

#WMTUS21

# What Matters to Us

## CONFERENCE

**30 APRIL 2021**  
*virtual event*

#WMTUS21

# PROGRAMME

10:00–11:00

**WELCOME AND KEYNOTES**

**DONALD MACASKILL  
KIANA KALANTAR-HORMOZI**

11:00–11:15

**BREAK**

11:15–12:00

**PARALLEL WORKSHOPS (1–4)**

12:00–12:30

**LUNCH**

12:30–13:15

**PARALLEL WORKSHOPS (5–8)**

13:15–13:30

**BREAK**

13:30–14:30

**KEYNOTES AND CLOSE**

**RYAN McCUAIG  
BRIAN COSTELLO**



# WHAT MATTERS TO US

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***What Matters to Us* is a national conference for students destined for a career in social care and early years, and for staff in these subject areas.**

This is our third annual conference, and first online, providing opportunities to hear from inspirational speakers and take part in workshops. The day will also provide a chance to reflect on our experiences of COVID-19, give ourselves credit for dealing with the challenges we have faced, and think about what we have learned.

The conference has an eye to the future, with key themes around person-centred and person-led care. This year there will also be a focus on human rights and working towards a Scotland where all can live with human dignity.

The day will provide inspiration from service users and carers on their hopes for the future of care and support, and contributions from a mix of researchers, practitioners and key sector representatives.

The conference is a partnership between Iriss, the Scottish Social Services Council, College Development Network (CDN), Early Years Scotland, the ALLIANCE, University of the West of Scotland and representatives from the college sector, including Dundee and Angus College, Ayrshire College and City of Glasgow College.

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**Julie Grace**, Vice Principal Curriculum and Attainment at Dundee and Angus College, will provide the welcome.

**Kerry Musselbrook** from Iriss will be your Chair for the day.

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10:00 - 11:00

# HUMAN RIGHTS IN SOCIAL CARE DURING A PANDEMIC

**DR DONALD MACASKILL**

CHIEF EXECUTIVE OFFICER, SCOTTISH CARE

Dr Donald Macaskill has been the CEO of Scottish Care since April 2016. Scottish Care is the membership body for organisations that provide care in care homes, home care and housing support across Scotland.

Prior to his current role, Dr Macaskill ran an equality and human rights consultancy for fourteen years. Previously he has worked in the fields of palliative and end of life care, learning disability and adult and childhood trauma. He serves on a number of Government committees and sits on a number of charitable boards.



 @DrDMacaskill

## SCOTTISH CARE

*Scottish Care represent the largest group of independent sector social care providers across Scotland, delivering residential care, nursing care, day care, care at home and housing support services. This includes private, not for profit and charitable organisations.*

*Scottish Care is committed to ensuring that the voice of those who access social care and those who provide services are at the heart of national debate. Their stated aim is to ensure that the highest quality care is available to all who need it.*

10:00 - 11:00

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# ADULT SOCIAL CARE IN SCOTLAND: REAL EXPERIENCES, CHALLENGES AND AN INNOVATIVE WAY FORWARD

**KIANA KALANTAR-HORMOZI**  
FILMMAKER

Kiana shares her experience of social care, highlighting the changes that she believes need to be made to the system and offering solutions for this. In her contribution to the Independent Review of Adult Social Care in Scotland, Kiana highlighted the challenges she has been faced with and called for higher pay for social care staff.



 @KianaKalantar

## BIOGRAPHY

*Kiana is a filmmaker, artist and activist. Her hip-hop protest film 'Tax on me' tackles the care tax in Scotland, highlighting double standards on human rights and the injustice of disabled people being charged for support to live their daily lives.*

*She has a BA (Hons) from the University of Stirling in Film and Media/Psychology, an MA in Film from the Screen Academy Scotland, and an LLB Law from the Open University.*

# THE POWER OF POSITIVE RELATIONSHIPS

## RYAN McCUAIG

CHAIR, WHO CARES? SCOTLAND

From the care system to a lawyer in training, Ryan McCuaig is a trainee solicitor, activist, motivational speaker and media commentator from Glasgow, Scotland.

Ryan was born and raised in Easterhouse, one of the UK's most deprived areas. After experiencing state intervention early in his childhood due to exposure to parental addiction, neglect, childhood trauma and poverty; Ryan overcame significant personal, financial and social barriers, including school exclusion, to graduate from the University of Strathclyde with a first-class law degree. He subsequently completed a post-graduate diploma at the University of Glasgow and is now a trainee solicitor, a profession which remains one of the most socially exclusive in the UK. Ryan currently chairs the board of a major charity and is a non-executive director of two other organisations, alongside his legal and media work. He has also previously worked in politics, insurance, at entry-level positions in large organisations, and has lectured in a college.

Now a regular face on BBC Scotland, Ryan McCuaig is often invited to comment on politics and social issues such as poverty, education, widening access and human rights.



 @Ryan\_McCuaig

## WHO CARES? SCOTLAND

*Who Cares? Scotland is a national voluntary organisation, working with care experienced young people and care leavers across Scotland.*

*The Who Cares? Scotland vision is a lifetime of equality, respect and love for care experienced people.*



13:30 - 14:30

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# BECOMING HEADSTRONG

**BRIAN COSTELLO**

COMPANY DIRECTOR, HEADSTRONG

In this short closing session, mental health expert Brian Costello of HeadStrong will take us through a powerful and positive experience where we connect back into the three key elements that makes us brilliant at what we do and who we are.



