



EXPLORING RESILIENCE WITHIN PALLIATIVE AND END OF LIFE CARE

FRIDAY 03 – SUNDAY 05 APRIL 2020

**Silverstream Retreat, 3 Reynolds Bach Drive,
Lower Hutt 5019, Wellington**

<https://silverstreamretreat.co.nz/>

A weekend conference for health and social care professionals involved in palliative and end-of-life care.

This unique conference brings together speakers from diverse backgrounds with experience in end-of-life settings. The aim of the conference is to stimulate debate and 'out of the box' thinking, whilst also providing a context for reflection, renewal and restoration.

It will include speaker-led presentations and debates together with delegate discussions and experiential creative response. Attention to spirituality is woven through the conference. Its main themes will encompass communication, diversity and self-care.

PROGRAMME

DAY ONE: FRIDAY 03 APRIL 2020		
Time	Topic	Speaker
Midday onwards	Arrival	
12.30 – 13.30	<i>Buffet lunch</i>	
13.30 – 14.00	Karakia and Conference Information	
14.00 – 15.00	Resilience at the End-of-Life	Eddie Condra
15.00 – 16.00	Therapeutic Presence	Jane Lings
16.00 – 16.15	<i>Coffee break</i>	
16.15 – 17.15	Rehabilitation Within Palliative Care	Lou James
Day 1 of conference ends for day delegates		
18.30 – 19.30	<i>Evening meal for residential delegates</i>	
20.00 – 21.00	“Hello, it’s me.” The Patient’s Experience in their Own Words and Music	Jane Lings
21.00 onwards	<i>Networking, bar open</i>	

DAY TWO: SATURDAY 04 APRIL 2020

Time	Topic	Speaker
08.00 – 08.45	<i>Breakfast for residential delegates</i>	
08.30 onwards	Day delegates arrival and registration	
09.00 – 09.10	Welcome, notices and conference information	
09.10 – 10.10	Better Breathing: Tools to Increase Resilience in the Breathless Patient	Diana Saunders
10.10 – 11.10	Building a Resilient Team	Ballard Pritchett
11.10 – 11.30	<i>Coffee break</i>	
11.30 – 13.00	AHA Moments: Building a Biographical Canvas	Fiona Hewerdine
13.00 – 14.00	<i>Lunch</i>	
14.00 – 16.30	Reflective Space: Creative materials available, beautiful grounds to explore	
16.30 – 16.45	<i>Coffee break</i>	
16.45 – 18.15	Resilience in Palliative Care in Diverse Environments	
Day 2 of conference ends for day delegates		
18.30 onwards	<i>Evening meal</i>	
20.00 – 21.00	The Final Score: How Music Can Affect Attitudes and Resilience Towards Death and Dying	Ben Booker
21.00 onwards	<i>Networking, bar open</i>	

DAY THREE: SUNDAY 05 APRIL 2020

Time	Topic	Speaker
08.00 – 08.45	<i>Breakfast for residential delegates</i>	
08-30 onwards	Day delegates arrival and registration	
09.00 – 09.10	Welcome, notices and conference information	
09.10 – 10.10	Family Resilience in Providing Holistic Care	Catherine D'Souza
10.10 – 11.10	50 Word Story: Reflection and Self-Care	Wendy Pattemore
11.10 – 11.30	<i>Coffee break</i>	
11.30 – 12.30	Spirituality Within Palliative Care	Willem Vink
12.30 – 13.00	Final Plenary	
13.00 onwards	<i>Lunch and depart</i>	
<i>Conference Ends</i>		