

# EXPLORING =COMPASSION=

*Coproduction  
Research Papers #1*

**LONDON  
MUSEUM**

# A NEW RESEARCH CENTRE

As the London Museum moves to a new site in 2026, we are working to establish a Research Centre as a trusted source of knowledge on London-specific topics. The Research Centre will host, under one roof, all our research activities, including collections-related research and the incubation of ideas for new temporary exhibitions. The Centre will be a hub for generating equitably produced and collaborative research across our collections, with people who bring wide-ranging expertise from lived knowledge and experiences of living and working in London.

As part of this process, the museum is testing new ways of producing research relevant to Londoners in collaboration with people with lived experience, artists, academics, and community partners. A step in this direction was to convene a series of workshops, inspired by the [“sandpit”](#) method of producing cross-disciplinary research projects, to generate potential research ideas.

The outcomes from the discussions formed the basis of a 2024/25 research project exploring Londoners’ interactions on public transports (‘Strangers on a Train’), supported by the museum with funding from Arts Council England (ACE).

## Compassion in London

In February 2024, a small group of people was invited to take part in two afternoon workshops at the London Museum Docklands to explore the theme of ‘Compassion’ and how it may be actively researched in the city. As a museum, our collections have captured compassionate practices in London in a number of contexts throughout history, from the impromptu flower shrines commemorating the dead during World War I, to objects documenting mutual support networks and foodbanks during the COVID-19 pandemic.

The theme for the workshops was kept intentionally broad to enable participants to contribute their perspectives in a non-judgemental space. Whether through community organising, academic research, artistic practice, or everyday lived experience, understanding how compassion shapes London holds the key to telling a different story of the city. During the workshops we used a number of creative exercises to explore ideas in response to following questions:

- What do we mean by compassion, and how can it help us understand contemporary London?
- What are the opportunities and limitations of the concept?
- How might compassion be actively researched across the city?
- What roles can city museums play in researching compassion?

Workshop participants were recruited from our wider network, from grassroots organising to care work, from academic to youth work. In advance of the workshops, we shared participants’ biographies with the group. These can be found at the end of the report, together with the biographies of the museum staff who facilitated the workshops.

In recognition of participants’ time, knowledge and emotional labour invested the museum offered a financial reimbursement. People were encouraged to take part in both workshops to get to know each other, to develop common areas of interest, and to make time for reflection. We also provided participants with a quiet space in case this was needed during the discussion.

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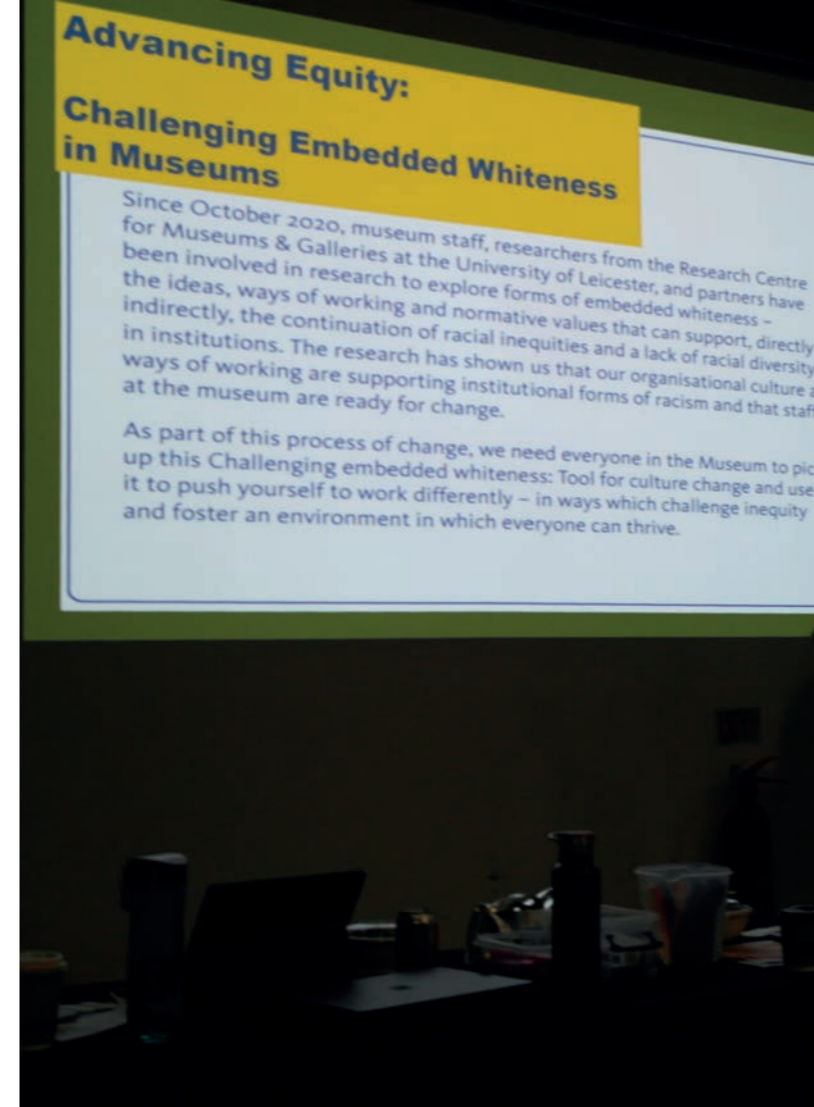
Following this initial exercise participants were divided in 3 working groups and encouraged to draw/take notes on the paper covering their tables addressing the following questions:

- Can you think of a London example?
- What are the obstacles?
- What do you need to make this work?

