

CMF
resident doctors
conference

rdc25

7-9 | II | 25

rooted

cmf.li/rdc25

growing
deeper
in Christ

resident doctors' conference 2025



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Growing deeper in Christ

'As you received Christ Jesus the Lord, so, walk in him, rooted and built up in him and established in the faith'
(Colossians 2:6-7)

Westerners today enjoy longer lives and greater comfort than preceding generations but increasing numbers struggle with their mental and emotional wellbeing. Christian doctors are not immune to these struggles, especially working in a system that often feels like it is stretched to breaking point. Surrounded by philosophies of self-help and mindfulness, manifestation, and resilience, we can lose confidence in Christ. We need to recover an approach to life and work that is grounded in Christ. That's what the apostle Paul, inspired by the Holy Spirit, presents to us in Colossians. By digging into this letter, we'll see that Christ is supreme in everything and sufficient for us.

PLENARY SESSION

In the past year, politicians in Westminster and Holyrood have taken active steps towards implementing assisted suicide laws in the UK. In this session, we will survey the current legal and political landscape and consider what the coming years could hold. Together we will prayerfully reflect on this pressing question: How can resident doctors shine for Christ as this debate unfolds and through whatever lies ahead?



Paul Coulter lives in Northern Ireland with his wife Gar-Ling (a geriatrician) and their two teenage children.

He started his working life in

medicine before moving into cross-cultural pastoral ministry. He then took his theological studies to PhD level and taught practical theology. Currently, he is Head of Ministry Operations with Living Leadership and serves voluntarily as Executive Director of the Centre for Christianity in Society. He has written four books, including *Serving Two Masters: Probing the Tensions Between Faith and Science in the Art of Healthcare* (CMF, 2022) and *Keeping Care Pastoral: The Heart of Gospel-Shaped Pastoral Care* (PESIOD, 2022). In his spare time, he enjoys walking fields and hills with his dog, reading about history, and writing poetry.



Plenary speaker:

Dr Susan Marriott is CMF Head of Public Policy. She has previously worked as a GP and in Christian Ministry. When not at CMF, she's doing a master's in theology and getting used to living in a village after a lifetime as a city dweller.

PROGRAMME

FRIDAY 7 NOVEMBER

From 17:30	Registration
18:30	Dinner
20:15	Main session 1
22:00	Night prayers

SATURDAY 8 NOVEMBER

From 07:45	Breakfast
08:00	Morning prayers
09:30	Main session 2
11:00	Coffee break
11:45	Seminar session 1
13:00	Lunch
14:00	Free time (retreat and activities)
16:15–17:00	CMF Connect Fellowship with others in your area over coffee
17:15	Seminar session 2
18:30	Dinner
19:45	Plenary session
21:00	Evening activities
22:00	Night prayers

SUNDAY 9 NOVEMBER

From 07:45	Breakfast
08:00	Morning prayers
09:15	Seminar session 3
10:30	Coffee break
11:15	Main session (with the Lord's Supper)
13:00	Lunch
14:00	Depart

GENERAL INFORMATION

VENUE

Yarnfield Park Training & Conference Centre
Yarnfield
Stone
Staffordshire
ST15 0NL

TRAVEL

See yarnfieldpark.com for full details.
The nearest train stations are Stafford and Stone.

BOOKSTALL

A bookstall is available and there will be plenty of relevant literature available for you to purchase. Cash and credit card accepted.

PASTORAL CARE TEAM

Pastoral care and prayer is available throughout the weekend.

CANCELLATIONS

No refunds will be paid for cancellation **after 8 October 2025**. If you cancel your booking before 15 October 2025 payment will be returned **with the deduction of a £40 administration fee**.

For more details or enquiries, contact:
events@cmf.org.uk
Tel: 020 7234 9660

1

All change: Navigating transitions, balancing demands

Postgraduate medical training is characterised by change. The word 'rotation' sums it up. It seems like there is always movement: the next speciality, the next exam, or the next job. And in parallel we run relationships, do church, interweave family, and cope with our own inner transitions. So how do we build our lives on the firm foundation that is Jesus Christ when all around us feels like shifting sand? This seminar will unpack what scripture teaches us as we navigate change and how this maps to the everyday, changing life of Christian resident doctors.

SPEAKERS

Alice Gray is a palliative care and medical registrar working in the West Midlands, and works part time for Oasis Church Birmingham as an Assistant Pastor.

