



You are warmly invited to attend  
the Annual Study Day 2018 for Buddhist Healthcare Chaplains

**WHO CARES FOR THE CARER?  
BUDDHIST CHAPLAINS SUPPORTING HEALTHCARE STAFF**

held at

Lecture Theatre 2, 1<sup>st</sup> Floor, Queen Elizabeth Hospital, University Hospitals Birmingham NHS Trust,  
Edgbaston, Birmingham B15 2TH  
on Saturday 6<sup>th</sup> October 2018, 11.00 am to 5.00 pm. Refreshments at 10.30 am

**Aims**

The aim of the Study Day focuses on how healthcare staff can be better supported and explores the theme of better looking after carers to be better able to look after those they care for.

Healthcare staff in hospitals and hospices face many personal challenges, including those variously described as working under pressure, dealing with stress and facing burn-out. Healthcare settings continue to face financial cuts, increasing workloads and many other uncertainties.

A contribution to healthcare coming from Buddhist Chaplains is through providing Mindfulness and Meditation practices. The Study Day will enable participants to better appreciate different models for and approaches to supporting staff through the delivery of Mindfulness Meditation and the upon describing the impact they are having.

**Programme**

Structure of the day: Timetabled activities between 11 am to 5 pm.

- 10.30 am Tea & Coffee
- 11.00 am Welcome & introductions: 'What it is like at my place of work'.
- 11.30 am – 1.00 pm Keynote Speaker Rev'd Richard Wharton on '**Metta and Healthcare Outcomes: An exciting dialogue**' (working title). Talk, Discussion groups and Feedback
- 1.00 pm LUNCH
- 2.00 pm Introduction to the Learning Outcomes for the afternoon
- 2.15 pm Discussion groups: Implementing Buddhist contributions, supporting staff and enhancing well-being.

Reports on successful projects currently running and involving Buddhist Chaplains will be circulated in advance of the day.

- 4.00 pm Plenary
- 4.30 pm Final session: Closing ritual

**Bookings:** Please book by: e-mail to [keith@eskola.co.uk](mailto:keith@eskola.co.uk) or telephone 07931 532006.