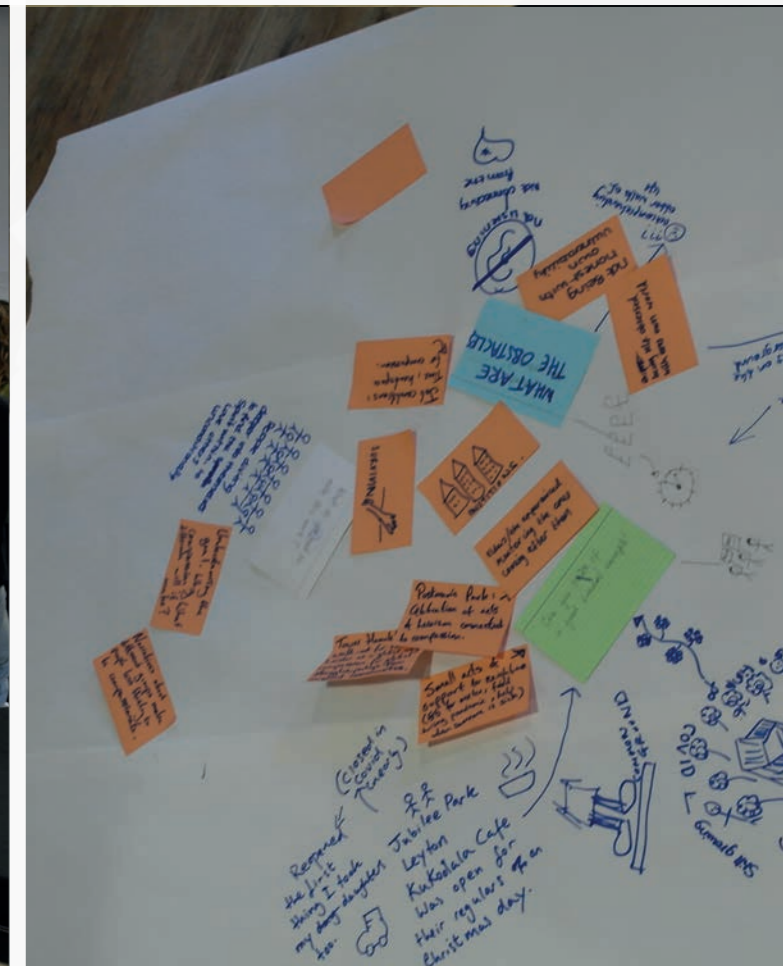
Each discussion table had a museum facilitator. The discussions and themes emerged were then fed back to the whole group, and participants had the opportunity to review/comment on the themes which emerged from other tables.

**TABLE 1**

The reputation of London as an unfriendly city looms large, fuelled by ever-increasing socio-economic inequality and the relentless pursuit of financial capital in 'The City'. At the same time, there are many cities within the city where compassion, connection, and resilience are often overlooked.



- SIMPLE GESTURES** → Rizwan Javed, a 33 years-old Transport for London (TfL) employee who saved 29 people at risk of ending their lives on the railway, and recently received an MBE. His simple gesture sparks a reflection about compassion, not just as a grand gesture, but as something to be exercised in the everyday. For example in our interactions with the homeless community and refugees.
- TRANSPORT** → The Central Line connects different demographics and contrasting areas of the city. Could be interesting to compare acts of compassion in different areas, exploring different demographics.
- THE ENVIRONMENT** → Compassion isn't confined to human interactions alone. It extends to our treatment of animals and the environment. The River Thames is a good mirror of London's relationship with its natural environment.
- PEOPLE AND PLACES** → We are often taught about demographics/differences but might we be taught about the basics of loving kindness/empathising? Hairdressers are also agents of compassion, offering not just a haircut but a safe space for personal connection.
- REST AND RESISTANCE** → The Ministry of Naps, led by Tricia Hersey, advocates for the importance of rest as a form of resistance against the pace of urban life. Her book, "Rest is Resistance!" is a manifesto for resisting.



**TABLE 2**  
Compassion manifests in various forms across London, from individual acts of kindness to collective efforts to address social and global challenges. These highlight the city's capacity for empathy, solidarity, and resilience, shaping a more compassionate and caring community for its residents.

<b>BUSKERS AND TRANSPORT</b>	→	Their performances on the underground create a shared experience among passengers, fostering a sense of connection.
<b>PROTESTS</b>	→	Charities are seen as compassionate, but protests less so. An example is Tower Hamlets students walk-out for Palestine: this event exemplifies London as a global city, compassion for global struggles, also due to presence of migrant communities.
<b>LOCAL COMMUNITY HUBS</b>	→	Kukoolala Café, Jubilee Park, Leyton is a community café exemplifying compassion. It was open for their regulars on Christmas day, it nearly closed in COVID but it is now up and running; Amidst the challenges of COVID-19, community gardens also emerged as creative spaces where Londoners come together to grow food and support one another; Postman's Park is a tribute to acts of heroic self-sacrifice by ordinary men, women and children which are remembered through a series of ceramic tiles.
<b>SMALL ACTS</b>	→	Londoners demonstrate compassion in their everyday interactions with neighbours. Whether it's helping with utility bills, providing food during a pandemic, or offering support to the sick.
<b>CARE WORK</b>	→	It's easy for people to be absorbed in their own concerns, neglecting the needs of others. There is a lot of caring about others which happens in London. A discussion emerged about the care of skeletons in our own museum collection and the importance of spirituality in this work, of using people's names when known. Benna believes poetry is self-archaeology – digging into who you are.
<b>HOSTILE ENVIRONMENT</b>	→	Atmosphere of distrust. Fear-based narratives about scarcity and competition can feed into this. Stereotypes and prejudices can undermine compassion by fostering division among different groups. Chronically underfunded social services means that certain compassionate work is particularly under pressure.
<b>HOUSING CRISIS</b>	→	gentrification and the private rental system can create transient and isolated communities, where individuals feel disconnected from their neighbours and less inclined to extend compassion towards them. Londoners demonstrate compassion by giving to those experiencing homelessness.



**TABLE 3**

Whether through community support networks, advocacy initiatives, or simple gestures of empathy, compassion serves as a guiding principle for creating a more inclusive, equitable, and caring city.

