

# A Culture of Kindness

## Enabling Caring Connections

Tuesday 19 May 2015

0900 – 1615 @ The Lochgelly Centre

*“All too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around”*  
Leo Buscaglia

NHS Fife and Fife Cultural Trust warmly invite you to attend this free conference which will give you the opportunity to share, learn about and experience good practice to create a culture of compassionate care in Fife. There will be two main themes running through the day: Supporting Staff Self-Care and Caring for others.

### Keynote Speakers will include:

Dr Frances Elliot, Medical Director, NHS Fife

Heather Stuart, Director, Fife Cultural Trust

Professor Brendan McCormack, Head of Division of Nursing, Queen Margaret University

Lorraine Nicholson, Artist/Poet

Andy Lowndes, Deputy Chair, Playlist for Life

### Interactive Workshops, taster sessions and stalls will include:

- Identity Doodle
- Busy Hands – Clear Minds ~  
Fife’s Cultural Prescription Service
- Mentalising and Supervision Skills
- Humanising Healthcare: patterns of hope for a system under strain
- Laughter Yoga
- Mindful Movement (Qi Gong)
- From the Boards to the Wards
- International Futures Forum’s Kitbag for Families / Schools
- What matters to you?: Personal Outcomes and Good Conversations
- The 7 Habits of Highly Effective People
- Forging a culture of compassion in a complex clinical environment
- Moodcafe
- Nurturing mindful and compassionate care

### Who should attend?

Frontline workers, volunteers and managers across all sectors in Fife.

### For booking, please contact

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