Steve Sturman is a neurorehabilitation neurologist in Birmingham and CMF Associate for Pastoral Care and Wellbeing. He is also a part-time Pastoral Elder in his local church.

2

Taming the tongue

How do we talk about our colleagues and patients that God sovereignly brings our way? God has a lot to say about how we use our words and the power they have to help, or to harm. Our words also declare something important about us and our spiritual health. In this seminar, we'll go beyond behaviour and look at the heart of the matter because it is out of the heart that our actions and words flow. We'll see the fears, desires, beliefs, and treasures that underpin our words. We'll also see that the solution isn't to try harder in our own strength, rather it's to gaze harder, becoming captivated by the One who always used his words perfectly.

SPEAKER

Catherine Haddow is a Christian psychologist who runs The Cornerstone ministry near Trowbridge in Wiltshire. She works 1-2-1 with struggling believers in areas such as abuse, trauma, anxiety, and anger from an embodied soul, biblical perspective. Catherine also writes on pastoral care topics including two books: *'Emotions, mirrors of the heart'* and *'Jars of Clay, peace for the anxious soul'*. She provides training for church leaders and theological students in pastoral care and relational and organisational dynamics. She lives on a working beef farm and is married to Richard; they have three children and numerous pets.

3

From payslip to purpose: stewarding money as a Christian doctor

Every payslip is more than just a number, it is a chance to live out your faith. This seminar invites resident doctors to explore the biblical theology of money, wrestle with the tensions of income and identity, and gain practical tools for saving, investing, and giving. How can you align financial decisions with your faith wisely in a high-earning, high-responsibility profession? Come and discover how to steward what God has entrusted to you with purpose, integrity, and joy.

SPEAKER

John Wong is a Chartered Accountant and a Chartered Financial Analyst, currently working as a Fund Manager. Married to a doctor, he brings an insightful perspective to the financial realities of medical life. He has spent considerable time exploring money through the lens of Christian stewardship - thinking deeply about generosity, financial wisdom, and how faith and work can be meaningfully integrated.

4

The pursuit of excellence and the perils of perfectionism

There is obviously nothing wrong with striving for excellence but sometimes that pursuit seduces us into the unhealthy realms of perfectionism. Our culture surrounds us with images of perfect bodies, perfect houses, and perfect lives. We will explore the assets and liabilities of perfectionism, delve into what produces the perfectionist drive, and finally look at ways to work against extreme thoughts and find a healthy balance. Ultimately, it is the understanding and experience of grace that begins to free us from the chains of unhealthy perfectionism.

SPEAKER

Richard Winter is currently Professor Emeritus of Applied Theology and Counseling at Covenant Theological Seminary in St Louis, MO. He is also a psychotherapist/counsellor who was trained in medicine and psychiatry in England before being on the staff and a director of the English branch of the L'Abri Fellowship. He was a member of the Royal College of Psychiatrists. He is the author of *Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism*, as well as books on depression and boredom.

5

Building your house upon the Rock (Foundation doctors specific)

Who knew before entering medical school, that residency might involve relocating to a new city each year and repeatedly finding a new church and community to get plugged into? Even rotating within the same hospital can be disorienting—just as you learn everyone's name, feel settled and know where the secret stash of blood culture bottles are kept, it's time to rotate. In this seminar, we'll explore how to navigate the uncertainties and transitions of residency while anchoring ourselves on our eternal and unchanging God who is the same yesterday, today, and forever.

SPEAKERS

Kola Ogunjinmi is a radiology registrar in Southwest England and currently serves on CMF's Resident Doctors' Committee. After transitioning through living in three countries, changing jobs, cities, and churches multiple times, she is passionate about sharing the truth of God's unchanging sovereignty and providence.

Daniel Nie currently works as a locum SHO in East London having graduated from Barts and the London in 2022. He completed his foundation years at Barts Health NHS Trust in 2024.

6

Sabbath - healthy rhythms of rest for resident doctors

In a profession where: huge pressures and responsibilities compete with little support and resources, rotas are unpredictable and demanding, and placements can necessitate frequent relocations, where does rest fit in? How realistic and practical is the concept of Sabbath rest for us today? What might it look like to find freedom, joy, hope, thriving, and wholeness in the Sabbath rest God intended?