POWER OF THE ARTS



'Resonate Arts' program of creative befrienders demonstrates compassion by pairing volunteers with isolated individuals, offering companionship and creative engagement. Programs like 'Writing for Life' may offer therapeutic writing workshops, providing individuals with a creative outlet for compassion. 'Bank Job', film by Dan Edelstyn and Hilary Powell, showing how a community in Walthamstow comes together to create their own currency.

LOCAL COMMUNITY HUBS



Compassion can manifest at both micro and macro levels, from small acts of kindness within neighbourhoods to city-wide initiatives. Examples are Islington Community Gardens, residents in Camden taking ownership of their area to create the Steele's Village community; Brompton Cemetery Friends that works towards preserving green spaces in the cemetery; Second Chance Café, a pay-as-you-feel community cafe fighting food waste, food poverty, and social isolation; Faith communities also serve as hubs of community connection and support- The Salvation Army is known for its humanitarian work; The 7th Day Adventists churches that leave unused food outside.

THE ENVIRONMENT



Green Space Project maps the impact of green spaces on wellbeing, highlighting the significance of access to nature for fostering physical and mental health, promoting compassion towards the environment and community members; Foxes were also mentioned as London animal (compassion towards all living beings).

FOOD BANKS



Food discussed as a "way in" to the lives of others – Sista Stella's group spends at least 1 minute with someone when delivering food as you never know if that's the only interaction that person has in a day. Food banks don't dispense just food but care. How do you carry all that care? Lived experience – you don't even consider, you just do it. It's about connection.

SUPPORTING REFUGEES



'Refugees at Home' provides temporary accommodation and support to refugees; 'Refugee Week' is a platform for raising awareness, celebrating diversity, and promoting compassion towards refugees; 'Compass Collective' works with young refugees and asylum seekers on theatre, music and film projects; 'Haven Coffee' is London's first coffee project, run by refugees to help refugees.

PROTEST AND CAMPAIGNING



Protests advocating for food, care, legal support, or showing solidarity with war in Gaza exemplify compassion. 'We Leave Together': care and solidarity within protest movements demonstrate compassion towards activists and marginalised communities. Paid compassion – does this lessen its value? What does professionalism do to it?

QUEER NIGHTLIFE



Thoughtful approaches to diversity and inclusion work, for example around access and quiet spaces for neurodivergent people. 'Les Majeste' nights: there is always someone in a hi-vis jacket checking in on people.

HEALING



People need to dive deeper into themselves to find the spirit within, to love others unconditionally. At the same time, not being honest with one's own vulnerability can also create barriers to genuine connection and compassion. 'Healing Justice': building on radical and holistic medicine to support personal, collective and structural transformation; Resting as resistance: particularly recognising the needs of shift workers who run the city.

CARING



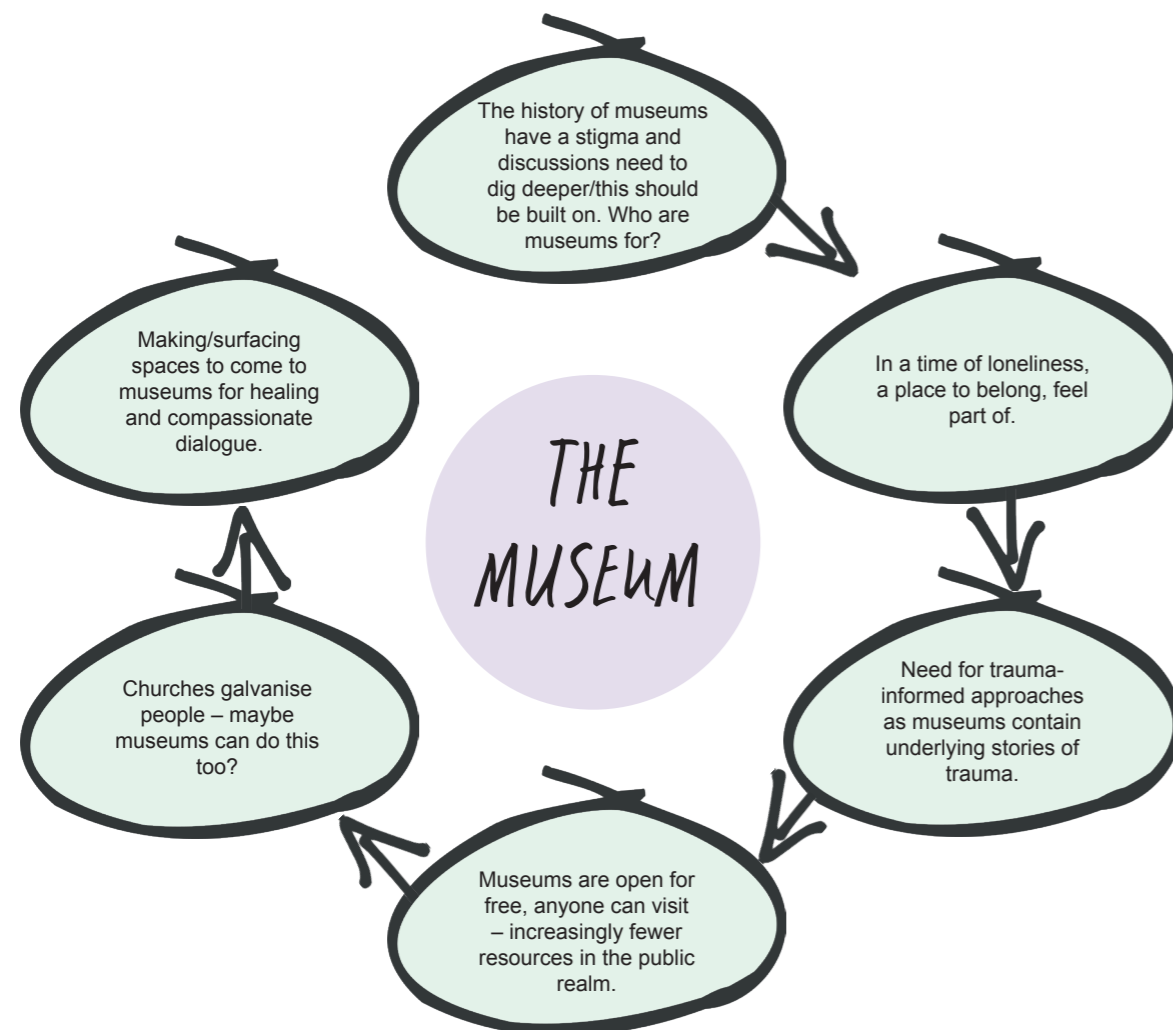
Specific material conditions are setup to make this underpaid and undervalued. There is ambivalence and power dynamics within the care system. How much you need to experience before you are conditioned to be compassionate? A participant shared her experience of food scarcity in Ghana's droughts and her mum sharing with neighbours the little food they had anyway.

