

SPEAKER EVENTS 2025

TUESDAY 23RD SEPTEMBER

12:30 pm – 1:30 pm

Brilliant Nutrition for Brilliant Brains

LUCINDA MILLER, founder and Clinical Lead of NatureDoc

Sponsored by: Hazlegrove Prep School & King's School, Bruton (King's Bruton Foundation)

2:00 pm – 3:00 pm

Redefining Beauty: Conversations on Ageing, Confidence & Beauty Stereotypes

GRACE FODOR, founder of Studio 10 in conversation with **ALISON CORK**, lifestyle entrepreneur, author, broadcaster, investor in and champion of women in the economy

3:30 pm – 4:30 pm

The Power of the Pen – What Writing Can Really Do For You!

LIBBLA KELLY, founder of Plenitude Well-being, author of two well-being journals and the program Write To Rise, in conversation with **CAROLINE CARY**, founder of Eat Nourish Love

5:00 pm – 6:00 pm

Sober Curious: The First Step Toward Better Health

MILLIE MACKINTOSH, author of Bad Drunk: How I Found My Freedom From Alcohol
British reality TV personality, fashion icon, model, author and entrepreneur

6:30 pm – 7:30 pm

The House of War: Decoding the Modern Middle East

LIEUTENANT GENERAL SIR SIMON MAYALL, KBE, CB, a distinguished
military leader and expert in Middle Eastern history

Sponsored by: Aspire Defence Ltd

WEDNESDAY 24TH SEPTEMBER

10:00 am – 11:00 am

Finding Balance: The Transformative Power of Breathwork And Meditation

EVE CAMERON, yoga teacher, journalist and former Group Beauty Director at Hearst

11:30 am – 12:30 pm

Empowering Yourself and Others Through Fashion

MATTHEW STADLEN, radio and television presenter, producer,
in conversation with **EMMA WILLS**, founder of the eponymous Jermyn Street shirt-making business

1:00 pm – 2:00 pm

Cooking For Your Gut: A Live Demo of Gut-Nourishing Recipes

CAROLINE WALDEGRAVE, LADY WALDEGRAVE, founding Principal and former Managing Director
of Leiths School of Food and Wine and **GEORGIE SOSKIN**, Leiths Chef, Yoga & Reiki practitioner.
Cooking & Rituals to Calm Mind & Body

2:30 pm – 3:30 pm

Fit For Ever: How Do We Live a Long, Happy and Active Life

EMMA McCaffrey, a dedicated fitness professional,
in conversation with **DR LOUISE NEWSON**, a physician, women's hormone specialist
and member of the UK Government's Menopause Taskforce

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Susie Watson Designs

We are enormously grateful to all the speakers taking part in this year's Eat Nourish Love Autumn Fair
and also to Susie Watson Designs for dressing this marquee so beautifully and for partnering with us.
Kindly sponsored by Abbey Event Services