

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

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

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?