SPEAKERS

Katherine Aiken is a resident doctor based in Northern Ireland and the current Chair of the CMF Resident Doctors' Committee. When not on a rota, she enjoys spending time with family and friends over food, board games, or a walk.

Felicia Wong is CMF's Deputy Chief Executive and a GP in London. She is passionate about integrating faith, work and rest, encouraging others to embrace the fullness of life that Christ offers, and flourish where God has placed them in each season of life.

7

The Christian doctor in the workplace: Working with Physician Associate colleagues

In today's NHS, debates regarding the role of Physician Associates (PAs) often stir tension, especially among resident doctors. The reasoning behind these sentiments is multi-factorial, with the vast majority of these reasons being upheld by most resident doctors as legitimate. However, as Christian doctors we are called to embody values of compassion, patience, and unity. We will consider the perspective of doctors and PAs on their working relationship, how this might be seen in God's eyes, and how we can reflect his vision in our daily practice.

SPEAKER

Mercy Doni-Kwame is an acute medicine consultant at the Lewisham and Greenwich NHS Trust. She has also had over six year's experience being the physician associate lead for her department overseeing the supervision and training of physician associate students from St Georges University rotating on the acute medicine unit. She also leads a thriving staff Christian fellowship in her hospital.

8

Longing for children: a hard look at subfertility

We know both that children are a heritage from the Lord and yet that subfertility is common. Couples often face the pain associated with subfertility in silence. What do the scriptures teach us about longing for children? And how can we think about the technological developments in this field in the light of the teachings of Christ? How do we walk alongside those experiencing this pain and considering these options as they navigate their journey with Christ?

SPEAKER

Claire Hordern works as a speciality doctor in Obstetrics and Gynaecology in Oxford - her clinical interests lie in maternity triage, maternal medicine, and early pregnancy. She holds an MA in Bioethics and Medical Law. Claire and her husband Josh have thought a lot over the last 15 years about questions of fertility, both personally and pastorally.

9

Risk taking in global health; living by faith or foolishness?

Elevating the value of risky work and avoiding any kind of risk in our work are both problematic, though both extremes can be appealing. How can we come to a more practical, grounded, and honest assessment of risk-taking in global health as Christians? We will look at meaning and frameworks for risk, try and ground our assessment of risk in reality, and consider how our theology shapes our approach and response to risk. We will share personal reflections on what risk has meant to each of us in our work so far and have time to take your questions.

SPEAKERS

Lois Fergusson is a GP by training and a humanitarian by practice, having spent more than a decade working in humanitarian health response for Medair, a Christian faith-based INGO. She spent three years living and working in South Sudan during its civil war, before periods of time in both Switzerland and Jordan. She has just finished a Master's in public health at The London School of Hygiene & Tropical Medicine while continuing to do some humanitarian health and nutrition consulting work.

Matthew Cant is a paediatrics trainee in Sheffield and loves climbing, hiking, and gatherings with friends. He worked in paediatrics in Pakistan during his F4 last year, completed the Diploma in Tropical Medicine & Hygiene with Sheffield University in 2023, and is an alumni leader of the CMF Global Track this year.

10

Engaging Gen Z friends and colleagues with the Gospel

The aim of Christian apologetics is to lovingly and persuasively engage with questions from people who don't yet have a relationship with God, and to help answer questions and doubts from those who do know Jesus. Traditional apologetic practice tends to focus on topics such as the problem of human suffering and the historical truth of the Bible. However, some suggest that those in Gen Z are more focussed on questions of purpose and meaning. Is this the case, and if so, how can we engage with this effectively?

SPEAKER

Ben Thomas is a consultant in intensive care medicine and anaesthesia and a speaker and tutor at the Oxford Centre for Christian Apologetics.

11

Faith's firm foundations for healthcare

In an age of evidence-based medicine, what place does faith have in healthcare? This seminar will consider the importance of the doctor's beliefs about life's big questions for motivation, ethics, and effectiveness in medical practice, and how the Christian worldview provides a uniquely firm foundation for healthcare. It will also explore the importance of trusting therapeutic relationships and the patients' worldview and faith commitments for their health and healing.

SPEAKER

Paul Coulter is the main speaker and lives in Northern Ireland with his wife Gar-Ling (a geriatrician) and their two teenage children. He started his working life in medicine before moving into cross-cultural pastoral ministry. He then took theological studies to PhD level and taught practical theology. He is Head of Ministry Operations with Living Leadership and also serves voluntarily as Executive Director of the Centre for Christianity in Society.

