



Creative Health Review Roundtable End of Life Care and Bereavement

Agenda

Tuesday 7th February 10am-12noon

Creative approaches are commonly used in end of life care to improve wellbeing and quality of life, helping people to process and express emotion and maintain human connection. Creativity can also play an important role during bereavement and grief.

Session Chair: [Dr Guddi Singh](#), Consultant Paediatrician, TV broadcaster and NCCH Trustee.

10am Welcome: Alexandra Coulter, Director, NCCH

Panelist mini-presentations – Creative Health in End of Life Care and Bereavement

- **Dr Lucy Selman**, Associate Professor in Palliative and End of Life Care, University of Bristol
- **Anna Ledgard**, End of Life Doula, Teacher, Producer and Project Manager
- **Justine Robinson**, Therapies and Wellbeing Manager, Pilgrims Hospices
- **Phillipa Anders**, Lived experience perspective
- **Lucy Turner**, Producer, Civic Engagement & Education Team, The Whitworth Art Gallery, Manchester with **Laura Gallagher**, participant – ‘Still Parents’, a programme using art to support parents who have experienced the loss of a baby in pregnancy or just after birth

Short Break (audience can place questions and comments in the chat)

- **Imogen Thomas**, Hospice UK, with **Myra Appannah** and **Simon Wilkinson** from BRiGHTBLACK productions and **Meg O’Malley** and **Ruth Milne** from Single Homeless Project – The Dying Matters Community Grants Fund
- **Tim Straughan**, Director of Personalised Care NHS @ Home

Panel Discussion and Audience Q&A

- How can we ensure creative health approaches are available to all who need them?
- How can creative health approaches in End of Life Care be supported in health, social care and wider systems?

Closing Remarks - Lord Alan Howarth of Newport, NCCH Chair and Co-Chair of the All Party Parliamentary Group on Arts, Health and Wellbeing

Speaker Biographies

Phillipa Anders (nee Reive) worked at [Britten Pears Arts](#) (1999 to 2021) where she developed the programme to be a national resource for music, health and wellbeing, bringing together different sectors and professional communities to connect research and practice. Before that she studied at Liverpool University and Bath College of Higher Education, was a music teacher and worked at the Royal Liverpool Philharmonic and Glyndebourne. Phillipa sat on the working group as part of the APPG for Arts, Health and Wellbeing, was a member of the Cambridge Institute of Music Therapy Research Advisory Group and most recently contributed to the APPG on Cancer. She is a Trustee of Streetwise Opera, an Involvement Champion for The Brain Tumour Charity and a Strategic Advisor for SoundVoice.

BRiGHTBLACK - Myra Appannah and Simon Wilkinson set up [BRiGHTBLACK](#) in 2019, to explore the radical potential of immersive technologies to create playable, interactive experiences that democratise, disrupt and decolonise culture. Their works have toured to 36 countries on 5 continents, featuring at venues including Tate Modern and an abandoned toilet in the Arizona desert. They have 100s of labs, consultancies and commissions with universities and institutions such as The Royal Shakespeare Company, The British Council and Sydney Opera House, and mentored emerging and underrepresented artists, with the aim of creating a new paradigm for culture that gives power back to the individual and the community.

Anna Ledgard (she/her) is an independent producer, researcher and trainer leading award-winning collaborative arts partnerships with hospitals, communities, artists and cultural organisations for over 35 years. She is now an end of life doula (companion to the dying) and a trainer with [Living Well Dying Well Training](#), supporting people from all walks of life to become more informed and confident about planning for, and talking about, death and dying, recognising it as a natural part of living. See her [recent TEDx talk](#) on living and dying well. www.annaledgard.com

Ruth Milne is an arts professional with over ten years' experience in creative engagement, equal arts access and participatory arts. She holds a B.A(Hons) degree from the Royal Central School of Speech and Drama and specialises in working with potentially marginalised groups using theatre and drama to explore relevant themes. Working with organisations including 'Geese Theatre Company' and 'SafeGround', Ruth has facilitated drama sessions and devised original work in settings including; prisons, mental health secure units, PRU's, women centres and as part of probation services. She is 'Opportunities Programme Manager' at [Single Homeless Project](#), overseeing the in-house music, art and gardening programmes.

Meg O'Malley is an artist, facilitator and community arts manager with over ten years' professional experience. She graduated with a B.A (hons) degree from the University of the West of England in Drawing and Applied Arts and trained as a community-based mural artist with the London School of Muralism. Meg has designed and delivered creative courses using a diverse range of mediums working with vulnerable groups in settings such as, mental health services, young people's supported accommodation, refugee camps and pupil referral units. Working with organisations including 'Street Child United' as the Arts programme co-ordinator and [Single Homeless Project](#) as the Creative Arts Manager.

Justine Robinson has been an occupational therapist for 24 years, she has worked in hospice care for the last 11. Her current role is therapies and wellbeing services manager for [Pilgrims Hospices](#), three hospice sites that serve the community of east Kent. She has worked to deliver creative groups and 1-1 work through Pilgrims therapy centre groups and inpatient units. Justine has a particular interest in creative writing for therapeutic purposes, and using creativity in legacy work.

Dr Lucy Selman is Associate Professor in Palliative and End of Life Care at the University of Bristol, and Founding Director of [Good Grief Festival](#), a public engagement initiative which has reached over 26,000 people since October 2020 and received global media attention. Good Grief provides solace and support to bereaved people as well as a platform for Dr Selman's programme of research in bereavement and compassionate communities. She leads a research group at the University of Bristol and has published extensively on experiences of serious illness; decision-making and communication; family care-giving and bereavement; and widening access to services

Imogen Thomas is Senior Campaign and Content Manager at [Hospice UK](#). She's been working on the Dying Matters campaign since 2020 and is passionate about changing the conversation around death and grief, and using art and storytelling to do so. With professional experience in charity and performing arts, Imogen enjoys bringing a creative and socially conscious lens to campaigns and content strategy.

Lucy Turner is a Producer within the Civic Engagement & Education Team at the [Whitworth Art Gallery](#) in Manchester. Lucy advocates for using art and creativity for positive social change, as a tool to open up conversations, generate empathy and actively address what matters most in people's lives. Motivated by her personal experience of baby loss, in 2019 Lucy launched '[Still Parents](#)', a programme using art to support parents who have experienced the loss of a baby in pregnancy or just after birth. This programme has subsequently won four major awards and has been featured on multiple TV programmes and documentaries on the subject. Lucy will present with **Laura Gallagher**, who took part in the programme.