



WORK'S MENTAL

Prioritising Mental Health at Work

10th October 2017

WORLD MENTAL HEALTH DAY

Your Speakers:



Zoe Taylor, HR Director at BAe Systems, is unfortunately no longer able to join us. We are delighted that Claire Walsh is able to step in...

Claire Walsh

**Occupational Health & Wellbeing
Naval Ships**

BAE SYSTEMS
INSPIRED WORK

Claire Walsh is a Chartered Member of IOSH and Member of the Institute of Risk & Safety Management. She has been a Health and Safety Practitioner for over 20 years, working in diverse fields such as heavy and light engineering, local authority, the 3rd sector and most recently, Robertson Group. Claire is the Head of Occupational Health and Wellbeing for BAE Systems – Naval Ships, with responsibility for developing and implementing a world class health and wellbeing strategy for its 4000 employees. In a field that often shouts SAFETY! whilst whispering health, Claire is relishing the opportunity of this new post within Naval Ships.

Claire has been involved in the Safety Groups movement in Scotland for many years, and was on the working group for the award winning HSE/SCHWL/RoSPA/SCOS “Health Risks at Work – Do you Know yours?” toolkit. (LINK). She’s currently involved in a BOHS steering group, developing the Breathe Freely (LINK) campaign in the manufacturing sector. In her free time, Claire enjoys dancing in the dark with glow sticks, and is an advanced scuba diver (although only practices in warmer climes).



Professor Frank Pollick



Dr Helena Paterson



University
of Glasgow

Frank is a professor of psychology at the University of Glasgow. He received his PhD in Cognitive Sciences from The University of California, Irvine and then worked in Kyoto at the Advanced Telecommunication Research Institute (ATR) before coming to the University of Glasgow. His research interests include social cognition and social neuroscience. He has studied how expertise in CCTV operators leads to differences in the brain mechanisms used in judging harmful intent and how these changes might lead to differences in empathic response. He is interested in mental health in the workplace and particularly how technology and the design of human computer interaction might be used to reduce stress in psychologically demanding tasks.

Helena is a lecturer at the University of Glasgow with a research interest in Social Psychology as it applies to Health and Development. In recent projects she has worked on the People Living with HIV Stigma Survey UK and on evaluating the Headtorch WORKS dramatic e-learning programme designed to improve mental health and wellbeing at work.



Vanda Thomas

**Equality, Diversity & Inclusion
Manager**

General Pharmaceutical Council

Vanda Thomas is the Equality, Diversity and Inclusion Manager for the General Pharmaceutical Council (GPhC). The GPhC is the regulator for pharmacists, pharmacy technicians and pharmacies in Great Britain. Its role is to protect the public by registering competent professionals and by regulating retail pharmacies and a small number of hospital pharmacies.

Vanda's role includes: supporting the GPhC in its commitment to and promotion of equality diversity and inclusion; ensuring that the organisation adheres to the equality duties under the Act and helping to make the GPhC a more inclusive workplace by taking a broad view of equality through using our regulatory role; particularly in the development of Standards and Codes.

Previously Vanda had a number of 'people-focussed' roles as an Assistant Director for a number of NHS Trusts in Outer North East London; roles that covered NHS complaint handling, Patient Advice and Liaison Services, community partnerships funding, Expert Patients Programme, community and voluntary sector liaison and patient and public involvement and as an NHS complaints professional having formerly worked as an investigating officer for the Health Service Ombudsman.

Vanda is currently a voluntary Chair, Director and Trustee of a local Healthwatch, an independent charitable organisation which employs its own staff and involves volunteers, as an influential and effective voice of the public. The aim of Healthwatch is to give citizens and communities a stronger voice to influence and challenge how NHS health and social care services are provided within the locality.



Laura Gibson
Wellbeing Sergeant



Following a short career as a primary school teacher, Laura joined Lothian and Borders Police in 2000. She spent her first 5 years in operational policing in Edinburgh city centre before moving to CID, where she spent some time in divisional CID, FPU and the Housbreaking team.

Laura was promoted to Sergeant in 2007, and took up a post as a trainer in Probationer Training Division at the Scottish Police College, Tulliallan. She did this for 18 months before developing her skills within the staff office supporting the Director of the college.

Upon joining the Equality and Diversity department in 2012, Laura took on the Mental Health, Disability and Age portfolio and it is here that she further developed her interest, experience and passion in mental health, distress and suicide prevention.

More recently, Laura was able to combine her teaching skills with her experience in mental health and was heavily involved in the development and delivery of the mental health and suicide prevention e-learning and classroom based training.

Laura now works in the Health and Wellbeing Department where she enjoys a varied and challenging role, using her skills and personal experience to support, what she believes, is the most important and valuable asset of the organisation – it's people.



