

Ratified New Recommended Speakers for 2024.

All details will be uploaded to SharePoint Speakers Directory Folder and listed on our website.

SPEAKER	POSSIBLE TALK TITLES
<p>→*Hazel Carter 197 Mill Lane Dorridge Solihull West Midlands B93 8NU Tel: 07710873105 Email: hazel@lifedgoodbook.co.uk Fee: Nil In person talk/presentation</p>	<ol style="list-style-type: none"> 1. Life's Good, It's the disease that's the problem Based on her book of the same title, Hazel's story is inspirational and informative. Listeners will learn how she and her husband handled his sudden terminal diagnosis, the mindset the couple adopted to keep our spirits up, how Hazel balanced caring for her husband and self-care, how Hazel has turned tragedy into a force for good. 2. Elaines coming out - When Hazel discovered her brother had chronic kidney disease, she put herself forward as a potential living donor. This talk covers, the selection process 3 potential donors went through, an explanation of how a transplant is done, the impact of donating on both recipient and donor, and the joy and love that comes from giving the gift of life. 3. A Mother in Other Ways - After a hysterectomy in her 40's, Hazel had to come to terms with never being a mother. Post surgery depression caused her to seek out counselling, during which she had to work on her mindset and find a new way of looking at her life. She shares the many interesting ways she found to use her maternal instincts. 4. Caregiving – How to avoid burnout Hazel was working full time and was caring for her mum when her husband was told he had 6 months to 2 years to live. Learn how Hazel managed to juggle the hectic world she found herself in, hear about the different things she did to prevent burnout, and the life lessons she learned.
<p>→Nigel Christie The Laurels Suckley Road Leigh Worcester WR6 5LE Tel: 07595590154 Email: nigelbrucechristie@hotmail.com Fee: £60 No travel expenses In person and demonstration talks given</p>	<ol style="list-style-type: none"> 5. Antiques – tips on buying, selling and collecting. Examining the stories that they tell – their intrinsic and extrinsic value and history. Looking out for fakes and replicas. Basic, better, best. Interactive discovery. Quirky and unusual items presented and attendees welcome to bring along items of interest – for feedback and valuation.
<p>→*Marguerite Collins Marguerite Collins 30 Redfern Avenue Worcester WR5 1PZ Tel: 01905 356093 Email: collinsm9@yahoo.co.uk Fee: £50+ £5-10 outside of Worcester In person talks given</p>	<ol style="list-style-type: none"> 1. Madresfield – the True Brideshead The local family who rose to aristocracy, gaining political power and the friendship of Kings before a deplorable scandal snatched it all away 2. Inside Worcester Crown Court - The history of Worcester Crown Court, the people within it and some shocking and bemusing trials from a former Court officer. 3. A Glimpse at Worcester's Hidden History - Something of the Worcester story unveiled through images, photos and little-known accounts from our history.

