

Watering the Desert:

**Finding Sustenance
for the Challenge of
Illness, Loss and Change**

*Thursday 12th May 2011
Everglades Hotel, Derry*

Hosted by Foyle Hospice & Derry Well Woman



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About the Conference

2011 is the twenty-fifth anniversary of hospice care in the North West. Foyle Hospice is marking twenty five years of working with people experiencing advanced illness and their families.

To celebrate this anniversary and to share and explore more effective ways of working with people through these challenges, Foyle Hospice, together with Derry Well Woman, is hosting a one-day conference on Thursday 12th May 2011. These two organisations have been at the heart of pioneering and innovating models of care for those with life threatening illness in this community.

The Foyle Hospice works with patients in home, day care and in-patient settings and their support services to families include ongoing bereavement support after death. The aims of the hospice are manifold: to demystify and interpret the changes which illness can bring, to minimize the debility of illness, to enhance personal control in the presence of illness and to enable maximal possible wellbeing throughout the course of illness until death.

Derry Well Woman has been working with life limiting illness for 20 years. In 1997 they achieved the Charter mark for the services they offer to women with cancer and have twice won the King's Fund judged GlaxoSmithKline Award for Community Health Impact in 2000 and 2009. Their innovative programmes focus on wellbeing and peer support and they offer a variety of supports for women and their

families to deal with and overcome the daily uncertainties and challenges of life-limiting illness.

The Conference is aimed at anyone who works in or is interested in this field and will examine aspects of a holistic and multi-faceted approach to care. Drawing from the combined experience of the two organisations and that of a number of expert practitioners and pioneers in this field, it will be of particular interest to Primary Care practitioners. The Conference will extend to voluntary, community and statutory agencies and organisations dedicated to this area of work.

This Conference will investigate the many facets of working in this field. It will explore the potential isolation and marginalization of illness, the challenges of uncertainty and perceived powerlessness and the nature of the therapeutic relationship. It will examine what constitutes clinical excellence in this setting in addition to the vital work of spiritual care, techniques of mindfulness, and the importance of community and communication.

It is hoped that the day, through exploring the many aspects of caring for those facing serious illness and providing an opportunity to meet in a supportive setting, will foster new and stimulate on-going dialogues between the diverse range of practitioners and those in our community involved in the care of individuals with life limiting conditions.

Programme - Thursday 12th May 2011

9.00 - 9.30am	Registration	
9.30 - 9.45am	Welcome address Dr Tom McGinley , Foyle Hospice and Mary Diamond , Derry Well Woman Morning Chair – Mary Diamond , Chairwoman – Derry Well Woman	
9.45am - 10.30am	Dr Tony O'Brien Palliative Care at the Margins	
10.30am - 11.15am	Dr Ruth Sewell Full Catastrophe Living: Illness and Daily Uncertainty	
11.15am - 11.45am	Tea / Coffee break Browse exhibitions	
11.45am - 12.30pm	Workshops	
	Dr Tony O'Brien The role of palliative care in non-malignant disease	Helen Bamber O.B.E. The importance of having your story heard and the nature of hope
	Dr Ruth Sewell Compassion Fatigue	Michelle Kosky / Christine Cowley / Bridie Sheridan Sustaining Children: working with families
	Dr Frances Robinson Advances in pain management	
12.30pm - 1.30pm	Lunch Browse exhibitions	
	Afternoon Chair – Yvonne Martin , Director of Nursing, Foyle Hospice	
1.30pm - 2.15pm	Dr Max Watson Therapeutic Relationships: Ideals and Realities	
2.15pm - 3.00pm	Rev Tom Gordon To die healed? Spiritual aspects of end of life care.	
3.00pm - 3.45pm	Workshops	
	Dr Max Watson Palliative Care Emergencies	Helen Bamber O.B.E. The importance of having your story heard and the nature of hope
	Dr Aoife Gleeson Palliative Care and Sexuality	Dr Andy Harkin Mindfulness
	Dr Angela Garvey Ethical issues in end of life care	
3.45pm - 4.30pm	Armchair Discussion – Chair – Susan Gibson , Director, Derry Well Woman	
4.30pm	Closing Remarks	

Speaker biogs

Helen Bamber, OBE, DU (Essex)

Helen Bamber has worked tirelessly in the human rights field for over 60 years helping thousands of survivors of human rights violations worldwide. She began working with survivors in the former concentration camp, Bergen-Belsen after WWII.

