

# Rural Mental Health Conference: Tackling Isolation and Foster Connections 2019

Monday 12<sup>th</sup> and Tuesday 13<sup>th</sup> August 2019

Inverness College UHI, Inverness Campus



## Conference Partners



## WELCOME

It is our great pleasure to welcome you to the first biennial International Conference on Rural Mental Health, being held at Inverness College UHI in the Highlands of Scotland.

This conference has been born out of collaboration between the University of the Highlands and Islands and Texas A&M University-Kingsville that stretches back to 2015. Dr. Bain has twice brought a group of counselling graduate students on a study abroad trip to Inverness and Dr. Munoz has twice been a visiting scholar to the Department of Educational Leadership and Counselling in Kingsville, Texas. Together, we have presented work at the National Association of Rural Mental Health conference in San Diego (2017) and the Rethinking Remote Conference in Inverness (2018). We share a passion for helping support mental health, wellbeing and service provision within rural communities.

In visiting each other's rural areas of work, have been intrigued, and sometimes surprised, by the commonalities South Texas and the Scottish Highlands share in terms of rural mental health challenges but also in terms of community spirit. This is one of the reasons that we feel rural mental health must be tackled as an issue that spans national boundaries.

We are delighted to be launching the Global Collaborative for Rural Mental Health (GRMC) at this conference. We hope that the GCRMH will act as a focal point for sharing knowledge and insights, as well as international advocacy and awareness on rural mental health.

It is wonderful to see the variety of speakers at this first International Conference on Rural Mental Health – from both rural Highlands and beyond. The mixture of speakers from academia, health services and third sector organisations will undoubtedly make for an interesting and worthwhile two days.

We very much hope that you enjoy your time at the conference and in Inverness.

We also hope that you will consider signing up for the second International Rural Mental Health Conference, which is planned to be held in Kingsville, Texas in early 2021!

With best wishes,

Dr. Sarah-Anne Munoz

Dr. Steve F. Bain



## **We would like to thank our conference sponsors:**

### **Reception Sponsor**



The Health and Social Care Alliance Scotland (the ALLIANCE) has over 2,700 members including large, national support providers as well as small, local volunteer-led groups and people who are disabled, living with long term conditions or providing unpaid care. Many NHS Boards, Health and Social Care Partnerships and Primary/Community Care practices are associate members and many health and social care professionals are Professional Associates. Commercial organisations may also become Corporate Associates. Our vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

### **Lunch Sponsor**



Texas A&M University-Kingsville grew out of the teacher college or "normal school" movement that swept Texas and the nation in the early 1900s. Chartered in 1917, but not opened until 1925 because of America's entry into World War I, the University is the oldest continuously operating public institution of higher learning in South Texas. Shortly after beginning life as South Texas State Teachers College, its role was expanded to embrace a wider array of programs.

As its mission has expanded, its name has changed to reflect its wider scope. Its first name change to Texas College of Arts and Industries came in 1929. In 1967, the name changed to Texas A&I University. The University became a member of the Texas A&M University System in 1989, and in 1993 changed its name to Texas A&M University-Kingsville to reflect that membership.

The University is located in historic Kingsville, a friendly, safe city of 25,000 that is the home of the legendary King Ranch. Most of Texas A&M-Kingsville's approximately 8,300 students come from South Texas, but there is wide diversity in the population, with students from more than 35 states and more than 43 countries.

The main campus consists of approximately 250 acres and more than 80 buildings. The University Farm consists of 545 acres of land located near the campus.

Texas A&M University-Kingsville is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award baccalaureate, master's and doctorate degrees.

## Programme Sponsor



We are a national resource and one of eight Innovation Centres, funded by the Scottish Funding Council and Scottish Government. Our focus is simple - transform ideas into digital health and care solutions that have a positive impact by helping Scotland's people live longer, healthier lives, and provide sustainable and inclusive growth for Scotland.

We do this through collaboration and supporting Civic, Commercial Industry, Academic and Citizen partners to identify, develop, co-design and deliver transformative digital solutions to improve health and care.



