

ALLIANCE Annual Conference Report

vision

Reimagining the future
of health and care

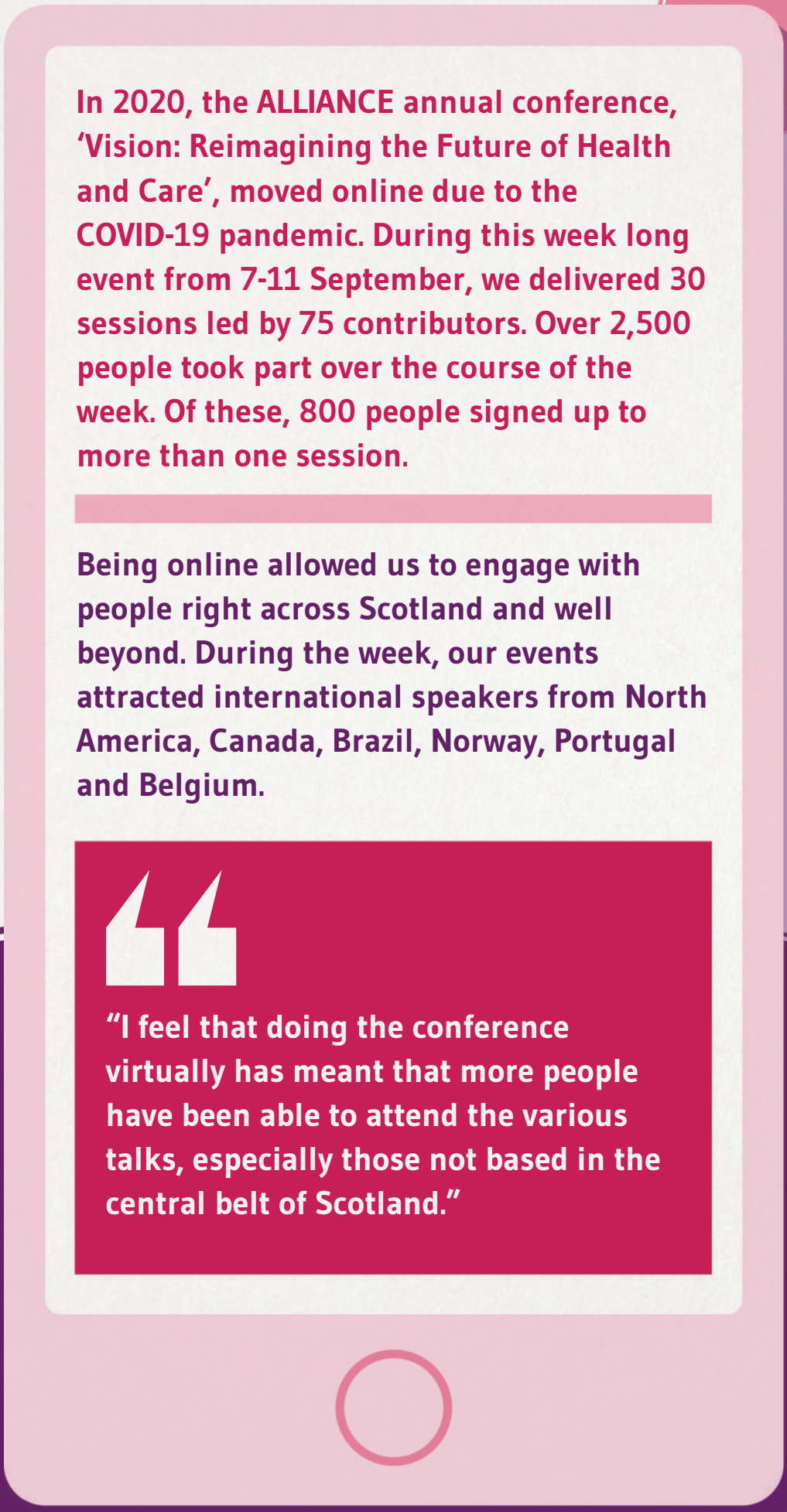
7 – 11 September 2020



#ALLIANCEConf20



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre



In 2020, the ALLIANCE annual conference, 'Vision: Reimagining the Future of Health and Care', moved online due to the COVID-19 pandemic. During this week long event from 7-11 September, we delivered 30 sessions led by 75 contributors. Over 2,500 people took part over the course of the week. Of these, 800 people signed up to more than one session.

Being online allowed us to engage with people right across Scotland and well beyond. During the week, our events attracted international speakers from North America, Canada, Brazil, Norway, Portugal and Belgium.