 @headstrongmind5

## HEADSTRONG

*Founded in 2007, HeadStrong's mission is to help people to be the best version of themselves. To achieve this goal they have developed a range of interventions that combine psychology, NLP, hypnosis, coaching, and personal empowerment techniques.*

# WORKSHOPS

## 01 RACE TALK: ENGAGING EARLY YEARS EDUCATORS IN CONVERSATION ABOUT RACE AND RACISM

This session rests upon the uncomfortable truth that racism exists in our society and in our settings. It is in the everyday! This platform will provide opportunities to engage in some critical discussions on how early years educators can develop a culturally responsive practice which acknowledges, nurtures and celebrates the diverse, racialized identities of children in early years settings.

**Workshop facilitated by:**

**KHADIJA MOHAMMED** — University of the West of Scotland

## 02 WHERE IS MY RIGHT TO THRIVE?

An interactive workshop led by people with lived experience of poverty. What are the key issues that trap people in poverty? How does this impact their health and well-being? How has covid disproportionately impacted people already trapped in poverty? This is an opportunity to hear from people with lived experience of poverty in Dundee, to explore some of the issues and their interconnectedness and begin to reflect on how this might impact engagement with your future workplace. Dundee Fighting for Fairness is an independent campaigning group that grew out of Dundee's Fairness Commission and is led by Community Commissioners, supported by Faith in Community Dundee.

**Workshop facilitated by:**

**TONY, SONJA, ETHEL** and **ANDREW** (Dundee Fighting for Fairness,) and **JACKY** (Faith in Community Dundee)

## 03 THE POWER OF STORIES

Humans of Scotland is a Health and Social Care Alliance Scotland (ALLIANCE) project that tells the stories of those who access care. In working on the Independent Review of Adult Social Care in Scotland we shared stories of people across the country who have experience of social care. In this workshop we will explore their stories and consider the power of storytelling in the context of a national review. We will discuss how personal accounts bring to life the wider themes of the topic of social care and how individual testimony is an essential element of the review.

**Workshop facilitated by:**

**ANGELA MILLAR** (ALLIANCE), and **MARION McARDLE** and **RICHARD TONER** (lived experience contributors, Independent Review of Adult Social Care)

## 04 MINDFULNESS: A PRACTICE FOR HUMAN RIGHTS AND SOCIAL JUSTICE?

Can mindfulness practice help students achieve educational success, and what's its role in closing the attainment gap, overcoming generational poverty and delivering social justice? We will explore this question while also experiencing a few moments of stillness and presence in the session. As a social scientist and mindfulness teacher Susan is fascinated by the potential for Mindfulness Based Interventions (MBI's) to contribute to Human Rights and equality for all. This includes the right to education. The Human Right Act 1998 states 'that no person shall be denied the right to education' and one of the UN's Sustainable Development Goals (No.17) is to 'ensure inclusive and equitable quality education and promote lifelong learning opportunities for all'.

**Workshop facilitated by:**

**SUSAN MCAVOY** — Dundee & Angus College

## **05** CREATIVE PRACTICES AND VISITING RESTRICTIONS TO OLDER PEOPLE'S CARE HOME: STAFF EXPERIENCES DURING COVID-19

Come to this session, to hear some of the findings from a research project carried out during the first COVID-19 lockdown, between May-October 2020. The study not only evidenced the loss and distress experienced by family carers, but also the changing roles that care home staff played in supporting residents in life, and in death, when family members were unable to be there. It highlights the creative and relationship-based practices that have made a positive difference, and the role of digital technology. Come along to reflect on what's been learnt, and think about what we can take from these experiences into the future.

**Workshop facilitated by:**

**JO HOCKEY** — University of Edinburgh

## **06** SUPPORTING CHILDREN AFFECTED BY PARENTAL IMPRISONMENT

Imprisonment can create significant challenges for young children and family members left on the outside. These issues often remain hidden as family members can feel isolated and unaware of who they can turn to for support. Equally, early years practitioners may be unaware of children and families who are affected. This workshop will support an understanding of the issues families may face, how young children may be impacted and how early years practitioners can reach out and support them accordingly. It will increase your knowledge and understanding of a pathway that you may not have considered while providing an insight into the diverse and invaluable work undertaken by Early Years Scotland in some of Scotland's Prisons.

**Workshop facilitated by:**

**MICHELE DOULL & TRACEY THOMPSON** — Early Years Scotland

## **07** QUALITY ASSURANCE MATTERS IN HEALTH AND SOCIAL CARE

An introduction to improvement within organisations and the role that all staff have in improving person-centred service provision. The workshop will provide an overview of the new SSSC resource on quality improvement. Students and staff from the University of the West of Scotland will present their work in the development of a resource to signpost people with additional support needs to local community social activities during the COVID-19 pandemic. An overview of a community project to reduce social isolation and support mental health will be provided as well as how an introduction of a Complementary Therapy service within a care home for people with dementia improved care provision.

**Workshop facilitated by:**

**JOHN YELLOWLEES** (SSSC), **ELAINE GIFFORD**, **BRYAN MITCHELL**, **JANINE GRIER MATHERS**, **FIONA THORBURN** and **AYSHEA WATSON**

## **08** DIGITAL INTELLIGENT KINDNESS

This workshop is based on the principles of 'Intelligent Kindness' – the importance of person-centred care, self-care and active listening across all roles and sectors. Tommy's talk will take you on a personal journey; from his experience becoming a full-time carer overnight for his mum Joan, to the obstacles and challenges they faced in isolation to the interactions they had throughout their caring journey that made a difference to their health and wellbeing. Taking the key messages from the ALLIANCE (the 'You Can Make A Difference' campaign, the 'What Matters To You?', Intelligent Kindness movement's, civility saves lives and Chief Nursing Officer vision), this session will empower individuals across all roles and sectors to reflect on how they can and do make a difference through your work and practice.

**Workshop facilitated by:**

**TOMMY WHITELAW** — Carer Voices, the ALLIANCE

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