There is a "dark side of compassion" e.g. use of language – the power of words and how they make you feel.

# COMPASSION AND THE LONDON MUSEUM

In the last session we asked participants to think about the museum as a space of compassion and to reflect upon the following questions:

- Is this an area that the London Museum can contribute to? And how?
- How can we practically support a research project in this area?
- What limitations might we face in doing a research project in this area?
- Any other reflections?



Question

How open is the London Museum to new ideas, and does this project represents an opportunity to do this work (compassion)?

Answer

In a way, the London Museum does want to do it, and the vision is there. There are activists within the organisation but we have to ask ourselves “are we allowed to do this? How far can we take it? How much influence do we have?”

Question

Museums, including the London Museum have perpetuated racist practices. How can this research translate into organisational change? For example, making sure all staff are paid fairly, change food on offer at the museum cafe to make it more accessible to visitors.

Answer

We are pushed against time and we recognise this is emotional labour and work. There is a limit to what we can do but even if it doesn't come to fruition, we've progressed it. There's something to be said about doing something powerful well.



## DAY 2: KEY DISCUSSIONS

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At the start of the second workshop, after lunch and checking-in, museum facilitators took participants through the organisational journey to this point. This included outlining some research projects and the museum's recent work around anti-racism delivered in collaboration with the University of Leicester's Research Centre for Museums and Galleries (RCMG).

### CHECK IN



**Invigorating:** enjoyed connecting with people, especially those of a variety of backgrounds; very happy



**Lots of different ideas:** made an effort to smile (softly) on the way home, as linked to my own academic research – people asked me for directions!



**Felt a bit anxious:** self-reflective or introspective i.e. "what am I projecting?"



**Anti-racist tokenism:** thought about my past experience of working at the museum and the makeup of former colleagues. Felt I was employed for anti-racist tokenism



**Facilitators** expressed that they were disappointed by the rushed closing of the previous session and recognised there were important discussions to pick up today. They had felt tired and anxious through the week, but it felt more relaxed/chilled at this second workshop.



**Rushed but not anxious;** energetic

# RESEARCH THEMES SELECTION

Based on the discussions from the first workshop, museum facilitators selected four themes which had emerged most strongly across the groups. These were summarised on flip chart paper and displayed in the room.

Participants were encouraged to browse and review, and to consider which theme(s) resonated with them most, to help narrow down the list to two themes to focus on for the rest of the afternoon.

Participants were asked to stand next to the theme they felt most connected to. From this exercise, the themes of 'Activism' and 'Strangers on a Train' were selected, and two groups formed to further explore them. Each group then shared their discussions with the other participants.

## HOMELESSNESS

Explore housing and the rough sleeping crisis in London, and how gentrification and private rentals have created transient and more isolated communities.

## CARE WORKERS

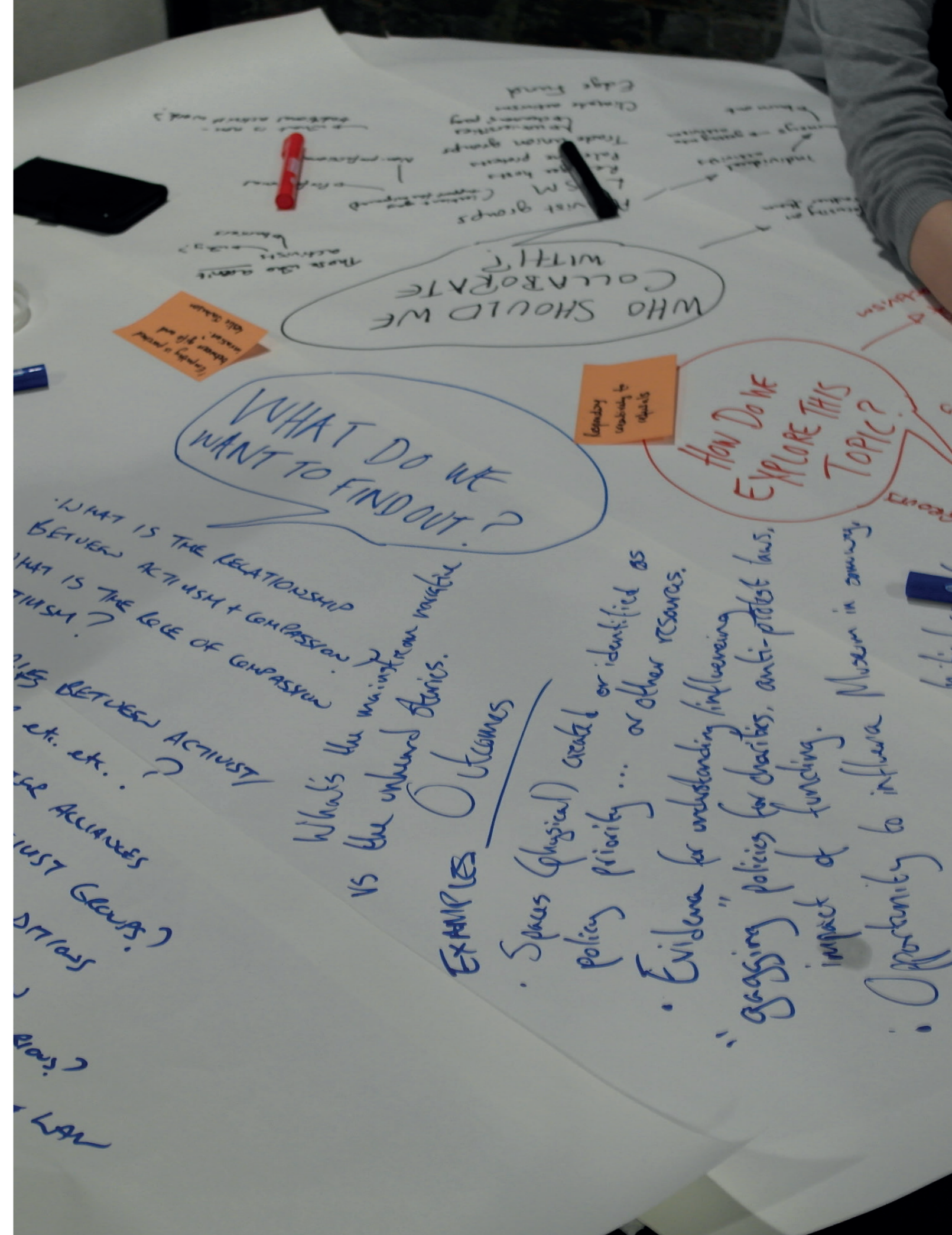
Understand the conditions that make their work underpaid, undervalued. Eg. Explore the experiences of NHS shift workers and others who work outside of 9-5.

