



## Workshop Choices

### **Busy Hands - Clear Minds ~ Fife's Cultural Prescription Service**

We all know and have heard about the role that cultural activity plays in enhancing our lives and our wellbeing. This workshop will give you the opportunity to find out about the great Fife Wellbeing Initiative – The Cultural Prescription. Join us to learn about the activities, the benefits and the importance of taking therapeutic time out for ourselves and of encouraging others to do the same. You will also get to try a creative activity out for yourself.

Michelle Sweeney, Partnership & Funding Development Manager, Fife Cultural Trust  
Karen Taylor, Partnership Development Officer, Fife Cultural Trust

### **Mindful Movement (Qi Gong)**

Mindful Movement (Qi Gong) is a new category of subtle and simple exercise which connects mind with body through co-ordination of breath with movement. It has been proven as a deeply compassionate way to work with yourself and is known to bring the body and mind into a state of relaxation and regeneration by eliciting the “Relaxation Response” and thereby reducing the effects of stress. This session will allow participants to carry out a set of movements under full instruction to gain the experience of a calm, clear mind which is relaxed yet fully present. For all ages and abilities (if unable to stand it can be carried out while sitting).

Marie Lamont Mindful Movement (Qi Gong) Facilitator

### **Nurturing mindful and compassionate care**

Whilst definitions of compassionate care have focused on being “conscious of others distress, suffering, and misfortune ... with a desire to alleviate it”, directing compassion to ourselves is also paramount. Developing an awareness of our own suffering, and meeting it with empathy, sensitivity, kindness and warmth can transform our relationships with ourselves and with others in our care and lives. This workshop offers a number of experiences which give an insight into mindfulness and compassionate care.

Dougie McPhail (Mindfulness Teacher) and Bill Paterson (Trainer and Life Coach, FEAT)

### **International Futures Forum's Kitbag for Families & Schools**

The Kitbag or ‘The Kindness Bag’ as the children who use it call it, is filled with useful tools to help children and families take time out. The Kitbag encourages genuine, caring and honest connections among users. Come along and explore the contents, how they are used and the impact that they are having in schools. Why not try it out for yourself?

Joanie Robins, Kitbag Co-ordinator, International Futures Forum

## **From the Boards to the Wards:**

Staff, patients, leadership and the organization – how is NHS Fife using research evidence to ensure a culture of compassion? This workshop will share some learning from Occupational and Clinical Psychologists and then allow participants to consider how we can each administer effectively the recommendations from Francis' Report on the Mid Staffordshire NHS Trust Inquiry. We will work in small groups, helping each other to identify strengths and needs for our own area or department, using a template.

Alison Robertson, Head of Learning Disability Psychology, NHS Fife

## **Humanising Healthcare: patterns of hope for a system under strain**

The workshop will explore the ideas and practice reported recently in a book called Humanising Healthcare: patterns of hope for a system under strain by Dr Margaret Hannah. Through a mix of presentation and conversation there will be an opportunity to look at how healthcare becomes more effective when we take care of the quality of relationships and look at examples of where this is happening in Fife, Scotland and around the world.

Dr Margaret Hannah, Deputy Director of Public Health, NHS Fife

## **What matters to you? : Personal Outcomes and Good Conversations**

This interactive workshop will provide an introduction to asset based approaches and conversational skills that support a personal outcomes way of working. Through these conversational and relational approaches, people become more aware of what they want, the strengths and abilities they already possess and the support networks and community supports around them. All of this comes together to increase their motivation and expectancy that they can realise their hopes and aspirations and thrive not just survive. Patients tell us it makes all the difference when staff work with them in this way and staff tell us that they too are re-energised and enjoy this way of working.

Alison Linyard, Personal Outcomes Programme Manager.

## **The 7 Habits of Highly Effective People**

This workshop is based on the proven principles found in Dr Stephen R. Covey's best-selling business book, the 7 Habits of Highly Effective People. The 7 Habits are powerful lessons in personal change. They are easy to understand but like all the best and simple models, can be a little more difficult to apply in practice. In the workshop we will focus on Habit 5: Seek First to Understand, Then to Be Understood. Habit 5 is based on the principles of respect, mutual understanding, empathy and courage.

“With people, fast is slow and slow is fast” (Stephen R. Covey)

Joleen McCool, Project Officer, Health Improvement

## **Mentalising and Supervision Skills**

The theories around projective identification and Mentalisation-Based Treatment (MBT) help us to understand why the supervisee is stuck. The workshop presenters will demonstrate a role-play to stimulate a dialogue around these issues. It will also give an understanding of how the Mentalising Supervision Group provides a reflective space for health professionals. It lessens the risk of burnout, helps us grapple with understanding our heart-sink patients and colleagues, and encourages intelligent kindness with one another.

Dr Maria Falzon , Consultant Psychiatrist in Fife, & MBT lead for Fife  
Staff Nurse Deborah Douglas, MBT practitioner in training  
Staff Nurse David Barclay, MBT practitioner

## **Forging a culture of compassion in a complex clinical environment**

This workshop will share the journey of a team who work with very complex individuals, highlighting challenges and successes of implementing a compassionate culture, as well as plans for the future. Participants will have the opportunity to ask questions about this journey and find out more about the different strategies being used to create this culture.

Fraser Ross, Acting Senior Charge Nurse, Lynebank Hospital  
Jayne Morgan, Charge Nurse, Lynebank Hospital

# Booking Form

**A Culture of Kindness  
Enabling Caring Connections**



**Tuesday 19 May 2015 @ Lochgelly Centre**

## Booking Form

<b>Name:</b>		
<b>Designation:</b>		
<b>Email:</b>		
<b>Telephone:</b>		
<b>Taster Sessions / Workshops</b>		
Workshops will run twice in the day. Participants will have choice of 2 sessions. (Please state 1 <sup>st</sup> and 2 <sup>nd</sup> choice)		
<b>Workshop 1</b>	<b>1<sup>st</sup> Choice</b>	<b>2<sup>nd</sup> Choice</b>
<b>Workshop 2</b>	<b>1<sup>st</sup> Choice</b>	<b>2<sup>nd</sup> Choice</b>
Do you have special / dietary requirements, if yes, please detail		

**Please return this form by email to: [theresa.rodigan1@nhs.net](mailto:theresa.rodigan1@nhs.net)**

Alternatively post it to:

**Theresa Rodigan, Personal Secretary**

**Patient Relations Department, Hayfield House, Hayfield Road, Kirkcaldy KY2 5AH**

**Please return this form by Friday 8 May 2015**

**Data Protection – Information gathered from this form will only be used for the administration of this event.**