



THE SUSTAINABLE HEALER

New Narratives for Health



Two-day Conference for Health Professionals
Join the Mind-Body Revolution in NHS Care

THURSDAY 27th & FRIDAY 28th MARCH 2025
INVERNESS CREATIVE ACADEMY

“

I will admit I was a significant sceptic about the practical application of lifestyle medicine, and how it could work in an overburdened and disempowering system like the NHS.

However, after sitting in at Alness Medical Practice for just one session, I admit I am a convinced.

It is sustainable in terms of prescription reduction (I saw only one script written all day!), and reducing bounce/back repeat appointments, as people certainly felt respected, listened to and actively empowered to help themselves.

It is also sustainable in terms of staff satisfaction/burn out reduction. I could not imagine taking a day to see only 'heart sink,' patients, and how good it might feel as a practitioner.

”

Dr Laura Forsyth,
GPST3 in NHS Highland
October 2024

Welcome

Dear Colleague

Welcome to the "The Sustainable Healer," a two-day conference for health professionals exploring how lifestyle medicine and mind-body medicine can transform our health and the way we practise..

The event draws on the wisdom of thought leaders, NHS "trailblazers," and people with lived experience of overcoming pain and illness.

Over the course of two days of Inspirational talks, practical workshops and a conference dinner, we will create a vision of a "whole-person" NHS, making best use of finite resources and maximising planetary health.

This event has been hand-crafted by Wild-Ness Health, a unique collective of health professionals, creative artists and people with lived experience on a mission to change the way we think about health.

Visit wild-ness.co.uk to book and hope to meet you then.

Best wishes,



Dr Katharine Jones
NHS GP & Founder of Wild-Ness Health



The Purpose

WHAT DOES GOOD HEALTHCARE LOOK LIKE

- Design and deliver “whole-person” care proportionate to need
- Make best use of finite resources and maximise planetary health
- Create an organisational culture that promotes personal growth

THE CONCEPTS



Lifestyle Medicine, Mind-Body
Medicine & Lived Experience

THE CONNECTION



Re-connect with our values &
question our beliefs about health

THE CULTURE



Practise self-care and be open,
curious & committed to learning

AGENTS OF CHANGE



Share stories of hope about
overcoming pain and illness

THE CARE



Shift power to patients by
teaching skills > prescribing pills

THE COLLECTIVE



Celebrate common purpose
over and above vested interests

The Programme

THURSDAY 27th MARCH

915am THE INTRODUCTION Dr Kath Jones

930-11am THE CONCEPTS

Keynote speeches by Prof Paul Garner, Dr Marisa de Andrade, Dr Ingrid Hoeritzauer and Dr Ollie Hart

1130am-1pm THE CONNECTION

“The Power of Now” and “From Rescuer to Coach”,
led by Caoimhe Keohane and Dr Ollie Hart

2-4pm THE CULTURE

“The Power of the Pen” and “Language Matters”,
led by James Hickson and Dr Barbara Phipps

4-415pm MOVEMENT/EMBODIMENT ACTIVITY

415-5pm QUESTIONS & DISCUSSION All Speakers

7pm-12 midnight CONFERENCE DINNER

The Programme

FRIDAY 28TH MARCH

915am THE INTRODUCTION Dr Kath Jones

930-11am THE AGENTS OF CHANGE

Keynote speeches by Rachel Hives, Fergus Weir,
Judith James-Davies & Penny George

1130am-1pm THE CARE

The Six Pillars , Explaining the “Medically
Unexplainable” and “Stories of Hope” workshops

2-330pm THE COLLECTIVE

“Sense about Science”, “Our Health in Our Hands”
and “Just One Thing” workshops

330-345pm MOVEMENT/EMBODIMENT ACTIVITY

345-430pm SUMMING UP & NEXT STEPS Dr Kath Jones

430pm CLOSE

The Workshops

THE CONNECTION

“The Power of Now” A guided breathwork and meditation practice led by Caoimhe Keohane to start the conference with presence

“From Rescuer to Coach” Experience how coaching empowers people to take control of their health and recovery, led by Dr Ollie Hart.

