



Conference programme

National Guidelines Update presented by Ann Carter & Peter Mackereth:

Ann & Peter gave an update on the National Guidelines and progress made so far.



Use of VR (Virtual Reality) in Palliative Care presented by Nancy Burridge

Nancy and her colleague gave a powerful insight into the use of Virtual Reality (VR) by palliative patients and conference attendees were able to experience this first hand with the VR kits they had made available.



The Art of Foraging presented by Lucy Cooke

Lucy runs The Wild Cooke where people can immerse themselves in foraging experiences. She took two groups around the grounds of Castle Bromwich Hall Hotel and showed us how the plants and weeds we see around us can be used in a variety of different ways ... the humble dandelion; all parts of this troublesome weed can be used to make salads, pesto, a chicory style coffee and contain an abundance of vitamins and minerals in each one. We tasted wild garlic which can also be found at the roadside and along river banks.



Tai Chi Practical Movement Session presented by Philip Shelton

Philip has been teaching Tai Chi for over 20 years and gave us a great insight into this lovely gentle exercise. We split into two groups, one of which did the guided exercises in the beautiful gardens of the hotel, the second took place in the conference centre due to a decline in the weather.



Life: Moving, Using Film to Change Understanding of Dying presented by Dr Michele Aaron

Dr Aaron explained that the project Life: Moving was launched in July 2023, in collaboration with researchers, a filmmaker and hospice patients, shared the experiences of those with a life limiting illness. We watched open and emotive conversations with the 6 patients telling their stories of how their illness affected them and their loved ones.

Following on from Life: Moving, two training resources are now available - a clinical toolkit and a creative toolkit so that the films can be shared along with the research behind them, with a wider audience.