Helen Bamber was an early member of Amnesty International and in 1985 established The Medical Foundation for the Care of Victims of Torture, where she was the founder and former director until early 2005.

With her colleague Dr Michael Korzinski, Helen Bamber established the Helen Bamber Foundation in 2005, a human rights organisation dedicated to the care and treatment of survivors of gross human rights violations.

Named European Woman of Achievement in 1993, she was awarded the OBE in 1997 and in the same year also received a lifetime Human Rights Achievement award. In 2009, she received the Dag Hammarskjöld Inspiration Award as well as the 1st Annual Times / Sternberg Active Life Award in 2009.

Dr Angela Garvey

Formerly Consultant and Medical Director of the Northern Ireland Hospice, Angela Garvey has been a Consultant in Palliative Medicine in the Western Trust since November 2000. Angela was trained in Palliative Medicine in St Christopher's Hospice, London, where she was taught by Dame Cecily Saunders, Dr Tom West and Dr Mary Baines.

Dr Aoife Gleeson

Dr Aoife Gleeson completed specialist training in Palliative Medicine in June 2009 and is currently working as Special Lecturer in Palliative Medicine, in Our Lady's Hospice, Harold's Cross. Her research interests include MRSA and infection control in the palliative care setting, sexuality in healthcare, coping strategies and the effects of social isolation on patients, and medical education. She previously completed an MSc in Palliative Medicine through Cardiff University which focused on the importance of sexuality to Irish Palliative Care patients, and is currently undertaking an MD research project focusing on the impact of MRSA on palliative care patients and the specialist palliative care setting. She is a member of the National LBG (Lesbian, Bisexual, Gay) Palliative Care and Oncology Expert Group in Ireland. Aoife will be taking up a Consultant post in Wales in 2011.

Rev Tom Gordon

Writer and Lecturer on Spiritual Care, Scotland
Tom Gordon was chaplain and advisor on spiritual and chaplaincy issues with Marie Curie Cancer Care in their Edinburgh Hospice for 15 years, until his recent retirement. He was previously a Church of Scotland minister in two Edinburgh parishes. He is a member of the editorial board of the "Scottish Journal of Healthcare Chaplaincy", currently President of the Association of Hospice and Palliative Care

Chaplains, and a member of the UK Board of Healthcare Chaplains. He writes and lectures on all aspects of spiritual care and contributes regularly to anthologies of worship, reflective and poetic material.

Dr Andy Harkin

Andy Harkin is a registered Medical Doctor (University College Dublin, 1990) and Psychotherapist. He has been working in the area of psychological trauma for more than 10 years. In this regard he teaches in Western Europe for Sensorimotor Psychotherapy Institute (sensorimotorpsychotherapy.org) These trainings help psychiatrists, psychologists and psychotherapists to better work with the somatic symptoms of their clients who have trauma. He is also very interested in the area of self-care for frontline staff in services dealing with traumatized clients.

Dr Tony O'Brien M.B.F.R.C.P.I.

Dr Tony O'Brien is Medical Director of Marymount Hospice and Consultant Physician in Palliative Medicine at Cork University Hospital. Dr O'Brien completed his higher medical training at St Christopher's Hospice, London and held the post of Consultant Physician at St Christopher's prior to taking up his current post in 1991. Dr O'Brien Chaired the National Advisory Committee on Palliative Care and subsequently was appointed Chairperson of the inaugural National Council for Specialist Palliative Care. Dr O'Brien also served as Chairperson of the Council of Europe Expert Committee on Palliative Care. Dr O'Brien has published widely on various aspects of palliative care, including pain and symptom control, the role of palliative care in non-malignant disease and service development.

Michelle Kosky, Christine Cowley & Bridie Sheridan

Michelle and Christine bring their combined experience in nursing, counselling and childcare to their work in supporting bereaved children at Foyle Hospice. With the guidance of the Ulster Cancer Foundation they have established a regular programme for children and their families. Michelle is currently completing a Diploma in Childhood Bereavement at St Christopher's Hospice, London.