## ACTIVISM

Research compassion in the context of London based activist and/or grassroots organisations. Compassion is active and taking action/applying it in the world is a fierce and courageous act.

## STRANGERS ON A TRAIN

Understand Londoners' everyday interactions with strangers, from the people they sit next to on a bus to buskers and performance artists in the tube, smiles make connections and connection is a step towards compassion.



# STRANGERS ON A TRAIN

Understand Londoners' everyday interactions with strangers, from the people they sit next to on a bus, to buskers and performance artists in the tube. Smiles make connections, and connection is a step towards compassion.

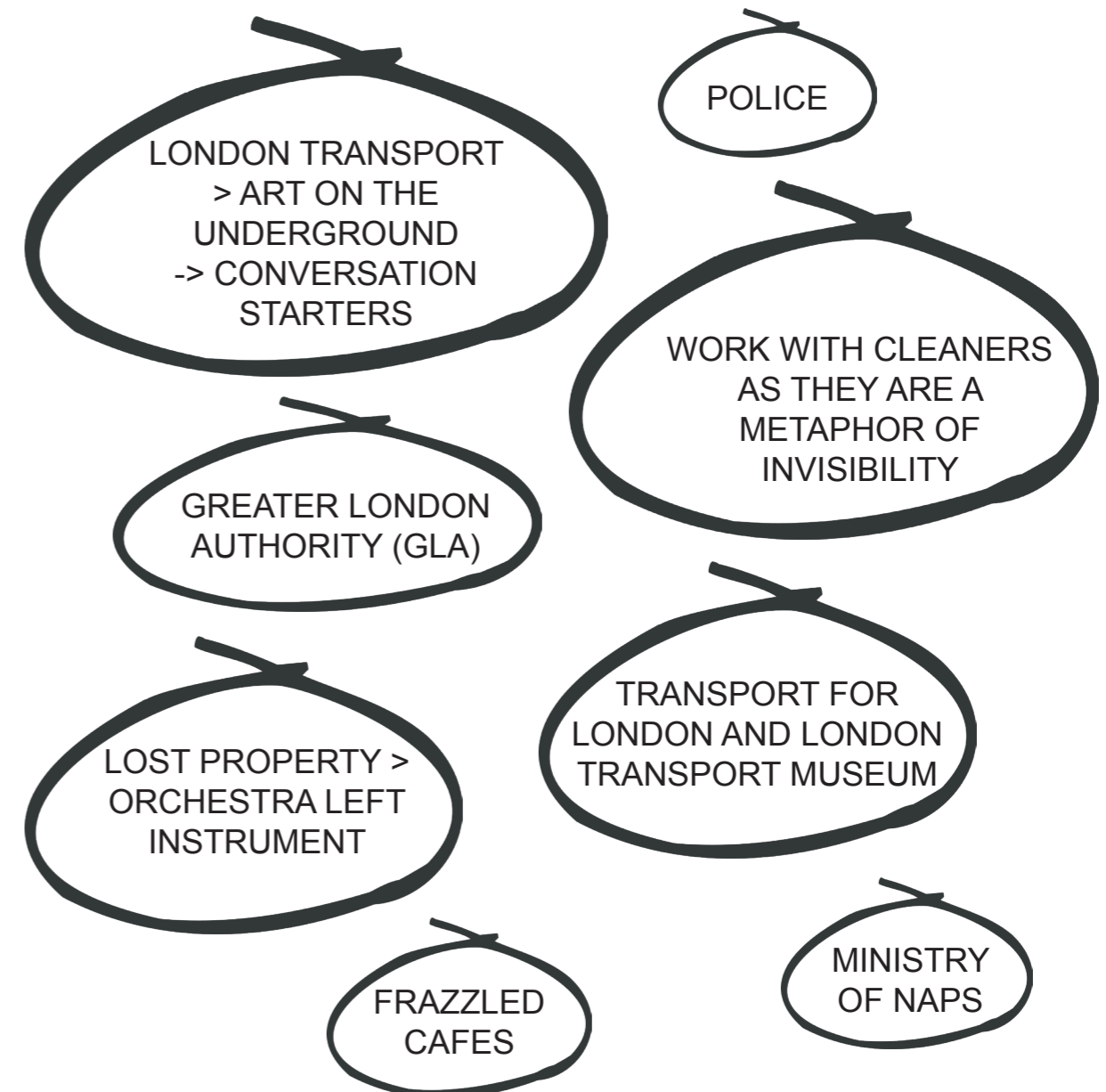
## HOW DO WE EXPLORE THIS TOPIC?

