TREE OF LIFE 20THCELEBRATION PROGRAMME

20.11.2026

09:30 - 09:45 | Welcome

Welcome remarks by INT & Friends of Phola

09:45 - 10:55 | Roots & Ground

Reflectingontheoriginsand foundationof the work

Ncazelo Ncube-Mlilo: The beginnings of Phola, current work and global impact (15mins)

David Denborough: Recorded message / live Zoom contribution (15mins)

Roots in the UK (including Q&A)

Georgia Illiopoulou, Angela Byrne, &
First group participants: Jovia Stokes & Lucia Ngwenya (20mins)

Sara Portnoy, Lucy Casdagli, and Peer Mentors (20mins)

Beads of Life and Tree of Life withYoungPeoplewithcomplexmedical conditions at UCH

10:55 - 11:20 | Tea Break

11:20 - 12:30 | Trunk

Testimonies: stories of growth, strength, and lived experiences

Deji Adeoshun and Change In Youth (CIC) Peer Leaders (20mins)

Jenny Chigwende & W12 Together Charity, Better Together Narrative Project (20mins)

Tanya-Louise Graham Matt & Forensics Services (20mins)

Anthony (10mins)

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

Lunch and interactive "Forest of Life" marketplace

13:45 - 15:20 | Flowers & Fruits

Dr Gillian Hughes (10mins)

Dr Kirsty Stubbs (10mins)

University of Manchester representative
Dr Binish Khatoon (video): Tree of Life in breast cancer (10mins)

Q&A & Further developments (30mins)

COURRAGE & O.U.T.T.R.A.G.E.D initiatives presented by Ncazelo Ncube-Mlilo (20mins)

Ncazelo Ncube-MliloQ&A(10minutes)

15:20 - 15:45 | Tea Break

15:45 - 16:00 | Branches

16:00 - 17:00 | Celebrations

Closing reflections, music, and celebration

thank you