	<ol style="list-style-type: none"> 4. A Royalist Highwayman - The story of the most notorious yet courteous highwayman of 17th century and his connection to Worcester 5. Malvern Revisited Through Blue and Green Plaques: Malvern's eminent and distinguished people and buildings celebrated in its Blue and Green Plaques 6. In Pursuit of a King - A detailed account of the great and heroic escape of King Charles II from Cromwell's army after the Battle of Worcester. 7. Lost Worcester - A Virtual tour of Worcester looking at the changes to buildings and streets which have happened over the past 80 years 8. Go West Young Man! The Worcestershire family who emigrated to the Wild West frontier of Western Texas in 1850 – how they fared and what became of them.
<p>→ Maggi Davis Sideways Naunton Upton upon Severn WR8 0PY Tel: 07963 689729 Email: maggi.davis@jda-design.co.uk Fee: £60 +40ppm In person presentations/talks and demonstrations</p>	<ol style="list-style-type: none"> 9. The Arts and Crafts Movement in the Cotswolds - Learn about the origins of the Arts & Craft Movement and the works they created. Find out about the Cotswold Makers. 10. Princess Sophia Duleep Singh - Sikh Suffragette - Find out about the daughter of the last Maharajah of the Sikh Empire - her links to Croome Court - her social conscience and involvement in the suffragette movement). 11. Hogarth's Prints and those he inspired. Learn about Hogarth's satirical prints including Gin Lane and Beer Street, and how they have inspired contemporary artists. 12. Postcolonial Art - African links to British Art. Learn how artists like Yinka Shonibare and Huw Locke have been inspired by Africa and the diaspora. 13. Hokusai - Japanese prints and drawing Explore famous works like The Great Wave and Mount Fuji as well as his lesser known drawings. 14. Printmaking workshop (2 Hours) - Fee plus materials Make a number of prints using a simple poly-printing method - Use to make greetings cards. 15. Air Dry Clay workshop (2 hours) - Fee plus materials Use air dried clay to make tiles or small vessels. Once dry these can be painted or varnished.
<p>→ *Dalziel Ellis 1 South Parade Harbury Warwickshire CV33 9HZ Tel: 07712673859 Email: ellis1970@btinternet.com Fee: £45 +45ppm In person talks given</p>	<ol style="list-style-type: none"> 1. I'm a poet but not as you know it!
<p>Kate Oakley – awaiting details</p>	
<p>Diane Porterfield 48 Santa Maria Way Stourport on Severn. DY13 9RX Tel:07825 925493 Email: enquiries@bourne2care.co.uk Fee: £60 + 45ppm</p>	<ol style="list-style-type: none"> 1. What is the Menopause, Signs and Symptoms, How our bodies change during the Menopause. I'll explain what the menopause is, our female hormones, common and uncommon symptoms- both physical and psychological and how you can help to improve your symptoms. 2. HRT, types, doses and how it improves health and reduces symptoms of menopause. I'll explain what HRT is, the story of HRT prescribing and where we are today. The role of HRT, benefits, risks, side effects and how to get the correct dose for you. Case Studies based on HRT, symptoms and health.

	<ol style="list-style-type: none"> 3. Mental Health, Menopause and MOJO. I'll explain about hormones and how they impact your emotional wellbeing. Understanding your triggers, what you can do to improve your mental health during Mid life. What is your MOJO or am I just getting old? Coping strategies and discussions based on my personal and clinical experiences. 4. Neurodivergence and Menopause; What's the Link? Evidence and my clinical experiences. I'll discuss evidence, facts, dispel myths and explain about the link I have seen in clinical practice that affects menopausal women. 5. Relationships and libido; How this changes during the menopause and how we can navigate this. I'll explain how the menopause impacts our desire, our relationships and how vaginal symptoms impact libido and vaginal health. Knowing what products/medications may help and why. 6. Health living/lifestyle and understanding it's importance of during mid life and beyond. Understanding the importance of healthy lifestyles; including weight management, alcohol, fitness and improving mental health and wellbeing. I'll discuss research and why certain health advice has changed. 7. How to talk to healthcare professionals about your health. I help many women understand their health and equip them to talk to other health care professionals. Based on 36 years of nursing and 20 years as a nurse practitioner assessing and managing health. Many ladies tell me during the menopause they don't feel listened to or prescribed the right medication. I empower women to get control and ensure you can explain yourself clearly.
<p>→*Tracey Silvermore (based in Evesham) C/o Health and Hope UK 27 Old Gloucester Street Holborn London Tel: 0204 534 1943 Email: tracey.silvermore@healthandhope.org Fee: Donation Talk and slides</p>	<ol style="list-style-type: none"> 1. This enlightening and informative talk will introduce attendees to Health & Hope, our history, and our programmes as we work in partnership with local communities to deliver vital healthcare, education, humanitarian relief, and livelihoods supporting refugees and the displaced in the midst of this largely forgotten crisis as a result of the devastating military coup in Myanmar in 2021.