

KIND 20 FEST 21

An online celebration
of kindness

13 November, 1–7pm GMT

Me

Us

The
World

Festival Programme

13:00 Welcome to #KindFest2021!

Susie Hills, Founder of TeamKind & KindFest
Opening speech by Sir Tim Smit, Eden Project

Host: Shivonne Graham

Interview with Janey Godley
On loving kindness – Lena de Klerk and Dr Trudi Edginton
Being kind when others are unkind – Gill Hasson
Self compassion – Fuschia Sirvois

14:00 MUSICAL BREAK

Kinder Communication – The Include Choir

The kindness of everyday heroes – Jaz Ampaw-Farr
Cancer made me kinder – Interview with Liz O’Riordan & Jackie Scully
Kindness and money – Michael Gilmore: The \$7 millionaire
Interview with Isaac Harvey, Wheels and Wheelchairs
| Sponsored by Joyful Marketing

15:00 MUSICAL BREAK

In My World – The Include Choir | Sponsored by Roots + Wings

Kindness and loneliness – Tony Esteves, Patricia Morgan, Dwight Farahat and Stephanie Staples
Culture of the Heart – Kate Neal, Kat Pierce and Eri Pierce

16:00 MUSICAL BREAK

Get moving KindFest! – Genny Jones

Being boldly you: Kindness, identity and expression – Sukki Singapura, Knapple & Sal Pearman
| Sponsored by Figgydoo
Speaking kindly to ourselves – Sebastian Bóo | Sponsored by Happy PR
Think equal: Kindness in education – Leslee Udwin | Sponsored by Happy PR

17:00 MUSICAL BREAK

Be Kind to Me – Karina Garnett

Be kind – Rosie Nixon, Editor Hello | Sponsored by East of Eden
Random Acts of Kindness Foundation – Brooke Jones
Global Gift Foundation – Mario Bravo

18:00 MUSICAL BREAK

Smile – The London Community Gospel Choir | Sponsored by Roots + Wings

Men, kindness and mental health – Harry Corin, Hyphen the rapper & Pete Quinn
Being a young carer – Oritsé Williams and Professor Saul Becker | Sponsored by Peacebeam

MUSICAL WRAP UP

Hope – Choir of the World



13:00 Welcome to #KindFest2021!

Susie Hills, Founder of TeamKind & KindFest
Opening speech by Sir Tim Smit, Eden Project

Host: Kim Rowell

How kind are our schools? – Discussion with Kim Rowell, Lauren Seager-Smith from Kidscape and Bob Wilkinson from Bounce Together | **Sponsored by 6 by three**
Kinder universities – Discussion with Osaro Otabo, Halpin & Make Diversity Count, Prof Matthew Weait, Deputy Vice Chancellor University of Hertfordshire
Chaired by Ben Thurman, Carnegie UK | **Sponsored by Halpin**



14:00 MUSICAL BREAK

Kinder Communication – The Include Choir

Kindness in the early years – Leonor Stjepic, CEO Montessori
& Jimi Slattery, CEO Compassion Matters

Interview with Jackie Weaver – Jennifer Nadel, CEO Compassion in Politics
| **Sponsored by Roots + Wings**

Empathy short – Author insight and reading by Rashmi Sirdeshpande
| **Sponsored by Roots + Wings**

15:00 MUSICAL BREAK

In My World – The Include Choir | **Sponsored by Roots + Wings**

Host: Claudia Hammond and Professor Robin Banerjee

Kindness – A Whirlwind Tour! – Presented by author and broadcaster Claudia Hammond, this session includes:

