



Thursday 14 November	
Pre-conference dinner	Dinner and accommodation (limited availability) at Penny Brohn UK's National Centre
Friday 15 November	
Registration	
Welcome from Penny Brohn UK's CEO, Laura Kerby	
Speaker 1: The difference between surviving and thriving	Sophie Sabbage, Author of The Cancer Whisperer
Speaker 2: Lifestyle after cancer	Dr Robert Thomas, Oncologist and Professor
Speaker 3: GenesisCare exercise and holistic care	Dr Penny Kechagioglou Chief Medical Officer and Hayley Beaumont, Director of Operations, GenesisCare
Break	
Speaker 4: Resilience and Wellbeing for Me, You and Us	Dr Chris Johnstone, Resilience Specialist
Panel discussion	Kris Hallenga (Coppafeel Founder), Sophie Trew (Trew Fields Festival), Laura Philips (We Get It), Nick Parker (The Cancer Journey Man)
Lunch	

Speaker 5: Social prescribing: providing more than medicine to meet the holistic needs of people with cancer	Sir Sam Everington, GP and Clinical Commissioner (Tower Hamlets)
Breakout session 1 (Two sessions selected by you)	
Nutrition for cancer	Nicky Robinson, Nutritional Lead at Penny Brohn UK
Genesiscare exercise clinic	Joshila DeVile – Exercise Clinic Lead, GenesisCare
Dance exercise - Move, Dance, Feel	Emily Jenkins, Move Dance Feel
What is post-traumatic growth?	Miriam Akhtar, Author and Trainer of Positive Psychology
Complementary therapies in cancer	Alex Turner, Therapist, Penny Brohn UK
Arts psychotherapy	Katinka Friedrich, Art Psychotherapy Practitioner, Penny Brohn UK
Breakout session 2 (changeover)	
Final address	Dr Catherine Zollman, Medical Director, Penny Brohn UK
Conference close	Laura Kerby, CEO

The conference programme is subject to change, any changes to the programme will be notified in a monthly email.

[You can sign up to our monthly Academy email to receive this update.](#)



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