"I feel that doing the conference virtually has meant that more people have been able to attend the various talks, especially those not based in the central belt of Scotland."

There was a diverse programme over the week including debates on topical issues, interviews with key decision makers, workshops, wellbeing sessions like yoga and a guided walk, a quiz and film screenings. The conference ended with a live singalong with the talented Skin from Scottish band Hipsway.

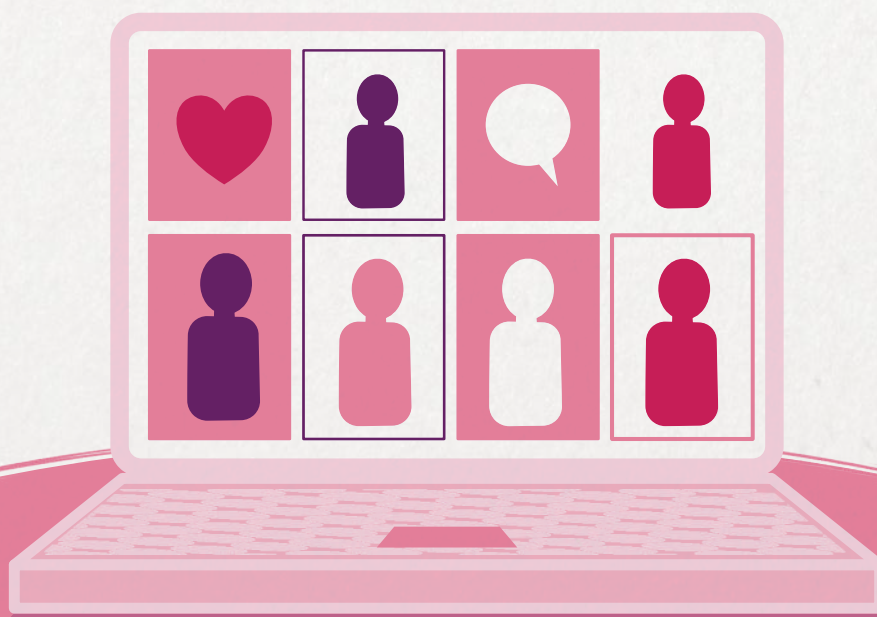


"Every session I attended was well worth my time investment. Each and every specific session was well focused and useful."

The ALLIANCE is committed to making events as accessible as possible and this year we delivered many sessions with live BSL/English interpretation and electronic note-takers. We are grateful to [deafscotland](#), a leading third sector organisation for the deaf sector in Scotland, for their support.



"Great to see accessible formats happening. Well done to all involved, thank you."



Contents

Introduction	1
Interviews with key decision makers	2
Panel discussions	4
Workshops	11
Information sessions	17
Film screenings	19
Wellbeing sessions	21
Walking podcast	22
Closing sing-a-long	23
Conference agenda	25
About the ALLIANCE	27

Introduction

People living with long term conditions, disabled people and unpaid carers have been impacted disproportionately by the pandemic. This is in terms both of the risk of developing complications from contracting COVID-19, and how people have been hit harder by the wider mitigation measures that have been taken to try and control the virus.

Many third sector organisations are also facing a 'perfect storm' of significant losses of fundraising income, at the very time they face unprecedented levels of demand for their support and services.

Some key themes throughout the conference programme included:

Reflection – what has the pandemic told us about society's attitudes towards people living with long term conditions, disabled people and unpaid carers – and those who work for and with them?

Recovery – what role does the third sector play in supporting Scotland's strategic response to and recovery from the pandemic?

Reimagining – what has worked well during this period that we want to incorporate in to our approach to health and social care in the future? How do we make sure the principles that are close to our heart (co-production, human rights, self management, prevention, asset based approaches) are not lost as we move to any so-called 'new normal'?

The ALLIANCE's Chief Executive, Professor Ian Welsh OBE, and Chair, Ruth Dorman (Chief Executive of the Glasgow Credit Union), welcomed everyone during the opening session and provided an introduction to this year's theme – 'Reimagining the future of health and care' – offering an insight into what participants could expect from the ALLIANCE's first ever online annual conference.

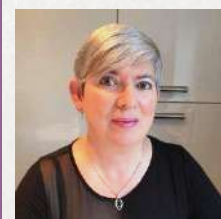
[You can watch the conference introduction on the ALLIANCE's YouTube channel](#)



"It was an excellent conference and I learned a great deal. Highlighted the importance of the ALLIANCE, the fantastic work the ALLIANCE does and for us all to work together to advance health and social care across Scotland."