The Highland Green Health Partnership

The Highland Green Health Partnership is one of four area-wide partnerships developed in Scotland. It will contribute towards "Our Natural Health Service", an action programme being led by Scottish Natural Heritage. The partnership is made of representatives from NHS Highland; SNH; The Highland Council; The Cairngorms National Park Authority (CNPA); Highlife Highland (HLH); The University of the Highland and Islands (UHI), The Highland Environment Forum; The Highland Third Sector Interface (HTSI); Paths for All; Forestry Commission Scotland and practitioners in health and social care. Our vision is to: *"Develop opportunities and build on existing resources to support individuals and communities to improve their health and wellbeing, and build resilience through engaging with and appreciating the natural environment"*.

More information can be found at: [www.thinkhealththinknature.scot](http://www.thinkhealththinknature.scot)



Scotland's Digital Health and Care Strategy, published in April 2018, identifies Service Transformation and the contribution of the Scottish Government's Technology Enabled Care Programme as one of the six key Domains. The world leading programme began in March 2015 and is designed to accelerate the use of proven

technology to support people to manage their health and well-being at home, and in their community. Over 90,000 people have now benefitted from the programme and this includes Patient to Clinician Video Consultations (Including Attend Anywhere/NHS Near Me), Home and Mobile Health Monitoring and Telecare (including community alarms etc).



The NHS Credit Union helps care for the financial health of members from Shetland to Sheffield. It offers a secure home for your savings – and ethical, affordable loans any time you need a little extra help.

The NHS Credit Union started life in November 1998 in Glasgow’s former Southern General Hospital. In its first 12 months, the credit union issued 260 loans with a total value of just over £123,000.

Since then it has expanded dramatically, issuing

more than £86million in loans – and looking after around £23million of members’ savings. Around 18,500 health service and care staff and their families enjoy the benefits of the services. With payroll deduction available in many areas and 24/7 banking via our mobile app, there’s never been a better time for you to join the credit union’s financial family.



## SCOTTISH WAR BLINDED

Scottish War Blinded supports veterans with vision impairment to regain their independence and improve their quality of life. If you or someone you know could benefit from Scottish War Blinded’s activities and support, call us free today on **0800 035 6409** or email [enquiries@scottishwarblinded.org](mailto:enquiries@scottishwarblinded.org)

### **Support can include:**

- Rehabilitation and training to adapt to sight loss
- Grants for equipment to assist with independent living
- Funded respite care
- Home modifications
- Sports, recreation and social activities.

The majority of veterans currently benefiting from our services have developed sight loss as a result of age related sight loss, such as macular degeneration.



Support in Mind Scotland (SiMS) aims to improve the quality of life for anyone whose mental health problems or mental illness has a serious impact on their life and on the lives of others, including family members, friends and supporters. SiMS was established

in 1984 and was initially part of the National Schizophrenia Fellowship, established in 1972. We are a service provider organisation supporting 1500 people a week across Scotland, including people in remote and rural communities. Our Board of Management includes a mandatory proportion of members with lived experience of mental illness. Our CEO reports to the Board and is the lead for our National Management Team, which has strong lines of communication with staff.

In the Highlands we support people through a range of services, including

- Resource Centres providing group-based recovery and self-management work
- Outreach services for more intensive, one-to-one support toward recovery
- Carers Support services
- Psycho-educational services
- Services for Young People
- Services for people subject to Compulsory Treatment Orders
- The Mental Health and Money Advice Service (in collaboration with our partners in Mental Health UK and Lloyds Banking Group).

We are lead partner in the Highlands for the Scottish Government's Distress Brief Intervention programme.

Our key core value is that everything we do based on the experience of the people we support. This means adhering to evidence-based practice and ensuring that those whom we support inform what we do. We take a rights-based approach which means that people are in control of the decisions that affect them, as far as is possible.

In 2019 SiMS became a winner of the GSK/King's Fund IMPACT Award.