- **Demographics on buses versus trains:** Understand how certain factors may influence compassionate interactions among passengers. 5am trains could be interesting as this is when you often find cleaners and care workers.
- **Public tannoy announcement:** Explore the effectiveness of public announcements in fostering compassionate behaviours on public transport.
- **Bank of compassion:** Passengers can access prepaid items like tea or leave encouraging notes for others.
- **Citizens Assembly:** Organize an assembly or forum to discuss and deliberate on ways to promote compassionate behaviours on public transport.
- **Reversing social inequality:** Explore initiatives such as homeless individuals handing out money or other symbolic gestures that challenge stereotypes.
- **Focus groups:** With passengers from various neighbourhoods and boroughs across London to capture diverse perspectives on compassionate behaviours on public transport.
- **Keep talking:** For example interviews or focus groups to explore motivations, barriers, and facilitators of kindness and empathy among commuters.
- **Decades:** Consider the historical context of public transport in London and how attitudes towards compassion may have evolved over time.
- **Museum:** Need to act faster to collect objects and stories; but also can provide spaces to reflect on compassion.
- **Trajectories:** For examples analyse how journeys & routes may influence compassionate behaviours.

## WHAT DO WE WANT TO FIND OUT?

- How is compassion demonstrated on public transport?
- How can we use different mediums e.g. music, art, etc to talk about compassion?
- Explore how this is an experience all Londoners share - except from the wealthy.

## WHO SHOULD WE COLLABORATE WITH?



# ACTIVISM

Research compassion in the context of London based activist and/or grassroots organisations. Compassion is active and taking action/applying it in the world is a fierce and courageous art/act.

There was a discussion about the word “fierce” – perhaps it should be “courageous compassion” though for London youth and LGBTQ+ Londoners, fierce may be a more positive word.

## HOW DO WE EXPLORE THIS TOPIC?

- **Unpack activism:** explore the connections between compassion, activism, empathy and solidarity. ‘Empathy is perched between gift and invasion’ – Leslie Jamison
- **Tuck and Ree:** responding creatively to refusals can encourage researchers to view resistance not as a roadblock, but as an opportunity for innovative thinking and alternative strategies.
- **Citizen ethnography:** engage with ordinary citizens in the process of researching and documenting activism.
- **History:** Studying the history of activism in London can offer a rich context to the research of past and present movements and protests.
- **Objects of compassion:** what objects can best tell the story of activism in London?
- **Get your groups – how do you engage?:** Be upfront at initial contact on what’s the offer, how they can shape the research, what they can get out of it and what are the restrictions.
- **Potential outcomes:** create relevant resources, such as physical spaces for activism or identify them as policy priority; generate evidence for understanding/influencing “gagging” policies for charities, anti-protest laws, impact of funding; opportunity to influence museum in some way

## WHAT DO WE WANT TO FIND OUT?

- What’s the mainstream narrative vs the unheard stories
- What is the relationship between activism and compassion
- What is the role of compassion in activism
- Boundaries between activist/artist/curator etc
- How do we foster alliances between different activist groups
- What are the material conditions (resources, space etc, funding) that enable activism and can sustain it, when London is so precarious
- Effect of repression of anti-protest laws

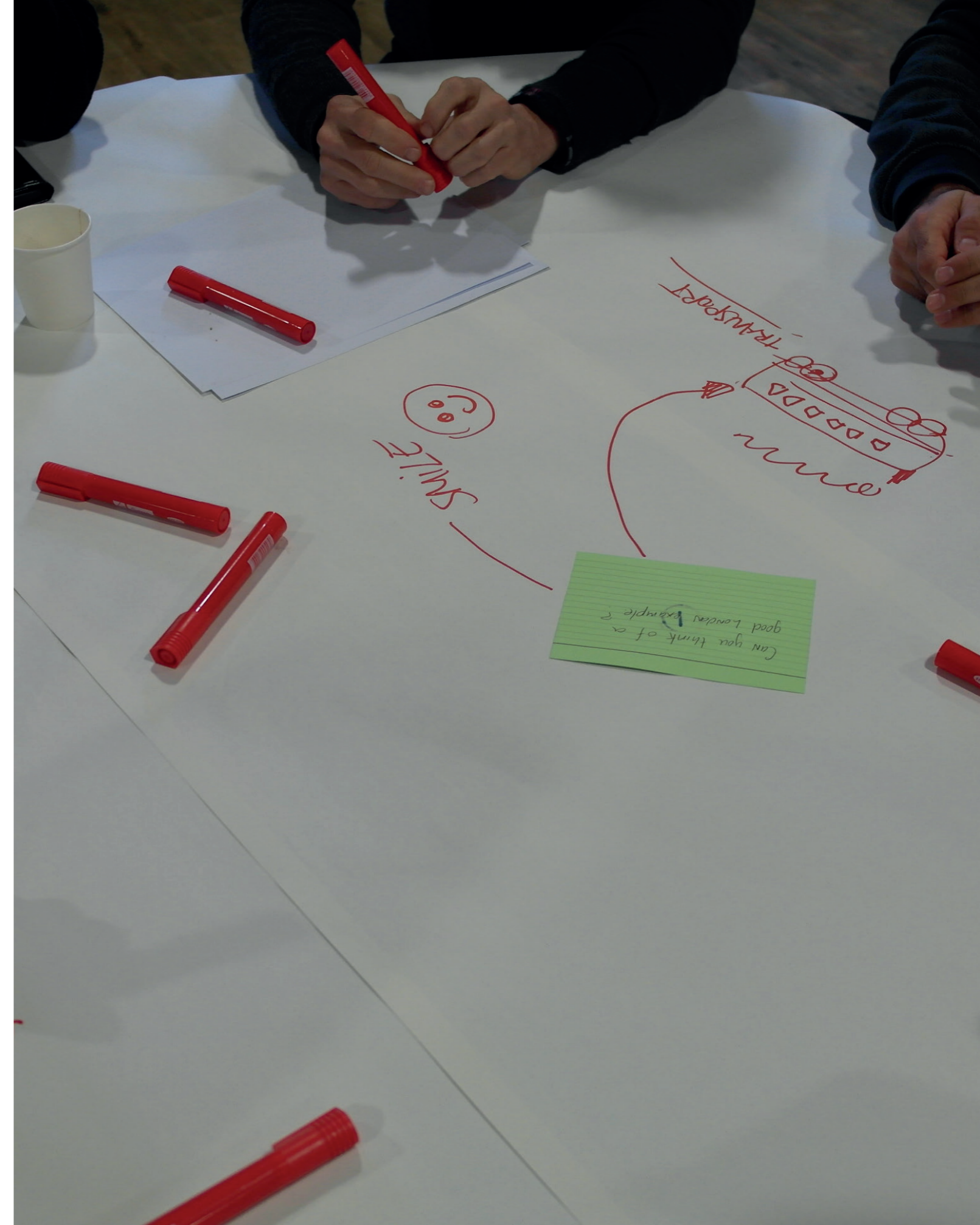
- Activism + mainstream politics
- Activism + Homelessness– can the museum be a voice? Challenging tent removal/disposal
- History of activism in London e.g. alliances
- Local + global city - activism

