

**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

**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?