

Annual Conference 2019



Health and wellbeing
Workshops



JUDY MURRAY FOUNDATION



This theme is sponsored by:

Judy Murray Foundation and Scottish Football Association

DAY ONE – Wednesday, 6 November 2019

Workshop Session 1 (10.30am-11.20am)

1c Listening to empower: how befriending can make a difference before and after baby is born

Liz Nolan, Aberlour

Aberlour has been delivering their Perinatal Befriending Service since 2015 in Forth Valley, and since October 2018 in East Lothian, supporting women experiencing mental health issues during pregnancy up until their babies' first birthday. Hear about the impact and evaluation of this service from lived experience. Learn how Aberlour's befriending model of support helps to improve parents' mental health, reduce social isolation and support positive relationships between parents and their babies during the perinatal period and beyond.

1d My life in primary school: perspectives from a preterm child (and her mum)

Jenny, supported by her mum Gill Doyle, Riverside Primary School

What is life like in primary school for a child who was born at 23 weeks, experiencing cerebral palsy, visual impairment and learning difficulties? Hear from Jenny and her mum about how the school helped her navigate her time in the mainstream – what went well and what could have been better. Explore an educational eTool designed to help teachers and parents better understand how to help children and young people in school.

Sponsor workshop:

1e Moral distress: developing resilience in the face of unavoidable ethical challenges

Neil McMillan, Kibble



Austerity continues to affect the human services adversely, and juggling resources brings increasing challenges to those of us providing services. Often, we find ourselves making decisions that are resource-led and not needs-led. This can be morally distressing. Moral distress is the emotional state that arises from a situation when we feel that the ethically correct action to take is different from what we are tasked with doing – when policies or procedures prevent us from doing what we think is right. Explore the concept of moral distress and possible strategies to improve our experience of moral distress.

1f Tackling social issues through poetry and music
Blair Minchin and pupils, Victoria Primary School

This interactive session will explore some very hands-on ways to tackle emotional and distressing issues through poetry and music. The children will lead a quick performance of spoken word set to body percussion, then you will join them to play 'Bust a Rhyme', try beatboxing and body drumming, create four line 'raps', and put the whole thing together!

Workshop Session 2 (11.40am-12.35pm)

2a Gaming and gambling: what's the difference?
Chiara Marin, Donna Brunton and Paul Anderson, Fast Forward

Learn about the links between gaming and gambling, and the potential harms these pose to children's health and wellbeing. Explore the current landscape of gaming and consider a range of approaches and initiatives that can be used to address online safety, gaming and gambling with young people, and promote harm-reduction.

2c I am not your villain: stories of face equality
Changing Faces' Youth Action Group

The #IAmNotYourVillain campaign asks screen industries to stop using visible differences – a mark, scar or condition which affects someone's appearance – as a shorthand for villainy. The Youth Action Group will share their own personal stories of visible difference and give advice on making your own practice more inclusive. There will also be time to ask the young people any questions you may have.

2d How well do you know Armed Forces children and young people?
Young people supported by The Royal Caledonian Education Trust

Anyone working with children and young people will likely encounter those living in Armed Forces families, who often face challenges not experienced by their civilian peers. Listen to the young people share how high levels of mobility and parental deployment can significantly impact their health and wellbeing, and tell you what you can do to support them.

2e When the going gets tough: supporting young people to find coping strategies
Young people supported by Quarriers

Quarriers' Resilience for Wellbeing Service is an early intervention and prevention service that works with young people to improve their emotional wellbeing. Hear first-hand from the young people about how the resilience practitioners' work in secondary schools across the Scottish Borders has encouraged and supported them to develop the coping strategies that give them the confidence and resilience needed to achieve their goals.

Workshop Session 3 (1.25pm-2.20pm)

3a My body is mine: helping children understand the concept of consent
Corrie McLean, Three Sisters Consultancy

In the UK, the age of consent for any form of sexual activity is 16, regardless of gender or sexual orientation. Not all young people understand what it means to have the ability to say no and be heard, to understand no and stop. Learn more about how to introduce children to the concept of consent through practical games and scenarios. Use the new relationships, sexual health and parenthood (RSHP) resource to promote children's self-confidence, respect for others and protection from harm.

3b The impact of loss through childhood and adolescence
Young people supported by Scottish Adoption

Told through real life experiences and interactive participation, explore how loss is felt and experienced by children and young people as they move within the care system – and the implications of this at each developmental stage of childhood and adolescence.

