

Cost

The cost of this long weekend CPD Course is £350. This includes the course fees, and two nights of accommodation and meals at Emerson College.

Registration

At the Emerson College website
www.emerson.org.uk/nurse

CPD

CPD certificates and reflection forms will be issued for 12 Hours of CPD.

Start and Finish Times

Starting with lunch at 12.45 on Saturday 7th and ending after lunch at 1.30pm on Monday 9th November.

Visit emerson.org.uk/nurse for provisional programme.

The Venue



Nestled in the picturesque Sussex countryside, Emerson College spans a stunning 22-acre Botanic Garden featuring beautiful ponds, lawns and flower beds, a productive vegetable garden, an apple orchard, and ancient woodlands. All the land is managed biodynamically without the use of pesticides and is fully Demeter Certified. Our vegetable garden supplies fresh produce to our kitchen, ensuring soil-to-table nourishment for our guests, along with bouquets of flowers that decorate our classrooms. What we can't grow ourselves, we source locally and organically to create our delicious vegetarian meals, with vegan and

gluten-free options also available. For those with special dietary needs, we provide self-catering facilities.

The college offers a diverse range of courses in arts, education, and health, all emphasising personal growth, creativity, and social responsibility. With a strong focus on experiential learning and community engagement, Emerson College fosters a nurturing environment where students can explore their passions and develop practical skills.

Visit emerson.org.uk/stay to discover more.

Freedom to Nurse

How can nursing live and thrive today?

Book your place today!

A Weekend CPD Seminar
at Emerson College, Sussex
Saturday 7th – Monday 9th
June 2025

emerson.org.uk/nurse


Emerson
College | Campus | Community



Emerson College, Hartfield Road, Forest Row, Sussex RH18 5JX +44 (0)1342 822238
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This weekend invites nurses in practice to create, together with us, inspiration so that the initiative to nurse may breathe more freely in participants.

- What led to your original intention and choice to nurse?
- Where are you in relation to that now?
- Are you still able to fulfil that intention today, or does your work environment inhibit and even prevent this?

The vocation of nursing is suffering in our time. Some even say that it is hardly possible to be a nurse nowadays. Experiencing pain and suffering calls us all into the present moment. What does a nurse bring into the present moment in response to the calls from others and in ourselves? There is more to nursing than the sum of its techniques. What more can the individual nurse bring? What did Florence Nightingale's patients experience that has become associated with her lamp? How can the initiative to nurse thrive today?

How can nursing thrive more freely in the current pressures where so much needs to be done by so few? We will learn how the processes of life weave through social environments and how the understanding of these processes can be woven into nursing practice, bringing life into the therapeutic relationship.

Recognising the fundamental initiative within the vocation of nursing is significant for each nurse within their specific context. During this weekend we will inquire collaboratively, through the lived experience of participants, toward a deeper understanding of today's challenges to individual health and dignity, and a recognition of opportunities to respond in each participants' context.

Participants will be offered practical strategies and personal development exercises to apply in their work and will also be encouraged to create their own. There will be opportunity to give and receive simple body therapies that can balance stress symptoms. These can be aids to self-care and contributions to nursing patients. Exercises will be offered that open new ways of meeting nature.

A path of schooling for nurses was born in May 1925, out of the

collaboration between Rudolf Steiner and Dr Ita Wegman. This development would build upon nursing care and intervention, with a truly holistic approach to the vocation of the nurse as well as those in need of nursing care. Nurses were inspired with natural nursing treatments and methods of spiritual and social support for their work with patients.

This weekend seminar aims to build upon this path of schooling, offering practical Insights and solutions toward a possible path forward for the needs of nursing today and into the future.

The weekend will include:

- The current plight of nursing in the UK
- Sharing personal challenges and ways of coping
- Inquiring into underlying causes
- What is healing?
- Creative activities
- Inner development practices
- Steps to a more living relationship with nature
- Body therapies & self-care
- Ways forward?

Seminar Facilitators



**Hannah
Spreadborough**

Hannah trained as a Nurse at St. Thomas' Hospital London before specialising in Paediatrics at The Royal Alexandra Hospital for Sick Children Brighton. Since then, she has worked in a wide variety of both clinical and community settings. She currently works within the NHS in Scotland as a Staff Nurse on a Paediatric Unit incorporating Emergency Department Work.



**John
Ralph**

John has worked in social care in England and Scotland and as course leader in University of Aberdeen. He is a lifelong researcher of life, humanity and creativity, a musician, eurythmist and poet.



**Dr Michael
Evans**

Dr Evans is an independent GP and leader of the English Training in Anthroposophic Medicine.

