

Speaker Information

Dr Tanya de Weymarn

ED and Frailty Consultant – GHFT / Clinical Lead for End of Life - NHS Gloucestershire ICB

Wife to one, daughter to two, mother to two, adopted mum to a hairy one. Avid reader, poor but eager craftswoman and lapsed traveller.

Tanya gets so excited about all things frailty and loves providing excellent care and giving pearls and pitfalls to others. Be warned.... the study day will feature many of Tanya's personal hobby horses when it comes to looking after people with frailty.

Clare Fuller

Clare is a Registered General Nurse with a career dedicated to Palliative and End of Life Care. She has extensive clinical experience in hospices and has provided clinical support and education in acute care settings. Nationally, she has delivered the Gold Standards Framework Acute and Primary Care programme. Clare holds an MSc in Specialist and Advanced Health Care and, in 2025, was proud to serve on the [Palliative and End of Life Care Commission](#).

Strategically, Clare has worked within a Clinical Commissioning Group, focusing on implementing the Workforce element of the General Practice Forward View. She has also served as a CQC End of Life Care Specialist Advisor.

In 2019, Clare founded [Speak For Me](#) an organisation that provides Advance Care Planning education, Lasting Power of Attorney consultation, and support for people facing life-changing illnesses. A strong advocate for proactive Advance Care Planning, she also hosts the podcast [Conversations About Advance Care Planning](#).

Dr. Kate Tredgett

Consultant in Palliative Medicine and Associate Medical Director at Gloucestershire Hospitals NHSFT.

Kate's expertise is in symptom control and in the support of patients with advanced and progressive conditions. She leads the Enhanced Supportive Care Service. Her specialist interests include clinical education, particularly communication skills training where she leads the Advanced Communication Skills Training faculty, and service development.

Dr Julie Highfield

Consultant Clinical Psychologist, Chief Psychological Professions Officer GHFT

Julie is a Consultant Clinical Psychologist with over twenty years' experience working within a range acute hospital teams including critical care, maternity, renal, cardiology, respiratory. She is the GHFT Chief Psychological Professions Officer. She has a specialist interest in staff wellbeing and is the National Wellbeing Director for the Intensive Care Society.

Dr Rachael McCarthy,

Rachael is a clinical psychologist embedded within the specialist palliative care team across GRH and CGH. This is a relatively newly established role in May 2025 and involves providing an inpatient service to patients across GRH and CGH who have psychological and palliative care needs. Prior to taking on this role, Rachael was part of the wider cancer and palliative care psychology team.

Dr Helen Alexander

Dr Helen Alexander is the Clinical Lead for Care of the Elderly since 2022, has worked as a consultant geriatrician in Gloucestershire since 2011, having worked in the region since 2005. She is based on Ryeworth Ward at Cheltenham General Hospital and also manages patients on the Frailty Virtual Ward.

Kath Rooksby

Primary and Community Development Senior Manager & End of Life Network, NHSE

Kath discovered Clean Language through the South West End of Life Network four years ago. During an end-of-life workshop, Judy Rees—author, journalist, and Clean Language specialist—designed and delivered a powerful 90-minute Clean Language session. From that moment on, a Post-it note fixed firmly to Kath's monitor, bearing the *three Lazy Jedi questions*, carried her into a new way of communicating. It's a life skill that keeps on giving.

Dr Brenda Ward

Palliative Care Consultant, GHFT

Dr Brenda Ward is a Consultant in Palliative Medicine currently working in Gloucester Royal Hospital and the Sue Ryder Hospice, Cheltenham. She has also worked as a Consultant in the West Midlands and Somerset. Prior to specialising, she trained in General Practice. She has an interest in Advance Care Planning and is joint Chair of the Gloucestershire ACP & ReSPECT group. Brenda also has an interest in international palliative care; she has for some years supported a palliative care team in North India.

Sam White

End of Life Care Lead in the Palliative Care Team - GHFT