THE CULTURE

“The Power of the Pen” Expressive writing workshop led by James Hickson, to connect with our values and question our beliefs about health. **“Language Matters”** An exploration of how the words we use heal or harm in different clinical scenarios, led by Dr Barbara Phipps

THE CARE

“The Six Pillars” How this concept empowers patients AND reduces burnout, led by Toria MacDonald **“Explaining the “Medically Unexplainable”** Diagnosing “neuroplastic” conditions, led by Dr Ingrid Hoeritzauer **“Stories of Hope”** Harnessing the therapeutic power of hope to the consultation led by Penny George.

THE COLLECTIVE

“Sense About Science” The evidence & key concepts underpinning a “whole-person” approach to care, led by Prof Paul Garner **“Our Health in Our Hands”** How AI can empower patients to make lifestyle changes, led by Dr Angus Perry **“Just One Thing”** Capturing our collective wisdom to influence radical change in the NHS, led by all speakers

The Perspective



The course should come with a health warning that it's likely to change your life - both at work (talking with patients about managing chronic illness) and in your personal life choices.

**Dr Jane Hitchens
Consultant in Occupational Health
Autumn Retreat Nov 2024**

Kath has made connections with the most extraordinary people. She is building a rich tapestry of ways to think about suffering, and how to help others practically, and on a more profound level

**Mary Garner
Counsellor
Wintering Retreat Jan 2024**



The Thought Leaders

Professor Paul Garner

Paul Garner is a British epidemiologist and public health professional, known for his work in systematic reviews and evidence-informed policy at the Liverpool School of Tropical Medicine. Paul's personal experience of recovering from post-COVID-19 syndrome using a "mind-body" approach sparked an academic interest in this area which he pursues as an emeritus working with a global network of specialists on a quest to help people recover.



Dr Marisa De Andrade

Marisa is Co-Director for the Binks Hub and the Centre for Relational-Inquiry at the University of Edinburgh. She leads on a variety of initiatives that use creativity and the arts to co-create research that promotes human flourishing. She also runs an NHS-funded project called Measuring Humanity which questions the very nature of evidence and measurement.

Dr Ingrid Hoeritzauer

Ingrid is a Consultant Neurologist at the FND Research Group at the Royal Infirmary of Edinburgh. Ingrid is passionate about explaining to people with FND that this is a signalling problem between the brain and the body, rather than a structural problem. Ingrid focuses on raising awareness of the positive signs of FND, and the power of demonstrating the ability of the nervous system to function normally as a therapeutic tool.



Dr Ollie Hart

Ollie is an NHS GP in Sheffield and Clinical Director for his local PCN. Over the last ten years he has held a range of national roles in patient-centred care, including co-chairing NHS England's Strategy Board for Supported Self-management. He is a director for Peak Health Coaching, which has trained over 2,000 people in coaching skills and is one of two global health ambassadors for Parkrun.

The Trailblazers

Dr Kath Jones

Kath is a GP in Alness, a remote community in the Highlands, where she integrates lifestyle medicine and mind-body medicine into her NHS consultations. This inspired her to found Wild-Ness Health in 2022, a unique collective of health professionals, creative artists and people with lived experience, who facilitate an eclectic range of CPD and wellbeing events for health professionals, attracting rave reviews, national media coverage and even financial support from the NHS



Dr Angus Perry

Angus is also an NHS GP in Alness & Invergordon, with a lifelong passion for exercise and expertise in health technology. Angus has played a pivotal role in developing health technology solutions for the global market, collaborating with elite athletes including world champions in Formula One and boxing. He has a clear vision of a future where AI will revolutionise healthcare delivery.



