

# Tomorrow's World Today: New Frontiers in Mental Health

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## Conference Speakers



**Martyn Evans, Chief Executive, Carnegie UK Trust**

Before being appointed in 2009, Martyn was the Director of the Scottish Consumer Council (SCC) from 1998-2008 where he oversaw the successful 2008 merger of the SCC with Energywatch Scotland and Postwatch Scotland. He became the Director of the new organisation – Consumer Focus Scotland. Martyn was a visiting Professor of Law at the University of Strathclyde from 1995-2001. He has been a member of a number of Scottish Government and UK government advisory groups. These include the Independent Scrutiny Panel on Ayr and Monklands hospital services, the MMR Expert Group, the Scottish Charity Law Review Commission (known as the McFadden Commission), the Housing Improvement Task Force, the Cabinet Office review of UK Food Policy and the UK Screening Committee.

[@Martyn\\_Carnegie](#)  
[@CarnegieUKTrust](#)



**Professor Philip Wilson, Professor of Primary Care and Rural Health, Centre for Rural Health, University of Aberdeen**

Phil Wilson worked as a GP in Glasgow for 23 years as well as working as a part-time researcher at the University of Glasgow. His research interests are wide-ranging but broadly lie in the development and evaluation of population-based complex interventions to improve health. Particularly areas of interest are early childhood mental health and the challenges of making the interface between primary and secondary care work properly. Since 2012 Phil has worked as professor of primary care and rural health at the University of Aberdeen, based in Inverness, and he holds visiting professorships at Gothenburg, Copenhagen and Glasgow Universities. He continues to work in Inverness as a GP one day each week. He has published over 110 peer reviewed papers: details at

<http://www.abdn.ac.uk/staffnet/profiles/p.wilson/>

[@CRHInverness](#)



**Dr Stuart Ritchie, Postdoctoral Fellow in Cognitive Ageing, University of Edinburgh**

Stuart Ritchie is a Postdoctoral Fellow in Cognitive Ageing at the University of Edinburgh's Centre for Cognitive Ageing and Cognitive Epidemiology. He is interested in the life course development of intelligence: using longitudinal modelling to examine its changes both at the start and the end of the lifespan, and uncovering the potential causes and consequences of these changes, using psychometric, brain-imaging, and behaviour-genetic analyses.

[@StuartJRitchie](#)  
[@CCACE](#)

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[@ShirleyCramer28](#)

### **Shirley Cramer CBE, Chief Executive, The Royal Society for Public Health**

Shirley Cramer is an experienced voluntary sector leader in both the UK and the USA and has also held non executive positions in both countries in the public and voluntary sectors. She was Chief Executive of Dyslexia Action, the UK's leading independent provider of services for individuals with dyslexia and other specific learning difficulties for over a decade. Prior to RSPH she was Interim Chief Executive of Alzheimer's Research UK and working on the 'Dementia Challenge'. She is Chair of the thinktank, British Future. Shirley also chairs the People in UK Public Health Group, an advisory group providing independent, expert advice to the four UK countries on an overarching strategy for a multidisciplinary public health workforce. Shirley has a UK degree in Social Work and an MSc in Social Administration from Columbia University in New York.

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[@valeriecarr](#)  
[@wearesnook](#)

### **Dr Valerie Carr, Project Director, Snook**

Her core focus is on co-designing person-centred services: involving those seeking, accessing and providing services in improving service delivery and experiences. She has a PhD in Healthcare Service Design and is motivated by creatively addressing the challenges associated with engaging diverse groups of stakeholders in co-producing services across complex service ecosystems. Her motivation is to make services more efficient, effective, and equitable, with a specific interest in the role that digital can play in extending access to services. She has worked on a range of projects for Scottish Government, Department of Health, Department of Work and Pensions, Department for Education, NHS24, Oxford Policy Management, International Aid Transparency Initiative and various local authorities and third sector groups.

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[@RoarCommunities](#)

### **Nicola Hanssen, General Manager, ROAR**

Nicola is General Manager at Roar – Connections for Life and has the responsibility of leading the organisation's strategy in partnership with the Board of Trustees, designing and creating new projects and services that will address the needs of older people in the communities Roar – Connections for Life serve, identifying and securing funding and income to maintain and increase capacity to meet growing demand for Roar services and manage the staff to develop and deliver the best possible opportunities for older people.