- Professor Robin Banerjee discussing the largest ever public science project on kindness in partnership with the BBC, The Kindness Test
- Professor Kate Cavanagh speaking about her research on compassion and mental health
- EmpathyLab's Sarah Mears and leading author Jion Sheibani discussing the role of books and libraries in promoting empathy
- Dr Gillian Sandstrom sharing her research on social media use and talking to strangers
- Janice McGuinness introducing some of the work by People United on promoting kindness through the arts
- Suzanne Rose from the Mass Observation Archive launching a new directive for writers focused on kindness

| **Sponsored by MiraGold and The University of Sussex**

16:00 MUSICAL BREAK

Get moving KindFest! – Genny Jones

Host: **Jennifer Nadel, CEO, Compassion in Politics**

How can we build a compassionate alliance for change? – Panel discussion with:
Dominic Minghella (Producer and Screenwriter)
Neal Lawson (Compass)
Klina Jordan (Make Votes Matter)
Rupa Huq MP



17:00 **MUSICAL BREAK**
Be Kind to Me – Karina Garnett

Hosts: **Magnus Wood & Cole Baker Bagwell, The Kindness Corporation™**

Deliberate Actions of Kindness – A session including:

- Pinky Lilani, Women of the Future
- Carmel McConnell MBE, Author and Campaigner
- Darren Burns, National Recruitment Manager, Timpsons
- Dr Elia Gourgouris Coach, Author and Speaker
- Claude Silver, Chief Heart Officer, Yayner Media
- Peter McGahan, MD, Worldwide Financial Planning

| Sponsored by **The Kindness Corporation™**



18:00 **MUSICAL BREAK**
Smile – London Community Gospel Choir | Sponsored by **Roots + Wings**

Host: **Kim Rowell**

The Kindness Quotient

Sarah Ferguson, the Duchess of York
Dr Donna Youngs, The Kindness Research Foundation

Kindness in Sport

Michelle Carney, Purpose Driven Impact
Alex Wallace, The Mintridge Foundation
Fil Kamps, Retired International footballer, speaker and life coach
Iona Lake, Commonwealth Games middle-distance runner and steeple-chaser

| Sponsored by **Hip and Healthy**

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Hosts: Kamilah & Oveta McInnis

Can kindness save the planet? – Alex Nunn
Kindness to the planet – recycling – Scott Butler
The wishing tree: A story about hope and kindness – Bernadette Russell
Bench Bill: A story – Sue Cheung

14:00 MUSICAL BREAK

Kinder Communication – The Include Choir

On kindness – Jane Goodall

How kindness to animals can help to save the world – Marc the Vet, Philip Lymbery,
Jill Robinson and Peter Egan
Joined by our friends from Eden's Festival of Discovery

15:00 MUSICAL BREAK

In My World – The Include Choir | Sponsored by Roots + Wings

Footsteps on the Wind – Introduced by STING
LIVE post-film discussion with writers – Onjali Rauf & Sita Brahmachari and Director Maya Sanbar
Edible communities – Interview with Mary Clear, Edible Todmorden
Empathy walk – Alistair Chisholm
Empathy walk – Joseph Elliot

16:00 MUSICAL BREAK

Get moving KindFest! – Genny Jones

Host: Nik Nikiforou

Kindness in Pakistan – Ateeq Afridi
Bill Crews interview with Jenny Rose
Nik introduces **Diana Award Winning kids** from around the world
One kind word – Jonathan Bryan
What kindness means to me – Maya Nanan, Nancy Zannikou, Marina Divini,
Chara Vidiadaki and Marigold Mioc
Let's hear it from YaYa – Pat Nikiforou
Tips for a kinder xmas – Kristina Salceanu, Advent for Change
| Sponsored by **Cheadle Hulme School**

17:00 MUSICAL BREAK

Be Kind to Me – Karina Garnett



Hosts: Giles Paley-Philips and Jim Daly

RaPoetry kindness cypher – Suley RaPoet Muhidin with artists Ayan Said, Yossi Goodlink, Magero, Abstract Benna, Miss Yankey and Naomie 'TstarNay' Francis | Sponsored by **Swimadelica**

18:00

MUSICAL BREAK

Smile – London Community Gospel Choir | Sponsored by **Roots + Wings**

Giles and Jim talk to **Holly Matthews**

MUSICAL WRAP UP

Hope – Choir of the World