Dr Barbara Phipps

Barbara is an NHS GP in Edinburgh with special interests in lifestyle medicine and chronic pain. She is also a qualified coach and has undertaken additional training in Pain Reprocessing Therapy and Emotional Awareness and Expression Therapy for chronic pain. Barbara runs an NHS chronic pain service in the community and is an educator on the University of Edinburgh masters course on the Clinical Management of Pain.



Toria MacDonald

Toria has worked in the NHS as an occupational therapist for twenty-five years, and is passionate about offering holistic care to her patients. She is also an accredited lifestyle medicine practitioner, and integrates this approach into her NHS work. She is currently developing an NHS 'Sleep Health' clinic, for patients within her locality whose health is affected by poor sleep.



The Agents of Change

Rachel Hives

Rachel is a mum of two, student, entrepreneur, traveller and CrossFit Games Athlete.... with Functional Neurological disorder (FND). She is currently placed seventh in the world, and first in the UK after competing in the 2024 CrossFit season -.... and this is just the beginning. She discovered CrossFit in 2021 and fell in love with how it has made her strong enough to live independently and still have fun with her two children.



Fergus Weir

Fergus is an entrepreneur, a trainee Somatic Experiencing Practitioner and the Director of Community Sauna Highland CIC. His passion for sauna and cold water developed through his own wellbeing practices and he is now on a mission to spread the word about the incredible benefits of thermotherapy.

Judith James-Davies

Judith is a retired Secondary Head in her seventies. She met Dr Jones in June 2024, when she was taking high doses of painkillers for chronic pain. Within months of adopting a mind-body approach, she stopped all medication and cancelled a planned knee replacement. Judith now enjoys an active role in her local community, an experience which has made her an enthusiastic advocate for a neuroplastic approach to pain.



Penny George

Penny is the Co-Director of Living Proof, which she founded in 2022 to promote a neuroplastic approach to health. Her passion for helping others overcome chronic pain and illness was born out of her own recovery from chronic CFS using a “mind-body” approach. Living Proof offers educational resources for health professionals and the public and works with UK partners to support the integration of this approach into the NHS.



The Creators

Caoimhe Keohane

Caoimhe is a yoga teacher and conservationist from Ireland who now lives in the Highlands. She has a passion for helping humans re-wild themselves through mindfulness in nature, movement, breath and mythology. Caoimhe loves working with mythological stories, animals and artworks that connect us to our Celtic roots, and loves sharing local stories by the fire



James Hickson

James is a personal trainer and spoken word artist. He fumbled his way into spoken word poetry over twenty years ago, after advice about memorising nursery rhymes from the charity Headway to aid his recovery following a head injury. Realising he enjoyed playing with rhyme introduced him to the “power of the pen” and changed his life. James now competes in Slam Poetry competitions and performs his work at a variety of events.

John Coghill

John is on a mission to make real nutrition accessible to all by empowering communities and inspiring change, one bite at a time. He founded Self Health, Scotland’s healthiest food truck, in 2023 on the Isle of Skye, and is now exploring new projects closer to Inverness.



Danielle Menzies

Danielle is renowned for her vibrant, imaginative approach to plant-based cooking during the eight years she ran Cafe 82 in Drumnadrochit. She now works as a private chef and along with John will create delicious plant-based lunches for the conference.