Coretta Barry
Director



Sharon Beattie
Chartered Psychologist



Coretta is a Chartered Occupational Psychologist and Associate Fellow of the British Psychological Society. With over 20 years of experience, Coretta has worked with senior leaders, teams and individuals in an impressive range of organisations.

Coretta started her career at Frost Rowley, helping companies such as Microsoft, Royal Bank of Scotland and Elsevier Science develop organisational resilience. She then spent many years with consultancy SHL as a senior psychologist working with a wide range of FTSE 100 companies. Initially her work focussed on designing psychometrics and assessment methodologies to help organisation to measure, recruit and develop staff. Coretta then worked in a number of in-house roles and on long-term assignments, specialising in organisational culture, development and change.

In 2005 Coretta founded Patten Consulting, working closely with a wide range of organisations including UBS, Inchcape, Amnesty International, BSkyB, Macmillan, Nestle, Police Service of Northern Ireland, University of Glasgow, and Sellafield Ltd. Individual well-being and organisational resilience are fundamental to Coretta's approach when working with organisations, teams and individuals on development and change at work.

Sharon is a Chartered Psychologist, Associate Fellow and Chartered Scientist with the British Psychological Society (BPS), member of the special groups in Coaching Psychology, Psychology and Social Care and Psychotherapy.

Sharon is an assessor for the BPS of psychologists-in-training, committee member for the BPS Northern Ireland Branch, a member of the BPS expert witness advisory group, a Practitioner Psychologist with the Health and Care Professions Council (HCPC) and specialist in the area of resilience.

She is currently completing a Doctorate focusing on the use of 'Emotional Freedom Techniques to increase emotional coping skills and resilience'. Sharon has worked in safeguarding (adults and children), was the Independent Chair of the Adult and Children's Safeguarding Board, Bury and uses her experience and training to work as an expert witness.

She was also the Director of the Children's Safeguarding Board, is a Trustee for the British Association for the Study and Prevention of Child Abuse and Neglect (BASPCAN) and a Director for the Middletown Autism Centre. She worked as a Police Psychologist for 12 years and previous to that for a psychological consultancy organisation (SHL)

Your Performers and Presenters:



Amy McDonald

Founder & CEO



Amy set up Headtorch with the aim of enabling others to improve mental health and wellbeing at work. After developing a successful live learning and development programme about mental health at work using live theatre, Amy focused on upscaling this.

Headtorch WORKS, a dramatic online learning programme is now developed. An original dramatic story engages participants to focus on attitude and behaviours and how these impact on other people's mental health and wellbeing at work. The programme was developed in collaboration with Professor Frank Pollick and his team at the School of

Psychology, University of Glasgow. Headtorch has now developed a number of other programmes for business including mental health strategy events for senior leaders.

Amy's background is in drama, education, business, mediation and coaching. When she's not working you can find her singing – sometimes in French(!), at yoga, climbing rocks, at the theatre, running through the parks or climbing mountains.



Angie Strachan

Poet

Poetry is a creative outlet that gives Angie the opportunity to keep well while living with a depressive illness. She uses her own life experiences and observations of the everyday in her performance poetry. Angie has delighted the delegates at every Work's Mental Conference with her wit and eloquence. Once again she wowed the delegates at the Headtorch/Minds@Work event: *This is my story, Scotland* in May. Since then she has gone on to deliver her poetry for RBS and to win a Slam Contest at the Tron Theatre. Angie vlogs regularly on the Headtorch site. She hopes that her poems inspire others to look after themselves at work and stay mentally healthy.



ACUMEN
Adult Drama Group
(part of RAMH)

RAMH 
recovery across mental health

The ACUMEN Drama Group not only gives us structure in our week but it provides a fantastic creative outlet - one that some of us didn't even know that we had! Drama is fun. It creates camaraderie and gives us permission to play. Some of us have struggled with mental health issues for a long time but at the drama group we laugh A LOT - what a gift that is.

The sessions give us confidence, getting up in front of your peers to perform takes guts but the more you do it, the better it gets. Now we do a lot of performing in public too, taking part in local events and the annual Scottish Mental Health Arts and Film Festival, raising awareness about mental health and breaking down the stigma. We think it's important to spread the word, no-one with mental health problems should be without support.

Being part of the group means we get just that, if anyone needs to talk, the rest of us are there to listen. This means we've built long-lasting friendships. The impact of taking part in the drama group on the rest of our lives is immeasurable. One of us even commented recently that it's given them their life back which has been important in their journey of recovery.

We're delighted to perform at the Work's Mental Conference for the second time and hope that you enjoy the messages that we bring.