## WHO SHOULD WE COLLABORATE WITH?



# RECOMMENDATIONS FOR THE LONDON MUSEUM

- # PUT STRUCTURES IN PLACE TO SUPPORT THE RESEARCH PROJECT SO IT'S NOT JUST LIP SERVICE
- # THINK CAREFULLY ABOUT LANGUAGE
- # ENCOURAGE RESEARCH PARTICIPANTS TO CHALLENGE, STAND UP
- # COMPASSION INTERNALLY GOES ALONGSIDE THIS
- # AN ELEMENT OF REFLECTION IS NEEDED, HOW IS THIS REPRESENTED INTERNALLY, THINKING COMPASSIONATELY ABOUT STAFF
- # INTRINSIC VALUE WITH EXTERNAL EXPRESSION



# EVALUATION

We asked participants to reflect on what was achieved and evaluate the sessions, and the day ended with a mindfulness exercise designed to support the group to decompress.

- Can this group convene again? Conversation about sustaining relationships
- Could we have community partners on a steering group for the research? Reconvene this group for delivery?
- Participants expressed an interest in the outcomes and being involved in the process/next steps, or at least be offered the opportunity.
- Could a gallery facilitate acts of kindness happening, or showcase videos of this? "I don't want to read about it, I want to see actions."
- It's been interesting to work on this collaboratively and with community/creatively. outcomes
- Documenting the process i.e. "compassion is all of these things" rather than a tick box exercise.
- More interrogation is needed into compassion vs its adjacent terms and unpacking. How did this emerge prior? How did we get here?
- A request for future workshops was to have audio mics, as the room's acoustics made it difficult to hear when someone was speaking.
- One participant recognised this was a big, broad topic and stated they learnt a lot.
- Bringing everyone into the context was needed – felt lost in the first session, but now it feels like we're solving a problem together.



# ATTENDEES

NAME	BIOGRAPHY
<b>Benna Braithwaite (he/him)</b>	I am a Spoken word artist by profession and the first Poet Laureate for Lambeth. When I am not writing, reading, performing or soaking up inspiration in creative spaces, I love to think and discuss ideas with others and myself. I feel excited about attending the workshops and delving into conversation. Those from my community usually feel excluded from museums and underrepresented in conversations like these, hopefully these workshops are a step towards changing that.
<b>Seiwa Cunningham (she/her)</b>	I'm an artist, a Christian, and a 62 year old mum to a son of 37 and very family orientated. I'm passionate about increasing cultural engagement for people living with dementia and supporting unpaid carers. I love London and think it's one of the greatest cities in the world. I'm looking forward to attending the workshops as I feel compassion is very much lacking the world over. I'm interested to hear whether others share the same view, or whether the world in general is suffering from compassion fatigue and we are tending to only think of ourselves?
<b>Lara Deffense (she/her)</b>	I'm Refugee Week UK Coordinator. Refugee Week is the world's largest arts & culture festival celebrating the contributions, creativity and resilience of people who seek sanctuary. It's coordinated by Counterpoints Arts, an arts organisation working in field of migration, displacement and creativity. We are passionate about role of art in creating social change. I am excited to discuss compassion in these workshops as compassion was the theme of Refugee Week 2023 so I was very privileged to have had very very many incredible conversations about compassion!
<b>Rachel Cummings (she/her)</b>	I'm a nurse and researcher, currently studying clinical practice at the end of life. I consider how different people understand care, and the difference between 'on-the-ground' perspectives and institutional policies/procedures. My research helps inform teaching for healthcare professionals. I'm looking forward to contributing this perspective, and hearing from others, on the subject of compassion.
<b>Pierre Monforte (he/him)</b>	I am an Associate Professor in Sociology at the University of Leicester. I am French and I have been living in the UK for 12 years. My research is about questions of compassion, solidarity and vulnerability in relation to migration. Recently, I have coordinated a research project on the 'Refugees Welcome' movement in the UK and in France. In this project, we interviewed more than 140 volunteers who are involved in refugee support organisations.
<b>Jamie Hakim (he/him)</b>	I am lecturer working at King's College and a member of The Care Collective. I research cultures of embodiment, intimacy and care. I'm very curious about attending this workshop with people from mixed backgrounds and about thinking about 'compassion' fits in with my areas of research.
<b>Bethan Mobey (she/her)</b>	I work for an organisation pushing for a just climate transition in Tower Hamlets. I'm interested in participatory research and policy making to make the world a better place. I feel excited; I think the subject of compassion as a force for change is deeply interesting.