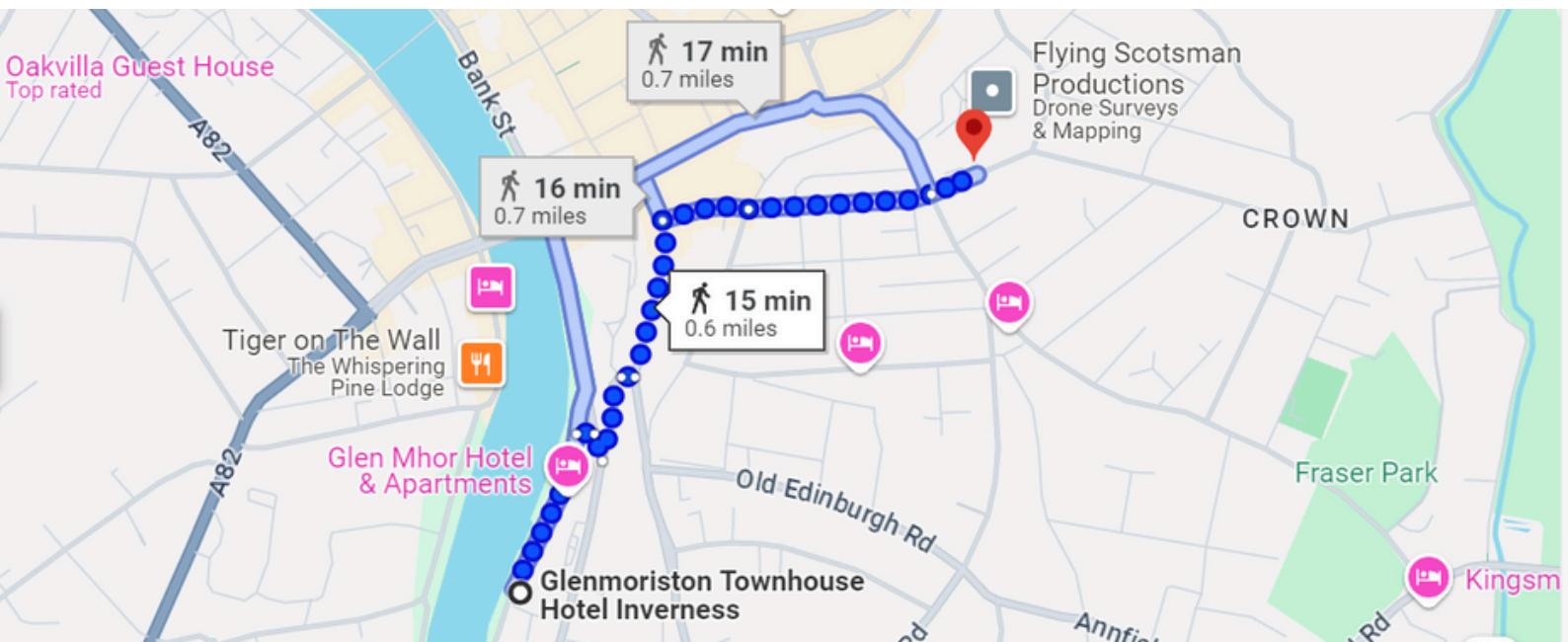


The Place



Image by Paul Campbell

The event will take place at the **Inverness Creative Academy** followed by a three-course conference dinner in the **Windsor Suite** of the **Glenmoriston Townhouse Hotel**, both of which are within walking distance of the train station and nine miles from the airport



The Practicalities



TICKETS £349 includes a plant-based GF lunch and three-course dinner on the Thursday evening
VENUE station 10 mins walk airport 15 mins drive
ACCOMODATION rooms available **from £36 pp/night** for a shared room email info@wild-ness.co.uk
TRAVEL direct trains from London or fly direct **from London, Manchester, Birmingham & Bristol**



“

I have lived with chronic pain for a number of years. I was then diagnosed with arthritis in my knee and told I would need a total knee replacement. I had been on a waiting list for almost a year and the pain was constant.

When I first met Dr Jones I felt very low and was extremely anxious about the operation. Dr Jones spoke to me about an alternative approach to chronic pain by “retraining” the brain. I was extremely sceptical but willing to try anything.

So I bought the book *The Way Out* by Alan Gordon and watched videos by Dr Howard Schubiner. I was totally amazed at the results. Six weeks on I have stopped all pain killers, agreed to put off surgery and am looking forward to being able to walk normally, or as Dr Schubiner says “walk with joy”.

”

Judith James-Davies,
Patient at Alness Medical Practice
October 2024



As Featured by



Images by @north.westphotography
www.wild-ness.co.uk @wildnesshealth