

# SUPPORTING THE HEALTH AND WELLBEING OF UNPAID CARERS

Are you an unpaid carer?

Are you an unpaid carer?

IDENTIFYING

SUPPORTING

EMPOWERING

**D&G**  
**UNPAID CARERS**  
**CONFERENCE 2023**

I am an unpaid carer.

I am an unpaid carer.

Are you an unpaid carer?



**10<sup>th</sup> October 2023**

**Easterbrook Hall, The Crichton, Dumfries**

## Format of the Day:

TIME	PROGRAMME
9.30am – 10.30am	Welcome and Networking
10.30am – 11.30am	Keynote Speakers
11.30am – 12noon	Dragons Den - with a twist!
12noon – 1pm	Lunch and Networking
1pm - 1.10pm	Welcome Back
1.10pm – 2.10pm	Workshops
2.10pm – 2.30pm	Refreshments and Networking
2.30pm – 3.30pm	Workshops
3.30pm – 3.45pm	Review and Future Planning
3.45pm – 4pm	Closing Remarks



## Programme:

**Conference Facilitator:** Professor Fiona Smart, PhD, PFHEA Learning and Teaching Enhancement Consultant, Fiona Smart Coaching and Consultancy Ltd

Time	Room	Event	Speakers and Workshop Leads
9.30am - 10.30am	Main Hall / Duncan Room 4	Welcome and Networking: Main Hall: <ul style="list-style-type: none"> <li>• Registration</li> <li>• Refreshments</li> <li>• Market Stalls and VR Showcase</li> <li>• Diary Room</li> </ul> Duncan Room 4: <ul style="list-style-type: none"> <li>• Wellbeing Taster Sessions: Hand Massage/Reiki</li> <li>• Sitting Service</li> </ul>	
10.30am - 11.30am	Main Hall	Keynote Speakers:	
		Introduction and Welcome	Julie White, Chief Operating Officer, <b>NHS Dumfries and Galloway</b>
		Caring in Scotland - The Bigger Picture	Becky Duff, Director for Scotland, <b>Carers Trust Scotland</b>
		The Orkney Carer Conference and Lessons Learned	Shaun Hourston-Wells, Acting Strategic Planning Lead, <b>Orkney Health and Social Care Partnership</b>
11.30am - 12noon	Main Hall	Dragons Den - with a Twist: A vision for the future for Unpaid Carers in D&G	Panel Discussion with Q&A
		Morning Round Up	

Time	Room	Event	Speakers and Workshop Leads
12noon - 1pm	Various Locations	<p>Lunch and Networking:</p> <p>Main Hall:</p> <ul style="list-style-type: none"> <li>• Registration</li> <li>• Lunch/Refreshments</li> <li>• Market Stalls</li> <li>• Diary Room</li> </ul> <p>Duncan Room 4:</p> <ul style="list-style-type: none"> <li>• VR Showcase</li> <li>• Wellbeing Taster Sessions: Hand Massage/Reiki</li> <li>• Sitting Service</li> </ul> <p>Gilchrist Room:</p> <ul style="list-style-type: none"> <li>• Make Music: A piece and jam. Grab a sandwich and an instrument and enjoy a relaxed drop-in music session. No musical experience necessary and instruments provided</li> </ul> <p>The Crichton Grounds:</p> <ul style="list-style-type: none"> <li>• Guided Walk</li> </ul>	
1pm - 1.10pm	Main Hall	Welcome Back	
1.10pm - 2.10pm		Workshops:	
	Main Hall	<p>Session 1:</p> <p><b>LYNK – Supporting Independent People by using Assistive Technology (Home Sensors)</b></p> <ul style="list-style-type: none"> <li>• Using technology to support people to remain at home and prevent hospital admission</li> </ul> <p><b>Supporting Carers in Employment</b></p> <ul style="list-style-type: none"> <li>• Understanding the challenges of combining work with caring</li> <li>• Understanding the support carers need to take up or maintain employment</li> <li>• Understanding how the Carer Positive scheme can help employers develop good workplace support for carers</li> </ul>	<p>Lynette Murray and Nick Dickson, Community IT Facilitators, <b>NHS Dumfries and Galloway</b></p> <p>Sue McClintock, Carer Positive Manager, <b>Carer Scotland</b></p>

