



Humble Health Conference 2024

Let's bring out our best

Connect, learn, inspire & empower

Combining talks, workshops and community, the Humble Health Conference is a gathering of health professionals, passionate about nurturing health and wellbeing in ourselves and those we care for.

Thursday 2nd May 2024, 9am-3pm

Cumberwell Park Golf Club, near Bath, [BA15 2PQ](#).

Tickets £30 (includes buffet lunch and refreshments)



Hosted by Humble, a team of pioneering practitioners with expertise in health and performance optimisation. To find out more visit www.humble.info

Talks

We plan to explore a range of themes including setting up success, sleep, surfing stress, and social connection, with activities designed to inspire and empower. Being humble helps us learn together, so our range of speakers value your questions and insights too.



Living Well Workshops

Guided small-group practical sessions on harmonising our body clocks, nurturing healthy eating habits and effective skills in moving and soothing. As well as an open forum on "Healthy Care" and supporting sustainable systems.

Relax

The talks are great, but what makes it so special are the spaces to relax, connect, walk in nature & nourish.

CPD accredited by Bath GP Education Research Trust.

Responsibly sponsored by Bath, Swindon & Wiltshire ICB Training Hub, BANES Enhanced Medical Services and Bath GP Education Research Trust.

[To register use this Link](#) or email team@humble.info

"Do join us, we'd love to see you." The Humble Team





Humble Health Conference 2/5/2024

9.00 - 9.20	Arrivals	Light refreshments
9.20 - 10.00	Welcome	Meet the Team Opening talk - Could we be Humble?
10.00 - 11.00	Setting up success	Unboxing Medicine Sleep, stress & social connection
11.00 - 11.20	Break	Light refreshments
11.20 - 12.30	Living Well Carousel Rotate through 3 small group workshops. See more info below.	<ol style="list-style-type: none"> 1. Harmonise your body clocks 2. Harness healthy eating habits 3. Move and soothe with ease
12.30 - 13.15	Lunch	Buffet
	Optional lunchtime workshops Drop in for deep rest (Farleigh Room) 12.30-13.15 Yoga & Menopause talk (Hayswood Room) 12.50-13.00 Art, Craft & Meditation (Hayswood Room) 13.00-13.15 Walking in nature (meet @ front door) 12.45-13.00 & 13.00-13.15	
13.15 - 14.15	Healthy Care - Light your fire - introductory talk Choose a theme and join facilitated small group discussions, then come together to share ideas with everyone. Person - helping those we care for. Practitioner - helping those who care. Practice - transform our health system. Planet - nurture our wider society & ecology. Presence - develop deeper ethics & spirituality	
14.15 - 14.30	Break	Light refreshments
14.30 - 15.00	Close	Further resources & future events Feedback, find community & farewell

Carousel	Group A	Group B	Group C
11.20 - 11.40	Body clocks	Appetite	Move & Soothe
11.45 - 12.05	Move & Soothe	Body clocks	Appetite
12.10 - 12.30	Appetite	Move and Soothe	Body clocks

This program is indicative and may be adapted.
 Contact team@humble.info if you have any special needs.
 Photos and recordings are planned for this event, do let us know if you wish not to be recorded.



Humble Health Conference meet the team

Dr Ashish Bhatia: humble.info

Ashish works as GP which playfully means gentle presence to him. Having practised medicine holistically for over 20 years, he founded Humble with the hope of helping us learn and live well together. He specialises in sleep support and holistic approaches to health & performance optimisation, guiding individuals and organisations to realise their potential. He also teaches in medical schools, supports practitioners, advises the BHMA and trains Humble Guides.



Dr Sarah Blaikley: humble.info

Sarah is a Bath trained GP and Humble Guide. She works in emergency out of hours medicine and previously was ICB Clinical Lead for Mental Health, Urgent Care, Learning Disabilities & Autism. Sarah is passionate about nurturing individuals, families & communities to thrive, bringing joy and kindness to her work in schools. She has a vibrant family and spiritual life. Sarah loves to learn and has taken up flute, piano and skating in her free time.



