

# Surviving Racism - Building Resilience or Systemic Change?

Thursday 20 June 2024,

Royal National Hotel, Bedford Way, Bloomsbury, London, WC1H 0DG

## Agenda National Ambulance BME Forum Conference

Time	Item	Presenters
09:00	Registration and refreshments	
09.30	Welcome to the conference	<b>Tasnim Ali</b> , Chair, National Ambulance BME Forum
09.40	Welcome from AACE	<b>Daren Mochrie</b> , Chief Executive, North West Ambulance Service NHS Trust, Chair of Association of the Ambulance Chief Executives.
09.45	Welcome to London	<b>Daniel Elkeles</b> , Chief Executive, London Ambulance Service NHS Trust and Chair of the National Ambulance Diversity & Inclusion Forum <b>Kulvinder Hira</b> - Head of Equality Diversity and Inclusion (London Ambulance)
10.00	Health Inequalities and their impact on us	<b>Professor Habib Naqvi</b> - Chief Executive of the NHS Race and Health Observatory
10.30	How to Survive Racism	<b>Felicia Kwaku</b> - Associate Director of Nursing, Kings College Hospital, London
11:00- 11.20	Refreshment break	
11:20	<b>Morning Workshops</b>  <b>Group 1: International Recruitment- creating personal safety (Panel Session)</b> <b>Tasnim Ali</b> - Yorkshire Ambulance Service  <b>Group 2: Cultivating your empowering state when facing racism</b> <b>Farah Hussain</b> - Inclusion Empowerment Coach  <b>Group 3: Beyond Barriers: Race, Disability and the path to support</b> <b>Loveness Scott</b> -Positive Action Officer (North East Ambulance Service) <b>Dawn Whelan</b> - Business and Partnerships Lead (East of England Ambulance Service) and Chair of National Ambulance Disability Network <b>Sarah Marshall</b> (Disability Services Advocacy Manager, Department for Work and Pensions)	
12:20	Lunch and Networking	
	Photos	
13.40	Live Entertainment	



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<b>14.00</b>	<b>Afternoon Workshops</b>  <b>Group 1: Mindfulness: Can it help with Racism Related Stress? – Dr Catherine Goodwin-</b> Assistant Director Inclusion, Culture and Wellbeing, Consultant Clinical Psychologist. Welsh Ambulance Services NHS Trust  <b>Group 2: Emotions – Approach and Avoid”. How to approach and talk to people with Emotional dysregulation and why people avoid taking action or talking about emotional states of mind.</b> <b>David Snelders,</b> Lead Counsellor and clinical lead for the crisis line, The Ambulance Staff Charity (TASC).  <b>Group 3: ‘Beat the burnout’-</b> Impact of nutrition on managing burnout, fighting exhaustion and increasing resilience. <b>Wasim Mir-</b> Equality, Diversity & Inclusion (ED&I) Advisor, North West Ambulance Service , <b>Jeanette Jackson-</b> Director, Manchester Stress Programme	
<b>15:10</b>	<b>System change- the art of the possible?</b>	<b>Jagtar Singh, OBE-</b> Chair of Coventry and Warwickshire Partnership Trust and Co-Chair of the APNA (Asian Professionals’ National Alliance) NHS network.
<b>15. 50</b>	Closing remarks	<b>Tasnim Ali-</b> Chair, National Ambulance BME Forum
<b>16:00</b>	Conference close	

\*\* Programme may be subject to change