Ian Welsh



Ruth Dorman



Interviews with key decision makers in health and social care

A vision for the future - in conversation with Scotland's Cabinet Secretary for Health and Sport

Cabinet Secretary for Health and Sport, Jeane Freeman MSP was interviewed by Pennie Taylor, health journalist, addressing ALLIANCE members on the Scottish Government's vision for health and care.

Not surprisingly, the Cabinet Secretary's answers to ALLIANCE members' questions addressed a wide range of issues associated with COVID-19, including the challenge of remobilising services that had been disrupted as a result of the pandemic.

The Cabinet Secretary outlined plans for a phased approach to restarting services that will be prioritised on a clinical basis, but took the opportunity to stress that unfortunately "we will not see the NHS start in October the way we left it last December - that is not possible because we are still fighting this virus".

She affirmed that working together with the third sector and other partners will continue to be key to Scotland's response: **"What we saw in the early phase of the pandemic was a sense of common purpose, which really made a huge difference. I want us to try to hold on to that in some way."**

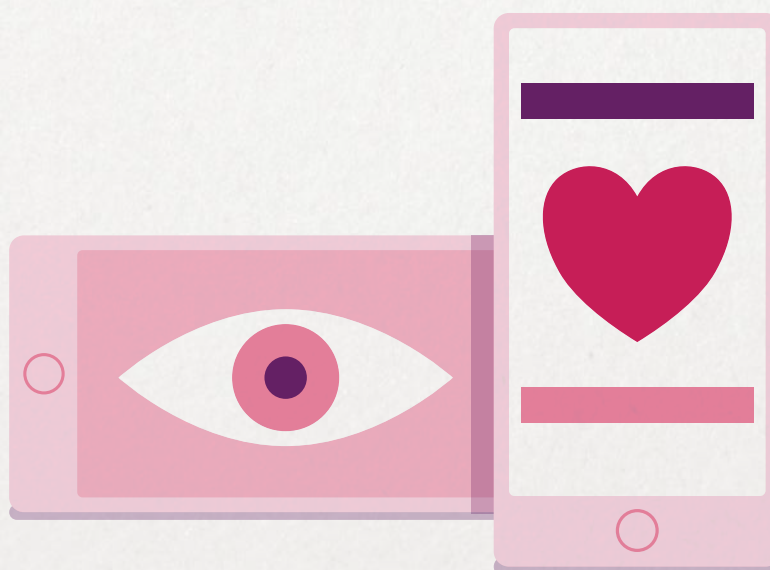


Jeane Freeman
MSP



Pennie Taylor

[You can watch the full interview on the ALLIANCE's YouTube channel](#)



Exploring a National Care Service

Pennie Taylor also interviewed Derek Feeley (former Director General of Health and Social Care in Scotland), charged with leading an Independent Review of Adult Social Care in Scotland. The Review was tasked with examining and setting out options for a 'National Care Service'.

The COVID-19 pandemic has highlighted the social care sector's vulnerability, but proven its "utter necessity". Derek tells us that the Review's Advisory Panel he appointed has "deep and genuine expertise", and in many cases a personal connection to the topic. His own desire to be part of his parents' care support system was the main reason for taking on the role, having most recently been President of the Institute for Healthcare Improvement (IHI) based in Boston, USA.

Derek said the Review will seek to build on the wealth of existing research and work that has been done on the subject. They are eager to learn from innovations and ideas that have already been mooted, and identify the things that need to be changed.

"Throughout this process, we will diligently and deliberately engage with anyone who wants to engage with us, and I will personally prioritise engaging with unpaid carers." Derek Feeley

[You can watch the full interview on the ALLIANCE's YouTube channel](#)



Derek Feeley



"Genuinely really interesting to hear the views, thoughts and possible future direction from Derek Feeley and Jeane Freeman MSP."





Panel discussions addressed key topics in relation to health and social care

Living through a pandemic, what have we learnt?

This panel, chaired by Pennie Taylor, included Ron Culley, the new Chief Executive of Quarriers, Pat Graham, parent of a daughter with multiple learning disabilities and chair of PASDA, Kiana Kalantar-Hormozi, film maker and activist, and Adam Lang, the Head of Nesta in Scotland.

