



PUTTING THE HEALTH AND WELLBEING OF UNPAID CARERS CENTRE STAGE

10th October 2024, 9am – 4pm
Easterbrook Hall, The Crichton, Dumfries

TIME	PROGRAMME
9.00am – 10.00am	Networking / Coffee Market Stalls Main Hall
10.00am – 10.10am	Introduction / Housekeeping Host: Professor Fiona Smart, Fiona Smart Coaching and Consultancy Ltd Key Themes from 2023 and Progress Main Hall
10.10am – 10.20am	Welcome Julie White, CEO, NHS Dumfries and Galloway Main Hall
10.20am – 11.30am	The Power of Lived Experience On Our Street A collaboration between Unpaid Carers in Dumfries and Galloway, CTC and Up Yer Airts Group Discussion Main Hall
11.30am – 11.45pm	Comfort Break Market Stalls Main Hall

<p>11.45am – 12.30pm</p>	<p>Morning Workshops / Coffee</p> <p>Choose one of the following workshops:</p> <p>1. Carers Rights and Self-Directed Support Duncan Room 1/2</p> <p>Jaynie Mitchell, Coalition of Carers in Scotland</p> <p>This session will cover:</p> <p>Unpaid carers rights and self-directed support</p> <p>2. Children and Young people with Disabilities Duncan Room 3</p> <p>Children with Disabilities Team (Social Work), Dumfries and Galloway Council</p> <p>This session will cover:</p> <p>An introduction to our team, what we can do and how we can help. This will include self-directed support and transition planning</p> <p>3. Supporting Carers affected by Dementia – connecting you to support in Dumfries and Galloway Gilchrist Room</p> <p>Wendy Chambers, NHS Dumfries and Galloway Carers Academy, Linda Wheatly, Alzheimer Scotland Dementia Advisor, Lorraine Haining, Dementia Carers Count and Petra Gregson, UWS Carers Academy</p> <p>This session will cover:</p> <p>Tailored education programmes, support and advice for unpaid carers affected by dementia, how to access them and how these programmes and services are currently supporting family carers</p>
<p>12.30pm – 1.20pm</p>	<p>Networking / Lunch</p> <p>Lunch will be served at the tables</p> <p>Market Stalls</p> <p>Main Hall</p>
<p>1.20pm – 1.40pm</p>	<p>Dumfries and Galloway Carers Strategy and Delivery Plan</p> <p>Nicole Hamlet, Interim Chief Officer, Dumfries and Galloway Health and Social Care Partnership</p> <p>Main Hall</p>

1.45pm – 2.30pm	<p>Afternoon Workshops</p> <p>Choose one of the following workshops:</p> <p>1. Self-Directed Support: Local Updates and Creative Solutions</p> <p>Main Hall</p> <p>Amanda Keenan, Improvement and Quality Officer and Rebecca Aldridge, Senior Social Work Manager in HSCP and Homeless and Housing Options, Social Work Team, Dumfries and Galloway Council</p> <p>This session will cover: Understanding local updates, National agendas, shared lived experiences and how to inform future initiatives</p> <p>2. Mindful Music</p> <p>Gilchrist Room</p> <p>Stuart Macpherson and Calum Walker, Paragon Music</p> <p>This session will cover: Participants will use a variety of instruments and join together as a group to create a piece of music or song. They will connect with one another through playing and listening. An opportunity to try something new, have a good time and feel a sense of achievement. No experience necessary</p> <p>3. A cheat's guide to a good night's sleep</p> <p>Duncan Room 1/2</p> <p>Louise Rogerson, Pragmatic People Ltd</p> <p>This session will cover: Simple steps to improve sleep quality, understand sleep posture and its importance, and identify your own sleep posture and things you can do to improve your sleep quality</p>
2.30pm – 3pm	<p>Unpaid Carers Question Time</p> <p>Q&A and Panel Discussion</p> <p>Main Hall</p>
3pm – 3.30pm	<p>Round-Up</p> <p>Key themes from the day</p> <p>Main Hall</p>
3.30pm – 4pm	<p>Networking</p> <p>Market Stalls / Evaluation</p> <p>Main Hall</p>
4pm	<p>Close</p>

With thanks

With thanks to these organisations and partners for supporting and exhibiting at the conference. Representatives will be available throughout the day to offer information and advice. For more information about each of the partners and exhibitors visit the online directories at **Care Training and Consultancy CiC** and **Third Sector Dumfries and Galloway**.



Disclaimer

Photographs and video footage will be taken during the day. Should you wish to be excluded from this, please make this known to a member of the registration team at the start of the event.

Your Feedback

Thank you for coming along today. Please take the opportunity to share your views, ideas, experience, concerns and feedback throughout the day by completing a feedback form or speaking to a member of our team. Please also feel free to contact Care Training and Consultancy CiC and/or to complete our online survey after the event.