

## Afternoon Parallel Showcases & Consultations

2<sup>nd</sup> June: 15:30-16:30

Please sign up for your preferred Parallel Panel Showcase or Consultation at the desk in the Grand (Entrance) Hall **during registration**. Places are limited to 30 delegates per session and allocated on a first come, first served basis. You can choose from the following sessions:

	Session information	Contributors	Room	Floor
<b>Co-production</b>	<p><b>How does co-production fit with recovery and rights based approaches?</b></p> <p>This showcase will look at the work of two different organisations that use co-production to develop and deliver their work.</p> <p>Theatre Nemo actively encourage people with mental health conditions and carers to take part in all different strands of their work. Their arts based work includes drama and drumming groups, as well as projects using the arts in hospitals, prisons and in the community, helping people to live fulfilled lives.</p> <p>COPE Scotland are a lived experience led community group that tackles inequality and improves mental health services. They will showcase their 'This is my Choice' film, which features the people who use their services and the journeys they have been on.</p>	<ul style="list-style-type: none"> <li>• Hilda Campbell (Manager, COPE Scotland)</li> <li>• Jaynie Duke (Self-management Mentor Volunteer, COPE Scotland)</li> <li>• Barbra McCandless (Volunteer, COPE Scotland)</li> <li>• Gordon Liddle (Business Development Manager, Theatre Nemo)</li> <li>• Hugh McCue (Project Coordinator &amp; Co-founder, Theatre Nemo)</li> <li>• Mahmud al-Gailani (Diversity Manager, Voices Of eXperience) (Chair)</li> <li>• Pete White (National Coordinator, Positive Prisons)</li> </ul>	Herriot Watt	2 <sup>nd</sup>

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<b>Doing things differently</b>	<p><b>How can doing things differently promote rights, support recovery and tackle stigma?</b></p> <p>This session will explore how two organisations are using different methods to improve the lives of people with mental health conditions.</p> <p>Skye &amp; Lochalsh Citizens Advice Bureau are working to tackle the limitations and social isolation faced by people with mental health problems living in remote areas. This session will take a detailed look at their Advise-Ability project, which works to counter this by offering home visits to people with mental health conditions, to give them advice and help on welfare rights, money, debt, employment, housing and community services.</p> <p>The Hope Café is a peer led project in Lanarkshire which challenges stigma and helps individuals in their recovery by offering activities that are proven to support positive mental health and wellbeing and offer valuable peer support to each other. The project is based around the café in Lanark, where they create their famous 'Depressed Cakes' which have been used in their Bun and Blether project which tackles stigma in workplaces. The Hope Café founder and a volunteer will talk about how this grassroots idea grew from a small weekly pop-up project in a church hall into a thriving hub for mental wellbeing with its very own premises.</p>	<ul style="list-style-type: none"> <li>• Donna Barrowman (Founder, Hope Café)</li> <li>• Jane Dick (Volunteer, Hope Café)</li> <li>• Gill Terry (Project Worker, Skye &amp; Lochalsh CAB (Advise-Ability))</li> <li>• Lisa Cohen (Programme Manager, See Me) (Chair)</li> </ul> <p>(live streamed)</p>	St. Andrew's (main conference room)	2 <sup>nd</sup>

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<b>Patients' rights and voices</b>	<p><b>How can patients' rights be upheld and voices heard?</b></p> <p>This showcase features the work of two of the leading independent services informing, connecting and giving voice to people using NHS services.</p> <p>The Patient Advice and Support Service (PASS) can be accessed from any Citizens Advice Bureau in Scotland as well as via Adviceguide. The showcase will hear about the work of PASS and their commitment to supporting people to use their rights, know their responsibilities, share their experiences and make a difference to the NHS in Scotland.</p> <p>Founded in 2005, Patient Opinion is now the UK's leading independent non-profit feedback platform for health services. This showcase is the opportunity to hear more about how Patient Opinion facilitates the honest and meaningful conversations between patients and health services and how real stories can make health services better.</p>	<ul style="list-style-type: none"> <li>• Christine Lang (PASS Project Coordinator, Citizens Advice Scotland)</li> <li>• Mike Hamilton (Integration Development Officer, Patient Opinion)</li> <li>• Eleanor Ogilvie (Programme Manager, See Me) (Chair)</li> </ul>	# 1	3 <sup>rd</sup>