Time	Room	Event	Speakers and Workshop Leads
	Gilchrist Room	<p>Session 2:</p> <p><b>Mindful Music</b></p> <ul style="list-style-type: none"> <li>A fun, inclusive, music taster session. Workshops are designed to be a fun and accessible activity that people with additional support needs and their carers and family members can enjoy together. Explore different instruments and create a new piece as a group</li> </ul> <p><b>Are you Young Carer Aware? – Raising Awareness of Young Carers</b></p> <ul style="list-style-type: none"> <li>Recognising who Young Carers are?</li> <li>Identify Young Carers' roles and responsibilities</li> <li>How best to support Young Carers in their roles</li> </ul>	<p>Charlotte Riley Gibson, Resonate Director, <b>Paragon</b></p> <p>Emily Davies, <b>Dumfries and Galloway Carers Centre</b></p>
2.10pm - 2.30pm	Main Hall / Duncan Room 4	<p>Refreshments and Networking:</p> <p>Main Hall:</p> <ul style="list-style-type: none"> <li>Refreshments</li> <li>Market Stalls</li> <li>Diary Room</li> </ul> <p>Duncan Room 4:</p> <ul style="list-style-type: none"> <li>Sitting Service</li> </ul>	
2.30pm - 3.30pm		Workshops	
	Duncan Room 1-3	<p>Session 3:</p> <p><b>Wellbeing through Conversation</b></p> <ul style="list-style-type: none"> <li>The impact of communication on your health and wellbeing</li> <li>You are not alone, experience is all around us</li> </ul> <p><b>Immersive Experiences through the power of empathy</b></p> <ul style="list-style-type: none"> <li>Teaches how better design choices can improve quality of life for people living with dementia</li> </ul>	<p>Mark McHattie, Stacey Moncrieff and Andrew Forsyth, <b>Quarriers</b></p> <p>Kevin Gordon, <b>VR-EP and Age Scotland</b></p>

Time	Room	Event	Speakers and Workshop Leads
	Gilchrist Room	<p>Session 4:</p> <p><b>Self-care and Wellbeing for Unpaid Carers</b></p> <ul style="list-style-type: none"> <li>Understanding the importance of self-care</li> <li>Creating boundaries and balance</li> <li>Building support networks</li> <li>Setting realistic goals</li> </ul> <p><b>Time for You – Funding and Grants</b></p> <ul style="list-style-type: none"> <li>Recognising that Carers need a break.</li> <li>What is the 'Right Break'?</li> <li>Respite – What is this?</li> <li>What funding and grants are available</li> </ul>	<p>Laura Rogers, Gordon Williamson and Euan MacLean, <b>Change Mental Health</b></p> <p>Nina Raynor, Project Officer, <b>Dumfries and Galloway Carers Centre</b></p>
	Main Hall	<p>Session 5:</p> <p><b>LGBT+ the journey within D&amp;G</b></p> <ul style="list-style-type: none"> <li>Awareness of the community</li> <li>Understanding the needs of the community</li> <li>Isolation and loneliness as not just some being cared for but the carer</li> <li>Mental Health concerns</li> </ul> <p><b>Think Carer</b></p> <ul style="list-style-type: none"> <li>An update on Think Carer Training and information dissemination</li> </ul>	<p>Iain Campbell, Service Manager, <b>LGBT Plus Dumfries and Galloway</b></p> <p>Larel Currie, Commissioning Officer, <b>Dumfries and Galloway Health and Social Care Partnership</b></p>
3.30pm - 3.45pm	Main Hall	Review and Future Planning: Setting the Future Vision	
3.45pm - 4pm	Main Hall	Closing Remarks	
		<p>Networking and Feedback:</p> <p>Main Hall:</p> <ul style="list-style-type: none"> <li>Market Stalls</li> <li>Diary Room</li> </ul>	
4pm		Close	

## About the Keynote Speakers:

### **Julie White BA (Hons), MSc, Chief Operating Officer, NHS Dumfries and Galloway and Chief Officer, Dumfries and Galloway Health and Social Care Partnership**

Julie has been a senior manager within the NHS for over 25 years and has worked in a variety of settings including Acute Services, Primary Care Services and Mental Health Services. Julie was appointed to the role of NHS Dumfries and Galloway Chief Operating Officer in June 2012 when one of her key roles was as the Board Lead for the Development of the New District General Hospital. Since November 2015, Julie has also been the Chief Officer of the Dumfries and Galloway Health and Social Care Partnership leading the Integration of Health and Social Care across the region. Julie lives at home in Lochmaben with her Husband Stuart and two young sons Adam and Lewis.

### **Becky Duff, Director for Scotland, Carers Trust Scotland**

Becky brings 20 years' experience in the third sector, working in a range of roles across homelessness, neurological conditions and mental health. Becky is committed to working with unpaid carers across Scotland to make positive and lasting social change.

Becky said: "The community of unpaid carers in Scotland and across the UK play an essential, often unseen and undervalued role in society. I am committed to making sure carers' experiences, needs and insights are heard, so that together we can create the right support for unpaid carers."

### **Shaun Hourston-Wells, Acting Strategic Planning Lead, Orkney Health and Social Care Partnership**

Shaun has been in Orkney for 17 years, along with his wife, Eve, and daughter, Molly, having previously lived in Doune, Perthshire.

He has been with Orkney Islands Council for nearly 11 years, beginning as Project Lead for the introduction of Self-Directed Support, then taking on the role of Project Manager for the Health and Social Care Partnership. He is currently the Strategic Planning Lead, and has been chair of Orkney's multi-agency Carer Strategy Group for the last 3 years. Shaun collects LPs and CDs and, when not listening to music, can be found in his garden which, after Eve and Molly, is the great love in his life!



## D&G Unpaid Carers Conference 2023 was supported by the following organisations and partners:



Many of these organisations are speaking, facilitating workshops or exhibiting at the conference, so please feel free to speak to their representatives throughout the event and/or to contact them afterwards.

### 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, story and feedback throughout the day by completing one of our feedback forms, recording a video diary 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.