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### **Dr Trevor Lakey, NHS Greater Glasgow and Clyde**

With an original background as a biological scientist, Dr Lakey has worked in the public health sphere for 28 years, with a career-long focus on tackling health inequalities and on addressing challenges of higher risk and marginalised groups. Portfolios have included child and youth health, sexual health, equalities, rights and community health. He currently leads the public health programmes for mental health, alcohol and drugs at NHS Greater Glasgow and Clyde. He has had an active interest for around 10 years in the potential empowering roles of digital technology in community health – leading the launch of Mind Waves (community media initiative) in 2011 and leading the EU-funded Aye Mind programme, which explores digital resources for mental health with and for young people.

[@Synedrum](#)  
[@Aymind99](#)

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### **Dr Joyce Cavaye, The Open University**

Joyce is Regional Manager and Senior Lecturer in the School of Health, Welfare and Social Care at the Open University in Scotland. Her teaching and research interests are rooted in over 20 years' experience of community nursing and include health policy, mental health of young people, the role of nutrition in wellbeing, end-of-life care and informal carers. She currently works in partnership with NHS boards, third sector organisations and local authorities to promote social justice and widen access to education and professional development.

[@joycecavaye](#)

<http://www.open.ac.uk/scotland/>

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### **Prof Stewart Mercer, University of Glasgow**

Stewart Mercer is a General Practitioner and Professor of Primary Care Research in the General Practice and Primary Care unit in the Institute of Health and Wellbeing at the University of Glasgow. He is also the current Director of the Scottish School of Primary Care. He was Visiting Professor in Primary Care and Acting Head of Department at the Chinese University of Hong Kong from 2007-2008 and remains an Adjunct Professor. Stewart is internationally recognised for his award winning research on multimorbidity, and his research on empathy in healthcare. He has been a mindfulness-practitioner for over 30 years, and was a founding Trustee of the charity Mindfulness Scotland. He has researched mindfulness in Scotland and in Hong Kong, with over 20 publications to date

[@Stewmercer](#)

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**Dr Sharon Simpson, University of Glasgow**

I am currently working as a trainee Clinical Psychologist (DClinPsy, University of Glasgow) and have a clinical background in forensic (MSc) and counselling (MSc) psychology. I have further specialist training in cognitive behavioural therapy, compassion-based practices, cognitive remediation, and emotion-focused therapy. I also trained as a mindfulness teacher via Mindfulness Scotland and as a yoga and pranayama teacher with Yoga Alliance and the Kaivalyadhama Yoga Research Institute in India. I follow an integrative approach to therapy, drawing upon both western psychotherapeutic principles and eastern mind-body therapies, the aim being to help improve wellbeing in an individualised fashion. I recently completed a PhD that focused on developing a bespoke mindfulness-based intervention for incarcerated young men. Our findings suggest that the “standard” MBSR approach is not suitable for everyone in its original form and that judicious tailoring to meet the needs of specialist groups may be required.



**Pete White, Positive Prison? Positive Futures**

Pete White is originator and Chief Executive of Positive Prison? Positive Futures, a Scottish charity representing people with lived experience of punishment working to reduce the harm caused by offending and reoffending in Scotland. Their vision is the recognition of people with convictions as citizens. Pete represents people with convictions on a number of Scottish Government committees in relation to justice matters including the Community Justice Redesign Implementation Group, the Independent Prison Monitoring Advisory Group and the Scottish Public Services Ombudsman Customer Sounding Board. He also sits on the Criminal Justice Voluntary Sector Forum Executive, the Executive Governance Group of the Scottish Centre for Youth and Criminal Justice, the National Prison Visitors Centre Steering & Executive Group and is a trustee of the Howard League for Penal Reform in Scotland.