**MONDAY 12<sup>TH</sup> AUGUST 2019**

|       |               |   |                        |
|-------|---------------|---|------------------------|
| 09.30 | Registration  | Poster Viewing and Exhibitions  | <b>Atrium</b>          |
| 10.00 | Welcome       | <b>Prof. Sandra MacRury</b><br>UHI Division of Rural Health and Wellbeing and the Scottish Rural Health Partnership   | <b>Lecture Theatre</b> |
| 10.15 | Key Note      | <b>Partnership not working in isolation is the key to implementing service at scale.</b><br>Chris Wright, Service Development Manager, NHS 24   |                        |
| 10.45 |               | <b>International Collaboration for Rural Mental Health</b><br>Dr Alan Rasmussen, Texas A&M University – Kingsville<br>Michael Rayner, Dean of Research, UHI.  |                        |
| 10.55 | Plenary (1)   | <b>Launch of the Global Collaborative for Rural Mental Health</b><br>Dr. Sarah-Anne Munoz, UHI and Dr. Steve F. Bain, Texas A&M University-Kingsville   |                        |
| 11.15 | Break         |   |                        |
| 11.30 | Plenary (2)   | <b>International Perspectives on Rural Mental Health</b><br>Scotland – Frances Simpson, Support In Mind Scotland<br>Australia – Prof. David Perkins, Centre for Rural and Remote Mental Health (VC)<br>USA – Dr. Steve Bain, Texas A&M University-Kingsville  | <b>Lecture Theatre</b> |
| 12.30 | Lunch         | Poster Viewing and Exhibition   | <b>Atrium</b>          |
| 13.30 | Breakouts (1) | <b>A) Rural Mental Health and Digital Technologies (workshop)</b><br>Lead by: Dr. Mark Grindle, Senior Lecturer in Digital Health, UHI<br>Mark reports back on the status of Wildlife – A case study in the use of an innovative digital narrative approach to improving mental health in adolescents that is taking place in rural locations in 3 lower middle income countries. Mark has used his Digital Narrative Transformation Framework to engage and motivate participants of all ages across a range of health outcomes. This interactive session involves you in the process of storytelling and shows how engaging with nature, biodiversity and sustainability narratives may impact adolescents' positive mental health and wellbeing. |                        |

|              |                 |   |                        |
|--------------|-----------------|---|------------------------|
|              |                 | <p><b>B) Learning from Lived Experience (Panel Session)</b><br/> Chair: Frances Simpson, Support in Mind Scotland<br/> Focusing on the importance of putting lived experience at the heart of addressing challenges in our communities</p> <p><b>C) Mental Health and Wellbeing in the Rural Workforce (Paper Session)</b><br/> Chair: Prof. George Gunn, SRUC</p> <ol style="list-style-type: none"> <li>1. Dr. Robert Villa, Texas A&amp;M University-Kingsville. Rurality: Social Forces and Mental Health.</li> <li>2. Dr. Kate Stephen, SRUC. The Impacts of Disease Outbreak in Beef Cattle on the Mental Wellbeing of Livestock Farmers and Connectedness in the Farming Community.</li> <li>3. Andrew Smithsimmons &amp; Dr Alison Robertson, Internet-enabled psychological therapies: Reaching new populations to change isolation into connection</li> <li>4. Dr. Shirley Evans, University of Worcester. The UK Meeting Centre Support Programme: Supporting People Affected by Dementia</li> </ol> |                        |
| 15.30        | Break           | <p>Tea and Coffee</p> <p>Poster Viewing and Exhibition<br/> Please <b>return</b> Poster Voting slips.</p>   | <b>Atrium</b>          |
| 16.00        | Plenary (3)     | <p><b>Isolation and Loneliness</b><br/> Mark O'Donnell, Chief Executive of Royal Blind and Scottish War Blinded</p>   | <b>Lecture Theatre</b> |
| 16.30        | Closing Remarks | <p><b>Prof. Sandra MacRury</b><br/> UHI Division of Rural Health and Wellbeing and the Scottish Rural Health Partnership</p>  | <b>Lecture Theatre</b> |
| 16.45 - 1830 | Reception       | <p><b>Drinks reception and award for best poster</b></p> <p>Option to join Velocity for a short bike ride within Inverness Campus (places limited)</p>  | <b>Atrium</b>          |



