

# Speaker Biography

## Simon Robey

*Head of Supportive Care, St Joseph's Hospice*



Simon Robey is the Head of Supportive Care at St Joseph's Hospice Hackney. He practices acupuncture, Chinese herbal medicine, massage & Qi Gong. In 1987, Simon spent 10 days on a silent Vipassana meditation retreat in southern Thailand, the beginning of a mindfulness meditation practice which continues to lead to an expansion of choice and capacity in how to meet and respond to life's challenges.

Simon is training as a mindfulness teacher at the Centre for Mindfulness Research & Practice at the University Bangor. His ambition to integrate mindfulness based stress reduction at the hospice in east London to support emotional resilience in staff, volunteers, patients and their family members.