This engaging discussion covered a range of issues related to individual and organisation's experiences of COVID-19, and responses taken to it. Some people and families experienced serious difficulties during the pandemic, including a lack of clear information for those who have been shielding, cuts to social care packages and suspension of visiting rights in care homes and supported accommodation. Some third sector services experienced early problems with accessing PPE and equipment, and funding has been an issue across the whole sector with many organisations not being able to operate as before.

The panel suggested there needs to be trust between people and the public sector, better and more joined up data, and a cultural and systemic shift towards human rights. The panel concluded that we need to reflect on these recent experiences and ensure that, in future, people are at the centre of decision making and that communication to organisations and individuals is greatly improved.

"It's not just up to our voices, but to all of society to be our allies and amplify our voices." Kiana Kalantar-Hormozi

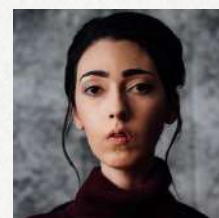
[You can watch the full debate on the ALLIANCE's YouTube channel](#)



Ron Culley



Pat Graham



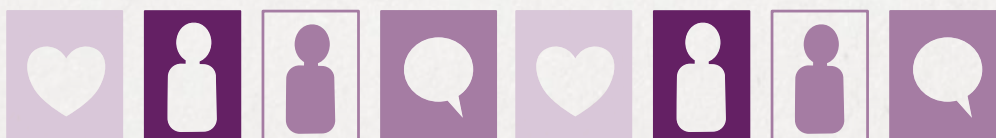
Kiana Kalantar-Hormozi



Adam Lang



"All the speakers I heard were passionate and honest, which made a great impact."



Economic recovery and the impact on health inequalities - an international perspective

ALLIANCE Director of Strategy and Engagement Irene Oldfather was joined by a panel of guest speakers to look beyond Scotland's shores and consider how different international responses to COVID-19 could inform our approach. Speakers included Fiona Hyslop MSP, Cabinet Secretary for Economy, Fair Work and Culture who gave a Scottish perspective, Derek Feeley, Senior Fellow Institute of Health Care Improvement, who gave an insight from an international perspective, Luca Jahier, President of the European Economic and Social Committee (EESC) who gave a European perspective and Nicola Bedlington, Special Advisor European Patients Forum (EPF) who shared her thoughts on recovery from a European and person centred perspective.

Speakers presented their assessment of what a sustainable economic recovery could look like, and the all-important interventions that will be needed to make sure no one is left behind in our response to this public health emergency.

"Scotland will be an outward-facing country and will continue learning from European friends." Fiona Hyslop MSP

[Watch the panel session on the ALLIANCE's YouTube channel](#)



Irene Oldfather



Fiona Hyslop MSP



Derek Feeley



Luca Jahier



Nicola Bedlington

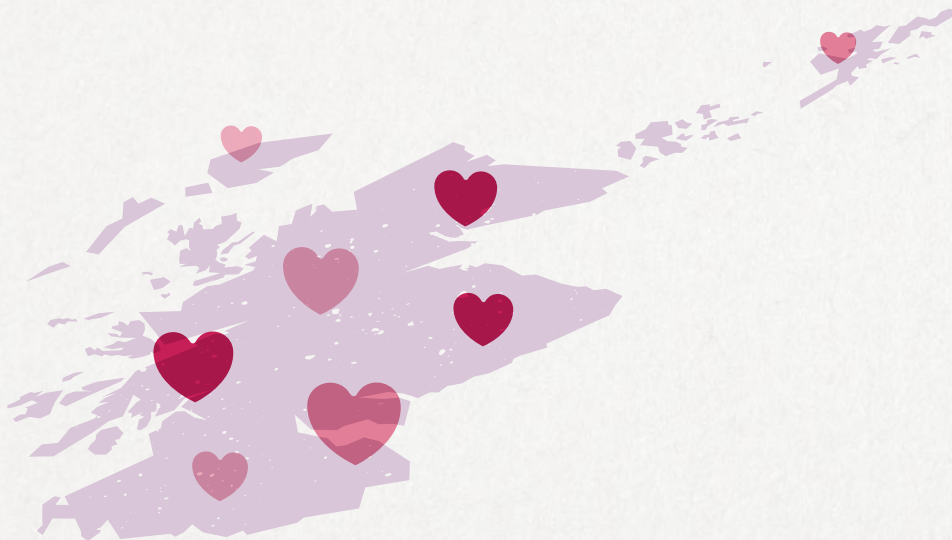


The future of care in Scotland

Pennie Taylor chaired this debate and was joined by the Scottish Government's Deputy Chief Social Work Adviser, Bill Alexander, Managing Director of Your Options Understood (Y.O.U.), Dr Danielle Farrel, Director of CCPS, Annie Gunner Logan, Partnership Development Officer at the Coalition of Carers in Scotland, Shubhanna Hussain-Ahmed, and the Chief Executive of Scottish Care, Dr Donald Macaskill. The audience heard from each contributor who talked about COVID-19, the impact on social and unpaid care, and what needs to change and adapt in the future, before the panel opened up for live questions.