**TUESDAY 13<sup>TH</sup> AUGUST 2019**

|       |               |  |                        |
|-------|---------------|--|------------------------|
| 09.30 | Registration  | Poster Viewing and Exhibition  | <b>Atrium</b>          |
| 10.00 | Welcome       | <b>Dr. Sarah-Anne Munoz</b><br>Reader in Rural Health and Wellbeing, UHI   | <b>Lecture Theatre</b> |
| 10.15 | Plenary (4)   | <b>Creativity, Community and Dementia Care in Rural Areas of Highlands (Scotland) and Kyushu (Japan)</b><br>Karrie Marshall, Creativity in Care CIC  |                        |
| 10.45 | Breakouts (2) | <p><b>D) Rural Mental Health Research and Scholarship</b><br/>Chaired by Dr Steve Bain, Texas A&amp;M University</p> <ol style="list-style-type: none"> <li>1. Dr. Kelly Hall, Texas A&amp;M University-Kingsville. The Delphi Method: Engaging Rural Community Members in Mental Health.</li> <li>2. Dr. Shad Nelson, Texas A&amp;M University-Kingsville. Improving Mental Health through Horticultural Therapy.</li> <li>3. Dr. Roberto Torres, Texas A&amp;M University-Kingsville. Caring and Advocating for Diverse Students: Discussion of the Knowledge Base that Professionals Need for Stewardship</li> <li>4. Dr. Kristopher Garza, Corpus Christi Independent School District Students Support. Engaging Rural Schools for Mental Health Service Deliverables.</li> </ol> <p><b>E) Community-led Initiatives for Rural Mental Health and Wellbeing (paper session)</b><br/>Chaired by Dr. Anna Terje, University of the Highlands and Islands</p> <ol style="list-style-type: none"> <li>1. Joanne McCoy, LGOWIT Highland, Community Led Cooperative Design, Delivery and Evaluation of Conditions Self-Management Interventions in Rural Areas.</li> <li>2. Judith James-Davis, Lochaber Hope. Suicide and Social Isolation Prevention in Lochaber.</li> <li>3. Ann McDonald, HSCN. Building Age Friendly Communities in Highland.</li> </ol> |                        |

|       |             |  |                        |
|-------|-------------|--|------------------------|
|       |             | 4. Louise Christie, Scottish Recovery Network.<br>Making Recovery Real in Moray.   |                        |
| 12.45 | Lunch       | Poster Viewing and Exhibition  | <b>Atrium</b>          |
| 13.45 | Plenary (5) | <b>Social isolation and technological approaches in Scottish islands: Western Isles and Shetland</b><br><br>Martin Malcolm, NHS Western Isles; Alan Murdoch, Mental Health Services Manager, NHS Shetland; Dr. Louise McCabe, University of Stirling | <b>Lecture Theatre</b> |
| 14.15 | Close       | <b>Dr. Sarah-Anne Munoz</b><br>Reader in Rural Health and Wellbeing, UHI   |                        |

|                     |                     |   |                        |
|---------------------|---------------------|---|------------------------|
| 14.15<br>–<br>15.15 | Additional Workshop | <b>Counselling young people in rural Schools: A Strategic Approach</b><br>Dr. Steve Bain Texas A&M University & Dr Kristopher Garza, Texas A&M University.<br><br>The presenters will seek to review the latest data associated with providing the latest data associated with mental health services to rural schoolchildren. Participants will learn the significance of collaborative arrangements with the school administration, mental health professionals, and community resources as well as how to initiate those cooperative agreements. Participants will also review a variety of evidence-based behavioural, therapeutic, and crisis-related interventions related to young people. | <b>Lecture Theatre</b> |
|---------------------|---------------------|---|------------------------|

## **SAVE THE DATE**

2<sup>ND</sup> Biennial International Collaboration Conference on Rural Mental Health  
**2-3 February 2021**

Texas A&M University Kingsville

## **Biographies**

### **Prof Sandra MacRury MBChB, MD, FRCP**

Prof MacRury is Head of School of Health, Social Care and Life Sciences and Chair of Clinical Diabetes at the University of the Highlands and Islands (UHI) based at the Centre for Health Science, Inverness. She established the Division of Rural Health and Wellbeing within the Institute of Health Research and Innovation at UHI and until moving to her current role within the School of Health was the Head of Rural Health and Wellbeing leading the growing multidisciplinary research team comprising social scientists, human geographers, health psychologists, academics in digital health and post graduate students. She is the academic lead and currently chairs the Executive Committee for the Scottish Rural Health Partnership which is hosted by UHI.

