

Speaker Biography

Sarah Dowd

Lead Social Worker, Princess Alice Hospice

Sarah Dowd is the Lead Social Worker at Princess Alice Hospice. Sarah has experience in working both in the community and on the IPU and has supported Patients and Families from age 2 to 102!

Her career in palliative care began working specifically with children and young people pre-and post-bereavement using a systemic approach to prepare and guide families who are experiencing loss and the impact of death and dying. Sarah is a contributing author of 'How can we help families?' from 'A Practical Guide to End of Life Care' (Open University Press, 2015) and she facilitates a monthly bereavement group working creatively and using talking therapy and shared peer experience to support young people after the death of a significant adult.



Sarah is passionate about social work education and is a Practice Educator; she recently completed her MA in Professional Education and Training and has a special interest in supervision, resilience and self-care. Sarah has lectured on these subjects to Nursing, Social work and other Allied Health Professional Students at Kingston and Royal Surrey University. This interest in the emotional impact of our work extends to her role as psychosocial facilitator for Schwartz Rounds; a unique forum in which people delivering care can come together and reflect on their experiences. Sarah is a strong advocate for supporting staff well-being, to build empathy and compassion and in turn positively influencing the Patient and Carer experience.

Sarah is Trustee of YAT (Youth Action Theatre) a charity in Richmond upon Thames offering young people aged 16-25 the opportunity to acquire or enhance their acting and theatre skills. She has worked extensively with young people to promote their skills, learning and emotional well-being. Sarah has directed several shows with YAT at the Edinburgh Festival Fringe and has staged plays and musicals in London including 'Into the Woods' and 'Spring Awakening'.

In her current role at PAH Sarah supports her Social Work colleagues through reflective supervision, case management and development. Whilst working day to day on the IPU Sarah provides psychosocial support, advocacy and care-planning to those approaching the end of their lives or moving to an onward place of care.

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