The panel shared their thoughts on the most important outcomes of the Independent Review of Adult Social Care. There was a strong call for more direct engagement and involvement from people who access social care services, the need for renewed practices putting people at the centre and to stop treating people as commodities, and recognition that the Review may not have all the answers as we continue to learn from and improve services.

[Watch this debate on the ALLIANCE's YouTube channel](#)



"One thing I will take away from today's session is 'hope'. There was a lot of agreement among the speakers and attendees (who commented in the chat) regarding what needs to be the priority and what needs to change with regards to social care - and everyone was saying all the right things, but how do we harness this and make policy makers listen and act upon what the people (and experts) want."



Bill Alexander



Dr Danielle Farrel



Annie Gunner Logan



Shubhanna Hussain-Ahmed



Donald Macaskill

Humans of Scotland and the power of storytelling

This session brought together a group of storytellers who have shared their experiences through the ALLIANCE's [Humans of Scotland](#) project. We heard the powerful stories of Ryan Cuzen, Twimukye Mushaka and Gary MacDonald speaking about life with Asperger's Syndrome, managing multiple long term conditions and men's mental health.

Following the story readings, three further contributors joined a panel discussion on these topics as well as eating disorders, anxiety, disability and being an unpaid carer. Each of the panellists, Adrienne Rennie, Michael McEwan and Celia Sweeney, brought depth to the session by sharing their own experiences candidly and expressing their opinions on the challenges each has faced.

Central to the session was the power of storytelling and expressing the positive impact sharing their story had on our contributors. It became clear that the Humans of Scotland project has brought a group of storytellers together in a community.

[Watch the full recording on the ALLIANCE's YouTube channel](#)

Humans *of* Scotland



Ryan's story



Twimukye's story



Gary's story



Adrienne's story



Michael McEwan



Celia's story



"Really enjoyed reading my own story and hearing the stories from the fellow humans of Scotland, truly highlighting how each of us has overcome various challenges in our lives."

Reimagining the future with a 'what matters to you?' conversation

The evening webinar 'Reimagining the future of health and care with a what matters to you conversation' was organised in partnership with colleagues across the globe including Norway, North America, and Brazil, as well as closer to home. It offered great insight into applying the 'what matters to you' approach and achieving person centred outcomes across health, social care and the voluntary sector. Storytelling is really powerful and right at the heart of what we need to do to reform health and social care in the 21st century. To those passionate about change-making and facing barriers, remember that "leadership is not about hierarchies" and "this change is not going to happen overnight but it will happen."

During this webinar, the ALLIANCE's National Lead for Carers and Outreach, Tommy Whitelaw was joined by Shaun Maher, Principal Lead at NHS Education for Scotland, Anders Vege, Head of Section for Quality Improvement at the Norwegian Institute of Public Health, Maureen Bisognano, President Emerita and Senior Fellow at the Institute for Healthcare Improvement, Isabela Castro, Co-Chair at Global Patient and Family Advisory Board, Damara Gutnick, Medical Director at Montefiore Hudson Valley Collaborative, Jennifer Rodgers, Chief Nurse at Greater Glasgow and Clyde, and Karen Turner, Senior Improvement Advisor at Royal Free London NHS Foundation Trust.

[Watch the full recording on the ALLIANCE's YouTube channel](#)



"Good work is being done but change does take time, thanks for a great session!"



Tommy Whitelaw



Shaun Maher



Anders Vege



Maureen
Bisognano



Isabela Castro



Damara Gutnick



Jennifer Rodgers



Karen Turner



Shaping Scotland's future together

This debate chaired by Pennie Taylor discussed how we can build on what we have to create a fairer and more equal future. Contributor Michelle Carruthers from Food Train has seen access to her service increase by 70%. She highlighted that people needing care/support should merit the same protection as other protected characteristics; being older or disabled has not stopped terrible discrimination during the pandemic. Nicola Dickie from COSLA noted the need for greater diversity and decision making among Councillors – suggesting more people need to stand for election. Jennifer Wallace from the Carnegie UK Trust praised Scotland for creating world-class policies and programmes but emphasised the need to implement these into practice. Mark O'Donnell from Sight Scotland asked if it's time for society to be rebranded. Our final speaker, Michael McEwan, said if he had a magic wand to create one change in the future it would be to stop labelling people. This was a widely diverse and engaging debate.