NAME	BIOGRAPHY
<b>Marquard (Marq) Smith (he/him)</b>	I work at University College London's Institute of Education with Master of Arts students in Museums & Galleries in Education, and PhD students at Slade School of Art, and I'm also Deputy Director of the London Arts and Humanities Partnership, one of the Arts and Heritage Research Council's doctoral training partnerships with responsibility for collaborations and partnerships. Committed to collaboration as a/the way of working together, I work a lot as a curator, and with students on curatorial/programming/public engagement projects, were we 'do' social and civic justice, Equality, Diversity, and Inclusion, etc., so am very interested in (but also wary of/cynical about) participatory practices, co-production, co-curation, etc. When it comes to compassion, I'm with Laurent Berlant, much as, when it comes to ethics, I'm with Susan Sontag.
<b>Clare Patey (she/her)</b>	I am an artist/curator who creates participatory work in public spaces. My work is broadly in three areas: Food, growing, cooking and mass public feasting. Environment with Friends of the Earth, at several COP conferences, with the New Economics Foundation, and for Channel 4. Museums, I created the Museum Of on the Southbank and am currently Director of Empathy Museum. I feel excited about having the chance to explore compassion with all of you! And that I've got the experience and ideas to really contribute! I'm also interested in the relationship between compassion and empathy!
<b>Bethan Mobey (she/her)</b>	I am lecturer working at King's College and a member of The Care Collective. I research cultures of embodiment, intimacy and care. I'm very curious about attending this workshop with people from mixed backgrounds and about thinking about 'compassion' fits in with my areas of research.
<b>Frances 'Frankie' Maratos (she/her)</b>	Hi everyone, I'm a Professor of Psychology and Affective Science, at the University of Derby, which basically means I do a lot of research and applied research in emotion and emotional wellbeing. One area I do much applied research in is compassion to improved wellbeing and prosocial/supportive behaviours. We've worked with schoolteachers and pupils – across England, Wales and Portugal, and we will soon start trialling what we do in Australia. Our work with adults is a 6-module staff CPD and our work with pupils is a 6-lesson whole class wellbeing intervention. We have further compassion interventions, including for HE students and general workplace wellbeing/communication. I'm feeling excited to be involved in this new London Museum venture as I truly believe that compassion allows all to flourish, I am also very much looking forward to meeting others at the workshops so we can share experiences, wisdom, reflection and ways forward.
<b>Benjamin Linsley (he/him)</b>	I am Director of Development for a small youth and community organising centre in Brixton. I have lived in Hackney on and off for almost 30 years, and am a huge, huge fan of London, its history, its physical environment, people and ever evolving human culture.
<b>Sistah Stella</b>	I am from Rastafari Movement UK. I am looking forward to seeing who is at the workshop and learning more about the work they do. I feel relaxed about coming, as it's always great to learn about others.

LONDON MUSEUM STAFF	
<b>Domenico Sergi (he/him)</b>	I am a cismale gay working-class Mediterranean migrant. I work as a Senior Research Lead at the museum where I am responsible for setting up a new research centre. I have done all sort of jobs since arriving in London 20 years ago, and spent the last few years working in both museums and universities. Outside of the museum, I practice Qigong and I am involved in a number of local activist organisations. My new year resolution is to rest more, and be more compassionate towards myself. I am looking forward to our discussion and to meeting everyone in February.
<b>Theresa Dhaliwal-Davies</b>	Everyone calls me Terry, I am the Curatorial Producer at the museum. I believe it is important to disrupt conventional narratives ensuring that the museum becomes a space where underrepresented voices and stories find their rightful place and that's what I try to do with the projects and exhibitions I work on. I freelanced for years and I am/was an artist maker and I miss it and the communities I worked with so I try and bring that into this institution. I'm really interested in exploring how we respond to compassion as individuals and collectively, and I think we have brought an interesting group of people together to explore this. I would also love to bring my dog to work always a conversation starter and would be a great ice breaker (she isn't coming).
<b>Lara Deffense (she/her)</b>	I am Curator of Human Osteology and have been at the museum for 20 years, having the privilege to care for and learn from the skeletal remains of individuals from the past that have all been revealed through archaeological excavations. I am fascinated by the past and love learning about the people directly from them, thinking about their life course and the meaning of that in relation to the context of when they were alive. I am also a full time carer for my mother who had two strokes 5 years ago and subsequently this has meant major adjustments to family life to support and care for her at home. I enjoy rummaging in charity shops and markets, sparkly things, food with friends (good & naughty!), a good giggle, being in the garden and walking around London. I am looking forward to participating in the workshops and meeting the other attendees.
<b>Dhelia Snoussi (she/her)</b>	I am currently Curator, Contemporary London at the London Museum, but I used to be a youth worker. I'm a proud West Londoner, and in my spare time, I am involved in various community organising and activist groups in my neighbourhood. For example, I am a trustee at the Granville Community Kitchen based in South Kilburn. In 2024, I would like to begin learning to play the steel pan. I'm going into these workshops feeling curious to learn from others.
<b>Rianna Norbert-David (she/her)</b>	I am an assistant curator at the museum, storyteller, artist/maker and the founder of Salut Sunday (a self-care and collective care studio inspired by ancient wisdom of the Caribbean). My background is in fashion and textiles- I get great joy from making things and dressing up. From my earliest memories I have always been a highly sensitive person, which I'm growing to embrace as being my superpower. I aim to use this sensitivity to create positive impact in my work that has spanned across themes such a decolonisation and migration. Embodiment practice is at the core of what I do. I've been practicing Yoga for over a decade and more recently, Kung fu for 3 years. Being a part of local community groups and practicing together has taught me so much. I try to bring what I learn, off the mat/meditation cushion/out of the practice hall and into everyday life. I am really looking forward to the exchange of knowledge and meeting everyone at the compassion workshops.
<b>Sarah Cartino (she/her)</b>	I'm a project manager and as "culture creates social solidarity" (Brian Eno) driven to support the arts; before the museum I've primarily worked in music. I also love volunteering, including chairing an LGBTQ+ refugee charity, grant writing for an environmental documentary, and managing events for a childhood hunger charity. I enjoy swimming, walks in nature, craft projects, dancing, and dogs. I'm excited to learn from others at the workshops.





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