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<b>Peer support and self-management</b>	<p><b>How can peer support and self-management help realise rights and recovery?</b></p> <p>This showcase will explore Expeerience Counts, the SAMH and North Lanarkshire Council partnership peer support service that supports people in the region living with mental health problems. Peer Support Workers from the service will explain more about what they do and the impact of drawing on the knowledge and understanding of individuals with personal experience of mental health problems who are trained and employed to support others on their recovery journey.</p> <p>SRN's John Moody will talk about self-management in mental health; exploring some of the different tools and aids that can support it, like WRAP (Wellness Recovery Action Planning).</p>	<ul style="list-style-type: none"> <li>• John Moody (Network Officer, Scottish Recovery Network)</li> <li>• Mark Docherty (Peer Support Worker, Expeerience Counts, SAMH)</li> <li>• Rosie Line (Peer Support Worker, Expeerience Counts, SAMH)</li> <li>• Lesley Smith (Network Officer, Scottish Recovery Network) (Chair)</li> </ul>	# 2	3 <sup>rd</sup>
<b>Service change and SRI 2</b>	<p><b>How can SRI 2 support positive change for those delivering and accessing mental health services?</b></p> <p>This showcase will take a closer look at the Scottish Recovery Indicator (SRI 2). This is a user-friendly online tool that those who provide and access services, as well as informal carers, can use to help improve practice. SRI 2 has been used by well over 300 services around Scotland, who have reported that “participating in this project enabled them to take a fresh look at recovery and consider how it has shaped their individual practice”. NHS Lanarkshire are one such service. They will share their experiences of how using SRI 2 has helped them improve the recovery focus of their practice.</p>	<ul style="list-style-type: none"> <li>• Lynne Cruickshank (North Lanarkshire Council)</li> <li>• Robert Stevenson (Network Officer, Scottish Recovery Network)</li> <li>• Theresa Watson (Practice Improvement and Development Nurse, NHS Lanarkshire)</li> <li>• Louise Christie (Network Manager, Scottish Recovery Network) (Chair)</li> </ul>	# 3	3 <sup>rd</sup>

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Supported decision-making	<p><b>How can supported decision-making help people actively participate in decisions that affect them?</b></p> <p>There are many different ways people can be supported to participate in decisions that affect them, particularly in mental health and wellbeing.</p> <p>Advance Statements are a powerful tool that can help people articulate their needs and wishes when subject to mental health law. Unfortunately there is a lack of awareness that such a tool exists and very few people have written an advance statement. In this showcase the Mental Health Network Greater Glasgow will talk about their Peer Volunteer Advance Statements Project which aims to support people by promoting and delivering peer facilitated sessions to develop Advance Statements.</p> <p>Independent advocacy is another strong means by which people can participate in decisions that affect them. The Advocacy Project will talk about their work, including delivering independent advocacy services to people with lived experience of mental health problems, as well as wider services to support engagement and participation in local and national consultations.</p>	<ul style="list-style-type: none"> <li>• Gordon McInnes (Development Worker, Mental Health Network Greater Glasgow)</li> <li>• Laura Bogucki (Operations Manager, Glasgow Mental Health Advocacy Service, The Advocacy Project)</li> <li>• Shaben Begum MBE (Director, Scottish Independent Advocacy Alliance) (Chair)</li> </ul>	# 4	3 <sup>rd</sup>

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<b>SAMH What Next? consultation</b>	<p><b>Scottish Association for Mental Health Consultation - What's Next?</b></p> <p>The Scottish Government's Mental Health Strategy is due to end this year, and SAMH wants to know what you think should replace it.</p> <p>One in four people in Scotland experience a mental health problem every year, so SAMH wants everyone affected by mental ill-health to be at the heart of shaping the future.</p> <p>Over the last few months they've hosted 2 public events, held focus groups across their services and carried out an online survey to find out what people want to see in the next strategy.</p> <p>Now they are bringing their consultation to the Rights for Life event: it's your chance to let SAMH know what needs to change.</p>	<ul style="list-style-type: none"> <li>• Carolyn Roberts (Head of Policy and Campaigns, SAMH)</li> <li>• Craig Smith (Policy Officer, SAMH)</li> </ul>	Robert Gordon	2 <sup>nd</sup>