[Watch the full debate on the ALLIANCE's YouTube channel](#)



"From my professional perspective, it's been good to hear how panellists have noted the impact made on unpaid carers over the COVID period which has been refreshing to hear."



Michelle Carruthers



Nicola Dickie



Jennifer Wallace



Mark O'Donnell



Michael McEwan



How more equal societies reduce stress and improve wellbeing

Professor Richard Wilkinson delivered an extremely insightful lecture on health inequalities and chronic stress. Using material from 'The Inner Level', the book he co-wrote with Kate Pickett following 'The Spirit Level', Richard Wilkinson outlined how larger income differences between rich and poor in a society act as a social stressor, affecting mental and physical health in the population as a whole. Richard encouraged participants to think about inequalities beyond just income inequality. That is crucially important, but it also has a wider meaning in terms of the damaging psychological effect it can have.



Richard Wilkinson

Using a series of quantitative and qualitative data on slides, he explored how health is highly sensitive to chronic stress and can impact on quality of life. Richard demonstrated how stress increases health inequalities, particularly inequalities in healthy life expectancy.

[You can watch the full lecture on the ALLIANCE's YouTube channel](#)



"Richard exemplifies the value of thoughtful social science (and of drawing across disciplines and methods - especially nice to hear him draw on qualitative data on people's experiences). The talk was impressive and inspiring and a much-needed personal boost - thank you Richard for sharing your work and ideas, and to the organisers for arranging it."





Workshops allowed participants to explore topics in more detail and engage and network with each other

Encouraging community conversations in reducing gambling harm

COPE Scotland and the ALLIANCE's [Scotland Reducing Gambling Harm](#) project held an interactive event about how to involve people with lived experience of gambling harm in action to reduce those harms. The event was attended by third sector and statutory colleagues and people with lived experience. Following a presentation from Programme Manager Will Griffiths, of the work of the Scotland Reducing Gambling Harm programme in setting up a Lived Experience Forum, and an update from COPE Scotland's CEO Hilda Campbell, on the work of COPE Scotland on co-producing toolkits to support people experiencing gambling harm, the group discussed key priorities in reducing gambling harm in Scotland.

The key themes coming out of the discussion were the importance of taking a public health approach to reducing gambling harm, making sure that the broader context of mental health is considered, relationships and the impact on communities.

There was then an extended participant discussion about the need for broader societal awareness of gambling harm and attendees explored ways to raise awareness of this as a public health issue. This could include greater knowledge of what support is available to people from healthcare professionals, debt advisors and other key groups.

Following the event COPE Scotland produced a Jigsaw lid to highlight the key themes coming out of the discussion and shared the event report in the [Whit's Happening magazine](#).



Will Griffiths



Hilda Campbell



**SCOTLAND
REDUCING
Gambling Harm**



"Some hope and several lines of research to take. Some great networking opportunities."

Let's talk about Self Management

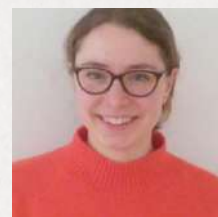
The ALLIANCE [Self Management](#) team created space for participants to network and discuss how the self management agenda can be strengthened in light of COVID-19, along with key messaging for [Self Management Week \(SMW\)](#), which was held from 28 September – 2 October 2020.

We heard from Development Officer Grace Beaumont, Senior Development Officer Rhona Millar, and Director of Development and Improvement Sara Redmond. The session included presentations from the team about stakeholder engagement of self management during COVID-19, and breakout groups discussing what self management looked like during the pandemic.

Themes that emerged from the discussions on self management and COVID-19 were peer support, intensive learning from moving to online services, and trying to navigate the uncertainty of the pandemic. Future priorities were championing peer support, and emphasising the need for self management for healthcare professionals as well as those they support.



"A very valuable opportunity for me to be involved in discussing self management issues with those from different areas/perspectives in relation. Hearing from people with more/deeper/specific experience is a very useful way to connect more strongly within this broad agenda."