Christine is currently in the final year of a four year path way in Psychotherapy and specializes in working with children and young people as an integrative child psychotherapist and counsellor.

In 1992 Bridie founded Youthlife which is a youth led organisation helping bereaved young people, and worked as a volunteer until she took up the post of Programme Manager in 2004. She is a member of BACP, the Trauma Advisory Panel, Teenage Transitions Group and the Western Suicide Strategy Implementation Group.

Dr Frances Robinson

Dr Frances Robinson qualified from Queens University and undertook higher professional training in Anaesthetics at various Northern Ireland hospitals. She obtained a M.D. in Intravenous Anaesthesia in 1987 and was

appointed consultant anaesthetist in February 1998 to Tyrone County Hospital.

Her main interest in anaesthesia is in the field of Chronic Pain and her innovation in establishing a Pain Management Programme in Tyrone County Hospital has been recognised as a valuable initiative which has now been extended to the whole Western Trust area.

Her involvement in Chronic Pain led to the development of her interest in Palliative Medicine and she completed an MSc in Palliative Medicine from Cardiff University in 2005. Her research topic related to end of life decision making, with particular reference to resuscitation decisions. She was appointed as Consultant in Palliative Medicine in the Southern sector of the Western Trust in 2001, and she leads the Specialist Palliative Care Team in this area, covering both hospital and community settings.

Dr Ruth Sewell PhD

Psychotherapist, Lecturer in Integrated Cancer and Palliative Care, Academic and Professional Supervisor

Ruth Sewell PhD is a psychotherapist, a lecturer in integrated cancer and palliative care, academic and professional supervisor. Her professional career in health care and teaching spans 35 years and her work has been received worldwide. Her doctoral work focused on the psycho-spiritual needs of women experiencing breast cancer.

Ruth is particularly interested and practiced in supporting mainstream medicine health professionals and complementary medicine practitioners in exploring the balance between their professional life and their personal needs. Ruth has published in the field of psycho-neuro-immunology, stress management, burnout and spirituality in oncology and palliative care. She is a member of the editorial board of Complementary Therapies in Clinical Practice, Spirituality and Health International and the International Journal of Healing and Caring.

Dr Max Watson

Max Watson is a consultant at the Northern Ireland Hospice and a lecturer in Palliative Medicine at the University of Ulster. He is also an honorary consultant at the Princess Alice Hospice in Esher and Special Adviser to the Hospice Friendly Hospitals programme in Dublin. He currently leads the RCGP (NI) End of Life Care Strategy and Chairs the Northern Ireland Palliative Medicine Consultants Group. Trained in theology and medicine, Max spent eight years in Nepal working in a rural hospital where he set up a General Practice training programme. Following his return to the UK he completed Palliative Medicine training in London and Belfast. Max is on the central committee of the Gold Standards Framework, a member of the National Cancer Research Institute and is the originator, with Caroline Lucas, of the Certificate in Essential Palliative Care which has now trained health care professionals worldwide.

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Conference Booking Form

PERSONAL INFORMATION

Title		Billing Address	
Surname		City / Town / County	
First Name		Postcode	
Job Title		Home / Mobile Tel	
Organisation		Email address	
Special Dietary Needs			
Other special needs			

WORKSHOP CHOICES *We will do our best to accommodate choices as far as possible*

Morning Workshop 1st Preference		Afternoon Workshop 1st Preference	
Morning Workshop 2nd Preference		Afternoon Workshop 2nd Preference	

PAYMENT

Fees:	Full Day:	£90.00	
	Half Day:	£50.00	
	Early Bird Full Day Rate: (booking before 1st February 2011)	£75.00	
Payment Options:	Cheque	Please make cheque payable to "Watering the Desert Derry Conference"	
	Card	Via phone or Internet - 028 71351010	

Please return all completed application forms to:

Andrena Arbuckle
Medical Secretary
Foyle Hospice
61 Culmore Road
Derry
BT48 8JE
Tel: 02871 351010



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