life care delivery and services with the some of the following areas as the focus:

**Mental Health Issues** - **Marianne Tinkler**, Macmillan Palliative Care Nurse, PhD Fellow, Queens University Belfast

**LGBT+** - **Claude Chidiac**, Nurse Consultant Palliative Care, Homerton University Hospital Foundation Trust.

**Learning Disabilities** - **Gemma Allen**, Palliative Care Inclusion and Community Partnerships Lead and **Claire Towns**, CEO and Matron, The Mary Stevens Hospice

The weight of our changing health economy and society can sit heavily on those working in the profession of care and a focus on staff well-being is relevant in every health organisation. When staff attention is on the health & wellbeing of their patients the challenge is how to ensure that there is also equality for staff in relation to their health and wellbeing.

**Our afternoon keynote will be Owen O’Kane (Psychotherapist)**. Owen is a former palliative care nurse, previously NHS Clinical Lead for a mental health service in London and author of Sunday Times best selling book Ten to Zen which is a quick, simple mental health workout that allows us to focus on what’s important – our mental health wellbeing. He has also written a second book ‘Ten Times Happier’ and has a third booking coming out in June 2022. Owen will be sharing his experiences as well as providing us with insights into his book and the techniques within it.

During the afternoon there will also be opportunities for delegates to learn more about ‘**sitting Tai Chi**’ and ‘**mindfulness**’.

**CONFERENCE FEE:** £70 (to include refreshments, lunch and a copy of ‘Ten to Zen’.)

**TO BOOK A PLACE:** E-mail: [j.fleet@worc.ac.uk](mailto:j.fleet@worc.ac.uk) or Tel: 01905 855147

The conference committee reserves the rights to make changes to the promoted programme. In any given year the availability of the conference will depend on delegate numbers. In the event of the conference not being run due to a low number of delegates registering, delegates will in these circumstances be offered a full refund.