Grace Beaumont



Rhona Miller



Sara Redmond



Purple Poncho Players performance and an update on Glasgow Disability Alliance

Glasgow Disability Alliance (GDA), Chief Executive, Tressa Burke introduced the Purple Poncho Players and a screening of a powerful performance emphasising the impact of not engaging and listening to people with lived experience. A key theme throughout was how disabled people's voices are not always heard in society as it's not what people want to hear. Tressa shared how GDA have been working through COVID-19 and the growing concern for disabled people of a potential second wave of COVID-19; she noted that for many disabled people, life is passing them by as they are scared to go outside and are told to shield.



Purple Poncho Players



"Great points Tressa – the speed at which inappropriate language and behaviours emerged in the pandemic demonstrated just how shallow the understanding of and respect for disabled people's rights actually is."

The future of citizen focused information

Members of the ALLIANCE's [ALISS](#) programme; Community Engagement Manager Cameron Macfarlane, Coordinator Lorna Prentice, and Programme Manager Douglas Maxwell, delivered an informative session about how people access information to help them live well at present and into the future. They provided attendees with a snapshot of the current health and wellbeing information landscape, including how COVID-19 has impacted on citizens' opportunities to find and access meaningful information, explored the options available for people to self manage their own health and wellbeing from an information accessibility viewpoint, and set out practical and achievable actions towards ensuring citizens are at the heart of the health and wellbeing information landscape in Scotland.

[You can watch the workshop on the ALLIANCE's YouTube channel](#)



"The real surprise for me was how interesting "the future of citizen focused information" session was and how much I have taken from it both in a professional and personal capacity."



Cameron Macfarlane



Lorna Prentice



Douglas Maxwell



Making links through lockdown

This session focused on the ALLIANCE's [Community Links Practitioners \(CLPs\)](#) work in Glasgow during the pandemic, highlighting their approach across the city. CLPs have been on hand to support GP practices to contact people on the practice shielding list, supporting them to make appropriate arrangements, and offering support to access local community assets.

Roseann Logan, Community Links Worker Programme Manager at the ALLIANCE, began the session by telling us more about the programme and its background. She noted that during lockdown, the ALLIANCE's CLPs made telephone contact with over 3,500 people.

Participants heard directly from CLPs Margaret Ann Prentice, Phil Donnelly and Frankie Rose on their experiences, each giving evidence of the impact of COVID-19 in Scotland's most disadvantaged communities, and highlighting how the pandemic has further exacerbated existing social and economic issues.

Two GPs from "Deep End" practices joined the final part of the session, and they highlighted the importance of CLPs working across Scotland. There were calls throughout the session for more collaborative working between GPs, structural responses to structural problems including child poverty and unemployment.

[You can watch the full session on the ALLIANCE's YouTube channel](#)



"Workshop was great - well planned and thoughtful presentations."



Roseann Logan



Margaret Ann Prentice



Phil Donnelly



Frankie Rose



Andrew Strong

Engagement insights: what is engagement?

This was the first in a series of four workshops delivered by the ALLIANCE's [Integration Support](#) and [Health and Social Care Academy](#) programmes. The aim of the series is to explore the concept of engagement in relation to the '[Ceding Power](#)' provocation. In this session, participants from across Scotland heard from two guest speakers – Susan Paxton, Scottish Community Development Centre, and Hugh Hill, Simon Community Scotland. In breakout groups, people were asked to discuss the following question: As health and social care services remobilise, what are the top three priorities for effective engagement with communities, individuals and the third sector so they are equal partners in the "New Reality"? The three main 'takeaways' from this workshop were:

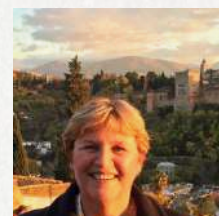
- Engagement is not easy to define but it can be summed up in the following ways: respecting and including different values and opinions, breaking barriers to allow seldom heard people to have a voice, being flexible in our approach, and learning by doing, instead of aiming for a perfect model.
- A lot of people are let down by engagement, and doing it badly can be worse than no engagement at all: structural change is needed in all organisations, especially at the top hierarchical level, to change attitudes towards co-production.
- Sometimes engagement is about simple – but often neglected – things, like: inclusive communications and resources, being respectful and polite, collating best practice and not multiplying resources.



Susan Paxton



Hugh Hill



Mandy Andrew

Health and Social Care
ACADEMY



Health and social care, COVID-19 and See Me

See Me's Social Movement Support Officer, Lynn Pilkington, Health and Social Care Improvement Advisor, Tom Scott, and Community Champion Wendy McDougall led an interactive workshop on the adoption of healthcare support resources and mental health inclusion. Tom explored the difference between stigma and discrimination in mental health with an interactive 'game'. Wendy raised how the stigma of mental health is spread by mass media and the importance of reflecting on stereotypes and misrepresentation while sharing her own powerful story of lived experience. Attendees were then invited to join group discussions around implementing See Me's resources into health and social care settings.



