

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	Tasnim Ali , Business Manager, Yorkshire Ambulance Service NHS Trust, Chair of the National Ambulance BME Forum.
09.40	Welcome from AACE	Daren Mochrie , Chief Executive, North West Ambulance Service NHS Trust, Chair of Association of the Ambulance Chief Executives.
09.45	Welcome to London	Kulvinder Hira - Head of Equality Diversity and Inclusion, London Ambulance Service NHS Trust
10.00	Health Inequalities and their impact on us	Professor Habib Naqvi - Chief Executive of the NHS Race and Health Observatory
10.30	How to Survive Racism	Felicia Kwaku - Associate Director of Nursing, Kings College Hospital, London
11:00- 11.20	Refreshment break	
11:20	Morning Workshops Group 1: International Recruitment- creating personal safety (Panel Session) Tasnim Ali - Business Manager, Yorkshire Ambulance Service NHS Trust Lisa Ward - Director of People, North West Ambulance Service NHS Trust Kiran Pillai & Anfal Moidu - Senior Clinical Advisors, IUC, Yorkshire Ambulance Service NHS Trust Sandeep Wales - Quality Improvement Advisor, North East Ambulance Service NHS Foundation Trust Marzia Mahzabin - Health Advisor, North East Ambulance Service NHS Foundation Trust Group 2: Cultivating your empowering state when facing racism Farah Hussain - Inclusion Empowerment Coach Group 3: Beyond Barriers: Race, Disability and the path to support Dawn Whelan - Business and Partnerships Lead ,East of England Ambulance Service NHS Trust and Chair of National Ambulance Disability Network Loveness Scott -Positive Action Officer , North East Ambulance Service NHS Foundation Trust Sarah Marshall -Disability Services Advocacy Manager, Department for Work and Pensions	



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12:20	Lunch and Networking	
	Photos	
13.40	Welcome message	Daniel Elkeles - Chief Executive, London Ambulance Service NHS Trust and Chair of the National Ambulance Diversity & Inclusion Forum
13.50	Live Entertainment	Charmine De Leon – Vehicle resource Coordinator, London Ambulance Service NHS Trust Nikisha Brown and Janet Ovonlen
14.10	Afternoon Workshops	
	<p>Group 1: Mindfulness: Can it help with Racism Related Stress? – Tim Villanueva- Trainee Clinical Psychologist, Welsh Ambulance Services NHS Trust</p> <p>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. David Snelders, Lead Counsellor and clinical lead for the crisis line, The Ambulance Staff Charity (TASC).</p> <p>Group 3: ‘Beat the burnout’- Impact of nutrition on managing burnout, fighting exhaustion and increasing resilience. Wasim Mir- Equality, Diversity & Inclusion (ED&I) Advisor, North West Ambulance Service NHS Trust Jeannette Jackson- Director, Manchester Stress Programme</p>	
15:10	System change- the art of the possible? Panel Discussion	Tasnim Ali - Chair, National Ambulance BME Forum
15. 45	Closing remarks	Tasnim Ali - Chair, National Ambulance BME Forum
16:00	Conference close	

** Programme may be subject to change