Prof MacRury is also a Consultant Diabetologist and Endocrinologist at Raigmore Hospital in Inverness. Her interests cross the themes of rurality, digital health and diabetes and span development and evaluation of rural healthcare service delivery, remote monitoring and management of diabetes; online education and the role of technology to enable physical activity.

### **Chris Wright – Service Development Manager**

Chris has been working in the NHS in Scotland for over 15 years. His work has focused on the implementation, design and development of unique services and systems. During this time, Chris has been responsible for a number of initiatives and developments in the field of digital mental health. For the past 5 years, he has worked in NHS 24 as the national implementation lead for digital mental health has been responsible for the national deployment of cCBT across all territorial areas of Scotland.

### **Dr G. Allen Rasmussem, Associate Vice President for Research and Graduate Studies, Texas A&M University-Kingsville**

He received his Bachelor's and Master's degrees from Texas A&M University in College Station and his Ph.D. in Range Science at Texas Tech University. He currently serves as the Provost and Vice President for Academic Affairs at Texas A&M University in Kingsville, Texas. Previously he served as the dean of the Dick and Mary Lewis Kleberg College of Agriculture, Natural Resources and Human Sciences at TAMUK. He has spent the last seventeen years at Texas A&M University-Kingsville, which is located in a rural area of south Texas. Over the last three years, he has helped direct education and research initiatives to focus on rural communities in education, health care, and natural resources.

Dr. Rasmussem's research work has focused on helping people understand how to manage natural resources. This ranged from fire ecology to the technical applications of resource monitoring to mediating environmental conflicts in rural communities. His international experience has encompassed Ethiopia, Morocco, Jordan, Israel, Australia, India, China, Mexico, Canada, and the United Kingdom. Administratively, he has been a strong advocate and supporter of the research collaboration initiative between TAMUK and the University of the Highlands and Islands in the area of rural mental health.

### **Michael Rayner – Dean of Research, University of the Highlands and Islands**

**Michael Rayner** was appointed as Dean of Research in August 2010. His role provides broad-based guidance, support and leadership for the development and extension of research excellence and culture. He is responsible for all aspects of planning and delivery of the university's engagement with the UK-wide Research Excellence Framework (REF). In addition, Michael is responsible for the Graduate School and the associated infrastructure to support the university's research students and their supervisory teams. This role also extends to the provision of support for development of early career researchers.

He has held a number of roles in higher education, most recently at the University of Strathclyde where he was Head of the University Management Committee office for a number of years, and also led the university's engagement with the 2001 and 2008 Research Assessment Exercises (precursor to the REF). From 2008 to 2009 he was seconded as Assistant Director of Research Policy and Strategy at the Scottish Funding Council, with a particular focus on the council's flagship 'research pooling' initiative. He has also worked at the University of Edinburgh. Before entering higher education, Michael spent time as a marketing manager in the steel industry, a civil servant, and as a church minister in the USA.

Michael acts as Chair of the Scottish-based REF managers' group, involving all of Scotland's universities and higher education Institutions, on behalf of Universities Scotland, and has previously been involved in both national and international policy development roles, including representing Scottish (and broader UK) interests as part of the Bologna Process of European higher education reform (Doctoral Programmes Project). He is also Chair of Universities Scotland's research training subcommittee.

He holds degrees from the University of St Andrews and Princeton Theological Seminary.

### **Dr Sarah-Anne Munoz, Acting Head of Rural Health and Wellbeing, University of the Highlands and Islands**

Dr. Sarah-Anne Munoz is a Health Geographer and Reader in Rural Health and Wellbeing. She is based at the *University of the Highlands and Islands* in Inverness, where she leads a team of researchers within the *Division of Rural Health and Wellbeing* (where she is currently interim Head of Division). Sarah-Anne has particular expertise in qualitative, participatory and action research as well as health services evaluation. She has been active within the rural health and health geography fields since 2007.