[@PositivePrison](#)



**Shirley Windsor, Organisational Lead (Public Mental Health), NHS Health Scotland**

Over the past 20 years, I have worked across health and social care sectors at national and local level promoting a health improvement multi agency approach. This has included working in the most northerly islands of Shetland on public health strategy development, leading the Scotland-wide mainstreaming of the Keep Well programme, supporting the communication around H1N1 responses and promoting national sexual health and HIV strategy development and implementation. Now leading on the national public mental health programme at NHS Health Scotland, specific interests include actions to reduce mental health inequalities through collaborative partnerships with the Third Sector, inclusive workplace mental health and prevention/early intervention responses to the mental wellbeing of children and young people as part of system wide change.

[@ShirleyWindsor1](#)  
[@NHSHS\\_MH](#)

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**Allyson McCollam, Associate Joint Director of Public Health for NHS Borders and Vice Chair of Public Mental Health Group**

Allyson has experience of working in the voluntary sector for over 20 years, mainly in mental health policy and research. She was chief executive of a national mental health organization for several years and was involved in various collaborative projects including the establishment of the Scottish Recovery Network. Since 2009, Allyson has worked in the NHS in health improvement. Mental health continues to be a central area of interest. She is delighted to have the opportunity to serve on the Board of VHS and is particularly keen to support the voluntary sector's role in promoting health and wellbeing and in tackling health inequalities.

[@Allypallymcc](#)  
[@NHSBorders](#)



**Dr. Jonathan Leach, Faculty of Health and Social Care, The Open University**

Dr Jonathan Leach is a lecturer in mental health at the UK's Open University where he has developed a number of teaching modules on a wide range of approaches to supporting people with mental health problems. As part of the OU's collaboration with the BBC Jonathan has been a nominated academic on: *Keeping Britain Alive* (BBC TV), *Health Check* (World Service) and is currently an academic consultant for *All in the Mind* (BBC Radio 4). Jonathan has a particular interest in social aspects of mental health and in 2015 had a book published on the subject: *Improving Mental Health through Social Support: Building Positive and Empowering Relationships* by Jessica Kingsley Publishers, London. In a voluntary capacity Jonathan is Chair of Tandem, a befriending service in Oxfordshire for people isolated as a result of mental health issues and was past Chair of the UK's Vocational Rehabilitation Association. In the past Jonathan has worked as a mental health researcher at Oxford Brookes University, and a lecturer in disability and employment at London's City University. Before becoming an academic Jonathan worked in the voluntary mental health sector for ten years and with people with learning disabilities for three and a half years.

[@DrJonathanLeach](#)



**Calum Irving, Director, See Me**

Calum has been the Director of See Me, Scotland's programme to end mental health discrimination, since June 2016. Previously he worked in communications and campaigns across the public sector, before he was appointed the Director of Stonewall Scotland, in 2005, building a programme focussed on improving the lived experience of LGBT Scots across workplaces, public services and at school. Calum built upon his experience in influencing for change by moving to the Manchester based Our Life focussing on alcohol and diet related public health. There he played a major role in building a North West wide movement for change in alcohol harm.

[@seemescotland](#)

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### **James Jopling, Executive Director of Scotland, the Samaritans**

James is the Executive Director for Scotland at Samaritans and has had this role since July 2015. The charity were contacted over 5.7m times last year from across the UK and Ireland by people in crisis and distress. The service is provided entirely by volunteers. In Scotland there are around 1000 volunteers and just two paid staff, in 19 branches from Shetland to Stranraer. James' role is to lead on work to prevent suicide through national relationships, partnerships and through work at national and local Government. He has worked in the sector for the past twenty years for charities such as Oxfam, Cancer Research UK, Shelter and Breast Cancer Now.

[@jamesjopling](#)  
[@sams\\_scotland](#)



### **Communic18**

Communic18, Co-design Leaders for the Year of Young People 2018, will deliver a workshop which will focus on their experiences as young people growing up in Scotland. Building on the recommendations young people made in the 'Creating a Healthier Scotland' Report, it will aim to explore ways which young people are often perceived, and will discuss honestly the barriers that young people sometimes face in society, in relation to mental health. Participants in the workshop will then go on to hear about the work of Communic18 and how they have been shaping the Year's activity with several public, private and third sector organisations in Scotland. Participants will leave with a shared understanding of the perceived stereotypes of young people, and how these are not what we know is true, as well as how young people are active change makers in their communities.

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