

**Caring and Compassion in Community  
Walkshop 22/23rd June 2019  
Village Hall, Cerne Abbas, Dorset**

Internationally acclaimed nurse theorist and American Academy of Nursing 'Living Legend' Professor **Jean Watson** will be participating in a '**Walkshop**' in Cerne Abbas, Dorset.

Hosted by the global non-profit [Watson Caring Science Institute](http://www.watsoncaringscience.org), this is a unique opportunity for reflection, creativity and meaningful dialogue. With its roots in nursing, Caring Science is a growing global network of nurses, health care workers, artists, therapists, carers, students and individuals. In a world where policy, procedure and corporate demands often take priority over need, we are challenged to reconnect with what it means to be human and face it - in all its beauty, mess and brokenness - and in doing so, face our own vulnerability and potential for healing.

Inspired by the gentle beauty of the Dorset countryside, this will be a simple, informal, weekend gathering. As we meet as friends and walk in this special place, we will think about the essence of, caring, compassion, dignity and caring relationships and how Caring Science may help us personally, in our practice and our world.

The cost of this exciting 2 day *Walkshop* is \$125 USD (approx. £95.00)

**For tickets and more information:**

<https://www.watsoncaringscience.org/events/caring-science-uk-walkshop/>

**Or book via Eventbrite in Great British Pounds £:**

<https://www.eventbrite.co.uk/e/2-day-walkshop-in-dorset-with-dr-jean-watson-for-health-care-professionals-tickets-59890237312?aff=eivtefrnd>

**Or contact Anna Biley:** anna.biley@icloud.com Mobile: 07977 875953

## PROGRAMME

### SATURDAY DAY 1

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| 08.30 | Registration & coffee.   |
| 09.00 | Welcome to this place of inspiration.<br>Opening words Dr. Jean Watson.  |
| 09.20 | What brings you here?  |
| 10.00 | Introduction to Caring Science: bring your curiosity and skepticism to find out: <ul style="list-style-type: none"><li>- How Caring Science may be of service in our lives, in our families and communities.</li><li>- How is Caring Science taking form in the world?</li><li>- What are the basics? Let's talk about the caritas processes, caring relationships and caring moments.</li></ul> |

- 11.00 BREAK
- 11.20 Compassion circles as a place for reflection.  
How is what we have learned useful? What do we need to pay attention to?
- 12.30 LUNCH
- 13.20 Gather for a guided walk led by Peter Knight, author of "The Cerne Abbas Giant: Landscape, Gods and the Stargate".
- 15.00 Return to hall for Q&A and a Dorset Cream Tea.
- 16.00 Thoughts and reflections.
- 16.45 End day 1.
- 19.00 OPTIONAL GROUP DINNER AT THE NEW INN, CERNE ABBAS (details to be confirmed).

## **SUNDAY DAY 2**

- 08.30 Check in and coffee.
- 08.45 Opening reading and gentle yoga.
- 09.00 Quiet space. You are invited to enjoy some time for personal reflection, being still in nature or walking the indoor labyrinth.
- 10.00 Return to the hall for feedback and discussion. What are your thoughts on Caring Science so far?
- 10.45 BREAK
- 11.00 Caritas drumming circle led by Ralph Cree.
- 13.00 LUNCH
- 14.00 What can we learn from the ancient symbols of Cerne Abbas?  
If we could create our own power symbols of caring and compassion, what would they be? How might they help us in our modern world?  
  
Invitation to walk the labyrinth.
- 15.30 BREAK
- 16.00 How are you feeling? Final reflections and thoughts - where do we go from here?  
  
Closing ritual - passing on the light led by Dr. Jean Watson.

16.45 End day 2.

### ADDITIONAL INFORMATION

#### **About Watson Caring Science Institute**

WSCI is an international non-profit organization that advances the philosophies, theories and practices of Human Caring/Caring Science. It was founded by Jean Watson, who serves as founder and director. Focusing on research, education and practice, the institute aims to widen the development and understanding of Caring Science to inform our notion of quality care and healing environments. Currently there are over 400 hospitals throughout the USA with many other partner Healthcare systems globally using the WSCI theory. There are now over 350 WSCI trained practitioner leaders or 'Caritas Coaches®' throughout the world. Texts on Watson's theory of caring is taught in Universities worldwide and translated into over 9 languages.

#### **Facilitators**

The Walkshop will be co-facilitated by [Anna Biley](#), [Andy Bradley](#) and [Julie Watson](#).

Anna is a doctoral graduate of the Watson Caring Science Institute, an Adjunct Faculty Associate and Caritas Coach®. She has been inspired by Caring Science throughout her nursing and voluntary sector career and continues to find it helpful in the ups and downs of everyday life. Her doctoral research was about how being with others in caring and compassion at the end of life helps us to remember who we are and why we are here.

Andy has been an advocate for compassion in care for over 20 years, believing it is at the very heart of who we are and what we do. In 2012 he was recognised as a 'New Radical' and one of the top 50 people who is changing Britain for the better. For more information about Andy and his work, go [here](#).

Or be inspired by his amazing [Tedx Brighton talk](#) on closing the compassion gap: Julie is a Brighton based artist and a Caritas Coach®. With the grand title of *Woman in Charge of Global Caritas Community*, Julie has the honour and responsibility of being Head of Global Projects for the Watson Caring Science Institute. She is particularly passionate about how Caring Science can inform the way we live and work in a variety of cultures and communities.

#### **Our guests**

We are honoured to welcome Dr. Jean Watson to our community space in the village of Cerne Abbas. For over 40 years she has inspired nurses and healthcare workers across the world with her deep passion and vision of Caring Science. Dr. Watson is the author of more than 100 publications in Caring Science and more than 30 books on the Science of Human Caring. She holds many awards and honours and has been named as a Living Legend by the American Academy of Nursing, its highest honour. Her most recent book, 'Unitary Caring Science' talks of the imperative of incorporating the philosophy and practice of caring and compassion into the wider community (communitas) and everyday life. For more information about Caring Science and Dr. Watson's work, go to: <https://www.watsoncaringscience.org/>

[Peter Knight](#) is a well-known author and authority on ancient landscapes, particularly the sacred sites of Stonehenge, Avebury and the South West of England. His lectures and tours are legendary. As our Walkshop coincides with the Summer Solstice we are

privileged that he has taken time out to lead a walk and talk about the ancient site of the Cerne Abbas Giant. For more information about Peter:

Local musician and meditation teacher [Ralph Cree](#) lives in a 13th century manor house that has been home to his family for 8 generations. With his family he is transforming the building and grounds in to a centre for education and inspiration for people of all ages. Ralph is passionate about bringing people together and building community and joins our 'Walkshop' to lead us in a creative, fun and very loud drumming circle. For more information about Ralph, go to:

**And finally, just a few practicalities**

For those of you not familiar with a British summer, the weather is often changeable. Please bring clothing and footwear suitable for hot sunshine and cold rainy days! The guided walk is approximately a mile but will be through fields and on uneven tracks. There is also an option of a shorter, accessible route. Please contact us if you have any concerns about this.

All the food served will be locally sourced as far as possible and will be vegetarian/vegan. If you haven't done so already, please let us know if you have any specific dietary requirements.

We look forward to welcoming you!

In loving kindness,

Anna, Julie & Andy



The Cerne Abbas Giant