

KIND 20 FEST 23

An online celebration
of kindness

10 November
1–7pm GMT



FESTIVAL PROGRAMME

1pm Welcome to #KindFest2023!

Susie Hills, Founder of TeamKindUK

Philip LyMBERG, 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?



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



3pm SAYes Mentoring

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

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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

Chiroke!

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 conversation 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

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