Although generally interested in the relationships between health and place, Sarah-Anne's particular research interests are in the areas of community engagement and co-production; community-led health and wellbeing promoting initiatives; social prescribing; social enterprise and health; rural mental health and interactions between nature/landscape and wellbeing.

She has published in some of the top ranking journals in her field, such as *Health and Place* and *Social Science and Medicine*. Sarah-Anne was co-editor of one of the first books on social enterprise and health (*Community Co-Production: Social Enterprise in Remote and Rural Communities*) and is currently co-editing a forthcoming volume on *Mental Health and Wellbeing in Rural Regions*.

She has extensive research experience, having attracted funding as principal investigator from organisations such as Scotland's *Digital Health and Care Institute*, *NHS Highland*, the *Robertson's Trust* and the *Arts and Humanities Research Council*.

Sarah-Anne is also an advocate of the benefits of international collaboration and comparative research. She collaborates, in particular, with colleagues in Australia and the USA.

### **Dr Steve F. Bain, Associate Professor, Texas A&M University-Kingsville**

Dr Steve Bain is a Licensed Professional Counselor Supervisor and a National Certified Counselor in the United States. He received his Bachelor of Science degree from the University of North Alabama, his Master of Science degree from the University of Memphis, Tennessee, and his Doctor of Ministry degree in counseling from Luther Rice Seminary/College in Lithonia, Georgia. He currently serves as the interim Dean of the College of Education and Human Performance at TAMUK and recently was promoted to the rank of full professor.

Dr. Bain's research interests include rural mental health counseling, graduate student success, and self-injurers. He is a motivational speaker and works with rural communities and schools as an advocate for and provider of mental health services to underserved populations. Since 2016, Dr. Bain and Dr. Sarah-Anne Munoz (UHI) have collaborated extensively regarding global perspectives of rural mental health. Their research has been presented both in the United States and in Scotland. They are in the process of publishing the first book of its kind on global collaborations regarding mental health and wellbeing in rural regions. Dr. Bain is proud to trace his ancestral roots to the Highlands of Scotland

**Frances Simpson, CEO, Support in Mind Scotland**

Frances has been with Support in Mind Scotland since 2012 having been previously self-employed as a Business Coach and Consultant supporting individuals and organisations to grow and develop.

Frances has been in the voluntary sector for 28 years, and previous roles include Scottish Development Manager with Samaritans in Scotland which was the first paid staff post outside of London, and Manager of Dundee Carers Centre, a post which she held for almost 10 years. Outside of work Frances is a keen (but very amateur) runner, making the most of the beautiful Angus countryside where she lives with her husband, Pete.

**Prof. David Perkins, Centre for Rural and Remote Mental Health**

Professor David Perkins is the Director and Professor of Rural Health Research at the University of Newcastle's [Centre for Rural and Remote Mental Health](#), based in Orange, New South Wales. He has extensive research experience in Mental Health Services, Rural Suicide Prevention, Public Health, Rural Health and Primary Health Care. David's career spans senior management and health service research roles in both the United Kingdom and Australia.

David is a Co-Coordinator of the [International Foundation for Integrated Care Australia](#) and Board Member of the [International Foundation for Integrated Care](#). He is also an Editorial Board Member for the [International Journal of Integrated care](#). David has researched questions of integrated care in Australia for 20 years, publishing many peer reviewed articles in the field.

**Mark O'Donnell, Chief Executive of Royal Blind and Scottish War Blinded**

Mark took up the post of Chief Executive in June 2017, joining from Chest Heart and Stroke Scotland, where he was also Chief Executive.

He was previously a Deputy Director in Scottish Government working on health and social care policy and planning areas, including long-term health conditions and quality and safety issues. He has also held Director-level positions in two other health charities in Scotland.

Prior to joining the Scottish Government, he was Head of Planning and Performance at the Scottish Ambulance Service.

Mark has held a number of voluntary and Trustee positions over the years, including being a member of the inaugural Scottish Advisory Board of Marie Curie Cancer Care, a Trustee of the Scottish Council for Voluntary Organisations and Chair of Liberton Primary School Association.

