An online celebration of kindness

10 November 1–7pm GMT



CHANGEMAKERS

1pm Welcome to #KindFest2023!

Susie Hills, Founder of TeamKindUK

Philip Lymbery, CEO, Compassion in World Farming, in conversation with **Kim Rowell**, TeamKindUK

Anila Dhami, multi award-winning Presenter and Journalist & UK Ambassador of charities Barnardo's and Binti International, in conversation with **Kim Rowell**. TeamKindUK

I See Her

Polly Harrar, the Sharan Project & SUKKI, Writer, Director & Humanitarian (Woman of the Future collaboration), in conversation with **Kim Rowell**, TeamKindUK

ODC Splendour

A wonderful rendition from the **UK Dementia Choir**

Fiona Murdon: Social and Emotional connections

SAYes Mentoring

Gillian Anderson

Baroness Newlove, Community Reform Campaigner, in conversation with **Kim Rowell**, TeamKindUK

3pm 3 Dads Walking

in conversation with Paula Sanderson, TeamKindUK

Neil Schambra Stevens, People Strategist & Coach and Founder of Mercury Jam Coaching, in conversation with Kim Rowell, TeamKindUK

4pm The Revolution of Kindness

Nick Ede, multi-award-winning TV presenter and popular culture commentator and philanthropist, and **Donna Easton**, Joyologist

Zara Janjua, multi award-winning broadcaster and a familiar face on TV, and voice on radio and podcasts, in conversation with Shivonne Graham, TeamKindUK

5:30pm LIVE!! The Kindness in Education Awards

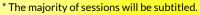
Celebrating inspiring projects related to kindness and compassion in schools, colleges and universities!

A Bedtime story

Bernadette Russell, author, storyteller, hopepunk, tree planter, Co-Director of White Rabbit

Closing KindFest2023

Jon Snow, TV Presenter & Journalist; What does Kindness mean to me?



This programme is correct as of 9 November. There may be some changes on the day of KindFest2023.



1pm Welcome to #KindFest2023!

Susie Hills, Founder of TeamKindUK

Sarah Browning, Founder of 'Time for Kindness', in conversation with Shivonne Graham, TeamKindUK

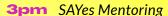
ODC Splendour

A wonderful rendition from the **UK Dementia Choir**

An hour of kind content curated by **Kamilah McInnis**, BBC journalist, author of the children's book 'Windrush Wonders: Tales of Travel and Triumph', presenter, musician and mental health advocate.

Kamilah will be in conversation with **Kim Rowell**, TeamKindUK, and joined by:

- Sami Rhymes, Award-Winning Spoken Word Artist, Poet, Author, Facilitator and Creative from London, UK
- Benjy Kusi, Author of "Hope this Helps: How to be Kinder to Yourself and Others" – a practical guide to the practice of self-care, empathy and conscious inclusion



Gillian Anderson

The 'Unquestionable Podcast'
Award-winning creatives, Giles Paley-Phillips and
Sophie Green in conversation with Nyle Beck,
Wellbeing Expert.

4pm Jodie Wickers and Cara Cinnamon in conversation with Shivonne Graham, TeamKindUK

York High School, South Africa

5:30pm LIVE!! The Kindness in Education Awards

Celebrating inspiring projects related to kindness and compassion in schools, colleges and universities!

A Bedtime story

Bernadette Russell, author, storyteller, hopepunk, tree planter, Co-Director of White Rabbit

Closing KindFest2023

Jon Snow, TV Presenter & Journalist; What does Kindness mean to me?







1pm Welcome to #KindFest2023!

Susie Hills, Founder of TeamKindUK

Compassion in Politics

Raising the bar: How we can use the next UK general election to change the culture of our politics?

Chair: Matt Hawkins, Director, Compassion in Politics **Jennifer Nadel**, Co-Director, Compassion in Politics **Tom Brake**, Director of Unlock Democracy Grace de Costa, Public Affairs and Media Manager, Quakers Sally Yalden, Local Groups Manager, Make Votes Matter

ODC Splendour

A wonderful rendition from the UK Dementia Choir

Good Heart Kindness

A community initiative in Frome, England, UK, focussing on promoting kindness to encourage health & happiness and alleviate isolation and loneliness

In Place of War

in conversation with **Kim Rowell**, TeamKindUK

In Place of War enables grassroots change-makers in music, theatre and across the arts to transform a culture of violence and suffering into hope, opportunity and freedom

SAYes Mentoring

Gillian Anderson

Choiroke!

The Include Choir

3pm Kindness in the Media

Claudia Hammond, author of The Keys to Kindness, and Visiting Professor of the Public Understanding of Psychology at the **University of Sussex**

Professor Robin Banerjee, Pro-Vice-Chancellor for Global and Civic Engagement, University of Sussex Professor and author of The Kindness Test, a partnership with the BBC

Dr Kathryn Buchanan, who recently published a paper: "Buffering the effects of bad news: Exposure to others' kindness alleviates the aversive effects of viewing others' acts of immorality"

Tom Loxley, editor at Radio Times, BFI & Radio Times Television festival, Founder and publisher Rakesprogress

The importance of volunteering!







4pm Michaela Diamond, Make-A-Wish International, in conversation with **Shivonne Graham**, TeamKindUK

Kindness in the Media

Mary Nightingale, in conversation with Kim Rowell. TeamKindUK

What does being kind mean?

AJ Soni

Live Kindly Live Loudly!

Emma Jones in converation with Clare Ruby, **TeamKindUK**

In Place of War

Musical interlude! Around the World in 80 Raves!

Sandra Barefoot & The Forgiveness Project, in conversation with **Shivonne Graham**. TeamKindUK

5:30pm LIVE!! The Kindness in Education Awards

Celebrating inspiring projects related to kindness and compassion in schools, colleges and universities!

A Bedtime story

Bernadette Russell, author, storyteller, hopepunk, tree planter, Co-Director of White Rabbit

Closing KindFest2023

Jon Snow, TV Presenter & Journalist; What does Kindness mean to me?