12

Servant leadership within medicine - a call to be counter-cultural

As doctors, we are all called to leadership to some extent or other, whether that be within our multi-disciplinary clinical teams, or whether we are called to more specific leadership positions. The portrayal of a successful leader however, is often someone who is self-promoting and who thrives on the power and influence that leadership positions can give. As apprentices of Jesus, we are called to model a different way of leadership – Servant Leadership – in which Kingdom values are prioritised, the vulnerable protected, and the flourishing of those being served prioritised. Such leadership is counter-cultural, but is increasingly being recognised in healthcare as credible. In this seminar, we will explore what Servant Leadership is and how we can model and promote it in our workplaces for the glory of God.

SPEAKERS

Paul Johnson is Professor of Paediatric Surgery at the University of Oxford and a consultant paediatric surgeon at Oxford Children's Hospital. He is Director of the Oxford Pancreatic Islet Transplant Programme and Clinical Lead for NHSE Thames Valley and Wessex Surgery in Children ODN. Paul has held a number of key leadership positions in his fields, and is currently President-Elect of the European Pancreas and Islet Transplant Association. He is married to Hilary, a retired consultant child psychiatrist, and has two grown up children and a two-year-old grandson.

Paula Busuulwa is an obstetrics and gynaecology registrar, and clinical teaching fellow in London. She has completed her term as Chair on the CMF Resident Doctors' Committee and currently serves on the board of trustees. She is passionate about women's health, medical education, and inspiring the next generation of doctors.

COST

Early Bird Rate: £20 off for bookings made **before Wednesday, 27 August 2025**
(not applicable to day visitor rate)

FY1

Non-member rate: **£300** | CMF member rate : **£270**

FY2

Non-member rate: **£320** | CMF member rate : **£290**

All other delegates

Non-member rate: **£350** | CMF member rate: **£320**

Saturday only – day visitor (including lunch and dinner)

£120 flat rate for all

Friday or Sunday only - day visitor (including dinner/lunch)

£60 flat rate for all

Bookings close on Wednesday, 8 October 2025 (the date has been brought forward due to administrative requirements).

Included is a non-refundable administration fee of £40.



WHAT ELSE IS HAPPENING AT CMF?

cmf.org.uk/events

— BUILT ON A ROCK —

4 August – New start, steady heart: starting work well and trusting Christ with anxiety

1 September – Clinical risk and the christian medic

6 October – Gender and identity

1 December – Burnout and resilience



Built on a Rock

4 August to 1 December | Zoom

In a rapidly changing cultural landscape, we often feel caught in the tension between our Christian faith and a secular workplace. The NHS and wider society seem to be increasingly at odds with biblical principles or even faith in general. But how can we, as Christian doctors, navigate this cultural divide while staying true to our faith? Visit cmf.li/rock to register for our online discussion series for resident doctors.

SAVE THE DATE

National conference 2026

**8-10 May 2026 | Yarnfield Park
Training & Conference Centre**

Join our national gathering of Christian healthcare workers next year in May. More details will be revealed but for now, save the date!



SAVE THE DATE

Christians in Healthcare Leadership Network (CHLN) webinar: Leading in Chaos

20 November | Online

CHLN's vision is to unite and equip Christian leaders in healthcare (both current and future) to live and speak for Jesus Christ. We welcome clinical and non-clinical leaders and managers, empowering you to be a godly influence in your role. More details to come! For now, save the date!

ARE YOUR DETAILS UP TO DATE?

We want to ensure you are getting the information you need. Whether that be via our flagship magazine *Triple Helix*, emails about events in your local area or specialty, or information about what's happening in the world of Public Policy. In order to do so, we need you to keep your contact details and communication preferences up to date.

Please log in to your existing CMF account to have more control over how we keep in touch with you, to unsubscribe from particular CMF communications, or to tailor your communication preferences according to what's most relevant to you.

We use Mailchimp to send out our E-newsletters. If you unsubscribe via a CMF Mailchimp email campaign, Mailchimp will stop you from receiving *any* updates we send via this platform. Therefore, we recommend you use your CMF account to manage your preferences rather than never receiving key information via our Mailchimp platform.



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Our new Member Portal is passwordless. Once you enter your registered email address, you will be sent a secure login link!

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CONTACTS



6 Marshalsea Road,
London SE1 1HL



admin@cmf.org.uk



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