3c Building an attuned workforce: it's all about relationships
Sandra Strathie, Glen Strathie Partnership

A cared-for worker is more able to care for a parent, as is a cared-for parent for their child. Cooperative exchanges based on warm relationships promote empathy and wellbeing and increase people's dedication to and passion for their work. Hear a young mother's experience of being nurtured by Home-Start Dundee and explore the positive impact of attuned, reflective practices in the workplace when love and play lead to better services for everyone.

DAY TWO – Thursday, 7 November 2019

Workshop Session 1 (10.05am-11.05am)

1a Prevention of coercive control within adolescent relationships
Kate Tobin, Dartington Service Design Lab and Ruth Wallace, Renfrewshire Council

Listen to the story of how data on children's wellbeing, service design approaches and systems thinking have been applied in an effort to achieve systems change in Renfrewshire. The work forms part of the National Lottery Community Fund's Early Action System Change Fund set up to tackle the root causes of inequality.

1d Children's Parliament investigates: an alcohol-free childhood
Members of the Scottish Children's Parliament, supported by Orlaith McAree

Members of Children's Parliament, aged 9-11, have worked with 100 children across Edinburgh to investigate the impact that alcohol has on children's lives and to explore the concept of an alcohol-free childhood. Discover their key findings and learn directly from the children involved themselves about the methods adopted during the investigation process.

1e Bringing Barnahus to Scotland: transforming support for child victims and witnesses of crime
Anna O'Reilly, Children 1st, Fiona Wardell, Healthcare Improvement Scotland and Henry Mathias, Care Inspectorate

A Scottish version of the Scandinavian 'Barnahus' model is now the Scottish Government's preferred destination for support for child victims and witnesses of crime. But what is it, and how can it reduce the retraumatisation of child victims and witnesses of crime? Explore what adopting a Barnahus model could mean in practice, and hear about the process around the development of a set of Barnahus Standards for Scotland.

Workshop Session 2 (11.35am-12.45pm)

2d Scotland's drug problems: impacts on children and families – what more can we do? *Katy MacLeod, Scottish Drugs Forum*

Scotland's drug-related death figures are the worst ever recorded and the highest in the developed world. What is driving this tragic and largely preventable loss of life? Discuss and learn about how we can work together to educate and support families, children and young people to reduce the risks that drugs pose to their health and futures.

2e Creating a mentally healthy workplace *Amy Woodhouse and Cathie MacDonald, Children in Scotland*

Explore what we mean by a 'mentally healthy' workplace. Discuss what helps and hinders mental health at work, what employers' responsibilities are, and share your own experiences and good practice. Build on this in practical planning activities and gain knowledge, tools and ideas to share and implement with your own staff and colleagues.

Workshop Session 3 (1.45pm-2.40pm)

3a Think family, act family: the whole family approach *Gary Clapton, The University of Edinburgh and Angela Gentile, Circle*

A 'whole family' approach to family difficulties is more honoured in theory than in practice. More often than not, in statutory children and families work, child protection takes priority. Explore what some families in Scotland experience as challenges, the practices that helped to resolve problems from the parents' perspectives, and the varying definitions of 'referring problem'. Discuss how the protection of children can be better conceptualised and practised via work with families (rather than with individuals in families).

3b Health inequalities: peer research into the role of communities *Chris Ross, Children in Scotland and Professor Niamh Shortt*

Children in Scotland, with funding from the Wellcome Trust, carried out a participative research project with children and young people aged 10-18 living in areas of high deprivation in Glasgow and Dundee. Gain an insight into the research and findings, and explore some of the recommendations on what community and place can do to improve people's health and wellbeing. Learn more about the peer research model used to engage with children and young people to gather views and experiences in relation to health, wellbeing, inequalities and place making.

Sponsor workshop:

3c It takes a village to raise a child: integrative working in a therapeutic setting for under 12s *Lynsey Morrison, Angela Pilkington and Caroline Fleming, Kibble*



Understand the inner workings of what is involved to provide a trauma-informed approach for children in an under-12 residential and education placement. Learn how integrative services such as care, education and therapy come together and work collaboratively to support children and their families at Kibble.

3e People change lives: building relationships through music
Young people, parents, and staff from Sistema Scotland and Glasgow Centre for Population Health

Explore the importance of relationships in supporting young people to thrive. Look in detail at the relationship between musicians and participants and how relationship-building is central to Sistema Scotland's core aim of transforming children's lives through music. Through a mix of performance, presentation and interviews, you will develop your understanding of positive relationship building.

Our other conference themes are:



Early years, learning and education



Participation, engagement and rights



Tackling inequalities



Organisational and workforce development



Supporting families and communities