Mark has a first Degree in Politics and a postgraduate degree in Social and Public Policy, both from the University of Edinburgh.

### **Karrie Marshall - Creativity in Care CIC**

Karrie Marshall: Published author and founder of Creativity In Care community interest company (Highlands). Karrie's career began in nursing and care management in Hertfordshire. She lectured in health & social care for ten years, developing teaching materials for registered care managers, whilst also supporting people living with long-term conditions including dementia, and people in mental health recovery, using her creative and mindful model of connection. Creative interventions include puppetry, visual arts and performance. Karrie delivers creative learning programmes for families and individuals living with dementia (Highlands). She does creative care consultancy work with staff courses (UK) and talks in Canada, Japan and Sweden

### **Martin Malcolm, NHS Western Isles;**

An experienced Public Health Specialist working in NHS Western Isles as Head of Public Health Intelligence leading a team of data analysts and project staff in the application of a range of skills in quantitative research techniques, health informatics and epidemiology.

Specialising in researching the area of loneliness and social isolation and their health impacts. A believer in applying research to testing innovative solutions to these social challenges. Leader and collaborator on a number of transnational projects seeking innovative solutions to social Isolation particularly in remote and rural contexts. Masters in Population Health with Distinction from Manchester University. Ongoing PhD doctorate at University of Stirling in loneliness and Social isolation associations and causal pathways with ill health among older adults. Ongoing Churchill Fellowship Study to Canada (2017) and New Zealand (2020) researching Innovative solutions to tackling Social Isolation And Loneliness In Rural Communities.

### **Louise McCabe**

My career in the dementia field started through my work as a care worker in residential care homes for people with dementia in Scotland in 1996. I went on from there to join the dementia research team at the University of Stirling in 2000 and have remained as an academic member of staff within the Faculty of Social Sciences since then. As senior lecturer in Dementia Studies I take a leading role in teaching on the MSc in Dementia Studies. I am also involved in a range of research projects engaging with the lives and experiences of people with dementia and their carers. My research interests lie within the fields of dementia studies and gerontology and focus on improving the lives of people with dementia and their carers through research that engages directly with individuals. My research includes user-focused evaluations and cross-national studies of dementia care services in Europe and India. My research mainly utilises participatory, qualitative methods to engage with the experiences and views of people with dementia and their carers. My overarching interest is in how individuals, families, technology and services work together to support people to live well with dementia in different regions and cultural contexts.

## **POSTERS**

All delegates are encouraged to vote using the slip within your registration pack. Please post your voting slip at event registration by 1600 hours on day one.

Best poster prize shall be given at drinks reception at the end of day 1.

## **EXHIBITORS**

Along with our sponsor we have a number of exhibitors who will be available to discuss their work during the catering breaks. The exhibitors shall be in the Atrium on the ground floor. Please take the opportunity to browse the exhibits.

**FILMING AND PHOTOGRAPHY** will be captured at the event and may be used on the SRHP website and in future Conference event material. Any delegate not wishing to be photographed or filmed please inform a member of staff at registration if you have not already done so.

## **GETTING AROUND**

The Lecture Theatre and all the breakout spaces shall be on the second floor, with the catering and exhibition on the ground floor.

## **WIFI Access**

### **Sky hotspot**

There is a WiFi guest service that is available to connect to for guests, this service is hosted by Sky ([more info](#)).

Click **Start\_WiFi\_here** SSID to connect to our guest Wi-Fi service.

### **Eduroam**

The 'eduroam' service allows University staff and students to use Wi-Fi services at thousands of participating sites worldwide. This service provides the fastest and most stable connectivity on our campuses.

If you have access to eduroam, please use this option as this provides the fastest Wi-Fi experience for staff and students.

## **Reduce Reuse Recycle**

**Reduce** – Choose to walk, cycle or take public transport rather than using a car to and from the venue.

**Reuse** – we would like to ask you to return your conference badge to the registration desk on your departure for reuse at a future event. Also if you don't think you will have use for the plastic conference pack, then please leave this also.

**Recycle** – we would appreciate if you would use the appropriate recycle facilities on campus for any items.

**NOTES:**