

TREE OF LIFE 20TH CELEBRATION PROGRAMME

20.11.2026

09:30 - 09:45 | Welcome

Welcome remarks by INT & Friends of Phola

09:45 - 10:55 | Roots & Ground

Reflecting on the origins and foundation of the work

Ncazelo Ncube-Mlilo: The beginnings of Phola, current work and global impact

David Denborough: Recorded message / live Zoom contribution

Roots in the UK (including Q&A)

Georgia Illiopoloulou, Angela Bryne, & Heleni Andreadi

First group participants: Jovia Stokes & Lucia Ngwenya

Sara Portnoy, Lucy Casdagli, and Peer Mentors

Beads of Life and Tree of Life with Young People with complex medical conditions at UCH

11:00 - 11:15 | Tea Break

11:15 - 12:30 | Trunk

Testimonies: stories of growth, strength, and lived experiences

Deji Adeosun and Change In Youth (CIC) Peer Leaders

Jenny Chigwende & W12 Together Charity, Better Together Narrative Project

Tanya-Louise Graham Matt & Forensics Services

12:30 - 13:45 | Lunch & Wandering around the Forest of Life (Market Place)

Lunch and interactive "Forest of Life" marketplace

13:45 - 15:20 | Flowers & Fruits

Research Panel

Dr Gillian Hughes

Dr Kirsty Stubbs

University of Manchester representative

Dr Binish Khatoon (video): Tree of Life in breast cancer

Q&A & Further developments

COURRAGE & OUTRAGED initiatives presented by Ncazelo Ncube-Mlilo

15:20 - 15:35 | Tea Break

15:40 - 16:00 | Branches

Looking ahead: envisioning the future Small group discussions (Menti)

16:00 - 17:00 | Celebrations

Closing reflections, music, and celebration

thank you