Dr Daranee Boon: daranee.boon@outlook.com

Daranee worked as a trained Consultant in Emergency Medicine and the Clinical Lead in Medical Humanities. Since retiring, she now works as a Communication Skills Facilitator, Humble Guide and also specialises in Emotional Intelligence for Leadership. She loves working with the arts and humanities to nurture emotional exploration, empathy and intelligent kindness.



Dr Ruth Corbet: humble.info

Ruth is a doctor in Bath, mother, avid baker and novice yogi. She enjoys adventures, challenging assumptions and releasing limiting beliefs. Trained as a Humble Guide with a passion for holistic health, she values physical, emotional, community and environmental health; and endeavours to empower holistic wellness in her work.



Dr Sam Guglani: medicineunboxed.org

Sam Guglani is a consultant oncologist in Cheltenham and chairs the hospital's ethics committee. He is director and founder of Medicine Unboxed, a project that engages public and health professionals in exploring medicine, life, and mortality through the arts and humanities. He writes poetry, a column for the Lancet titled "The Notes." and his novel, Histories (Quercus, 2017), tells the stories that make up the life of a hospital.



Ros Ingleby: info@bristolnordicwalking.co.uk

Ros is a registered General Nurse, Personal Trainer and Nordic Walking Instructor. Her passion is focused on health and wellbeing, no matter what your age or fitness level. She believes Nordic walking to be the best exercise, loving the health, fitness and happiness it brings people. *"I have the best job in the world!"*





Humble Health Conference meet the team

Dr Charlotte Jenner: anestofgentlemakers.co.uk

Charlotte Jenner is a very part-time specialty doctor in Palliative Medicine. She is a maker, mender and grower. Charlotte runs workshops and retreats in beautiful places, helping folk to feed their creativity. *"Laughing, talking, listening and creating. I was nourished and nurtured...and returned to being me."* She also facilitates Friday morning meditations.



Dr Rupa Joshi : British Society of Lifestyle Medicine

Rupa is a GP, with broad expertise including group consulting and systemic changes. Her leadership roles include a Directorship of Wokingham North PCN, Deputy Chair of the Berkshire West Primary Care Alliance, Clinical Advisor for the Primary Care Transformation Team at NHS England, Transformation Lead for the BSLM, chair of an NHS Confederation group exploring workforce and estates in primary care. What's fab is that she makes it fun.



Dr Marina Malthouse: m.malthouse@btinternet.com

Marina is passionate about palliative care and has researched into how medical education addresses end of life care. She values the arts, humanities and narratives for their ability to transform our perception and expand how we respond to experiences. Having retired from medicine, she volunteers supporting refugees and in a holistic education centre in Greece, practises permaculture, is a TEFL teacher, and supervises and examines students doing Masters and Doctorates in Psychotherapy for the New School of Psychotherapy and Counselling (NSPC). She also runs healthy Greek vegetarian cooking courses in Greece.



Dr Helen McCarthy: theappetitedoctor.co.uk

Helen is a Clinical Psychologist, author and inspirational speaker. She loves to share insights and techniques from psychology about how we can help people make changes to how they eat, to achieve a happier relationship with food. *"She makes healthy eating habits so surprisingly easy"*.



Sarah Phillips: humble.info

Sarah supports Humble with communications, bookings and keeping things running smoothly. Ever since benefitting from the amazing work Humble does, she knew she wanted to be part of the team. As a qualified careers adviser, her background is in listening and assisting people. If you email with a question or want to book a session or workshop, She'd be delighted to help. *"Friendly & effective"*



Kate Woodward: gingertonic.co.uk

Kate Woodward (Ginger Tonic) helps people to improve mental, emotional & physical well being. She is a self development junkie! Accredited to use a wide range of psychometric & self assessment tools to help raise awareness and emotional intelligence in the workplace. She is also a senior yoga teacher and runs her own yoga business in her local town of Kingston in Surrey.