Lynn Pilkington



Tom Scott



Wendy McDougall



"Although we are all learning how to look after our mental health, stigma and discrimination is still an issue we have to address."



Information sessions shared a greater understanding of key topics in health and social care

GP's experience of using Near Me during lockdown

Primary care across Scotland has been forced to quickly adopt new ways of working in response to the COVID-19 pandemic. We heard first-hand reflections from GPs Ben Inch and Moira Kennedy, who have been working at the frontline. Ben works in a rural practice and Moira in an urban area, both had limited experience of using Near Me prior to COVID-19.

Moira and Ben reflected that Near Me had proven to be a convenient and popular tool for people and clinicians alike. Having a video component and being able to see people was found to be a marked improvement on the traditional telephone consultation. Near Me enabled general practice teams to continue to provide services in very challenging times. Both Moira and Ben acknowledged the many advantages of using technology but highlighted there will always be the requirement for face to face conversations in certain circumstances.

Dr Graham Kramer, a freelance GP and Clinical Lead for [Scotland's House of Care](#), stressed the importance of learning from this rapid roll out, and making sure that we are using these tools in a way that is safe, effective and meets people's needs. "It is really important that these new tools enhance our relationship with people, rather than undermines it."



Margaret McKeith



Dr Graham Kramer

[Watch the session on the ALLIANCE's YouTube channel](#)



"The discussion about Doctor's use of Near Me was very interesting. This really looks like it shall be the model for the Future."



World Suicide Prevention Day

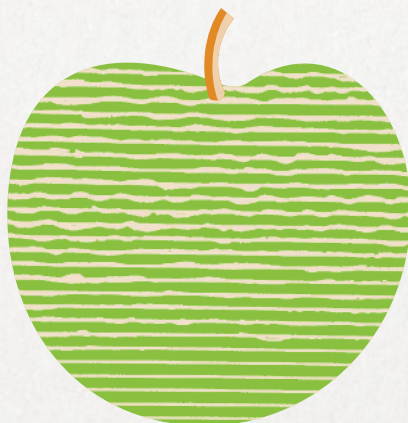
ALLIANCE Digital Manager, Nick Watt, joined the founder of Brothers in Arms, Dan Proverbs, and Chief Executive of mental health app Thrive, Andres Fonseca, in a discussion around learning and support of men's mental health during the pandemic. This conversation focused on self management, prevention, the use of digital technology in supporting wellbeing and a look at the statistic that male suicide is the single biggest killer of men in the UK under the age of 45.

[Watch this conversation on the ALLIANCE's Instagram TV channel](#)

Why is nutrition a must for your wellbeing

The discussion covered the challenges faced with nutrition during COVID-19, including getting food to people shielding and the third sector and community effort involved in this. Tilly Robinson-Miles at Eat Well Age Well noted the importance of shared eating as people tend to eat more and eat better if they do so in company. During the pandemic this has not been possible, but the power of connection is still vital.

Along with Grace Beaumont, ALLIANCE Development Officer, the panellists discussed nutrition and how to encourage people to find ways to get the nutrition from things they are already comfortable with, such as upping the quantity of vegetables they consume. The long term impact of the pandemic was also discussed, and panellists shared what they would like to see prioritised in the future public health approach to nutrition. Kate Swaine at Edinburgh Clinic of Nutrition sees a wide variety of clients but would like to see more public understanding of the importance of nutrition in all areas of our lives whilst Tilly would like more emphasis on supporting older people to eat nutritious food throughout their lives.



Brothers in Arms



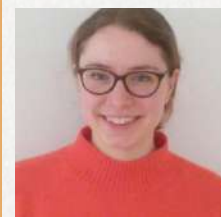
Thrive



Tilly Robinson-Miles



Kate Swaine



Grace Beaumont



"Access to healthy food should be a human right given the important link to health and wellbeing..."



This year's Annual Conference broadcast two film screenings to delegates, followed by a Q and A with experts

Free Lunch Society film screening with panel discussion

The film *Free Lunch Society* explores the concept of Universal Basic Income (UBI) and provides background information about this idea and searches for explanations, possibilities and experiences regarding its implementation.

Jamie Cooke, Head of the RSA in Scotland, chaired the Q&A and was joined by two panellists: Jessie Golem from Ontario, a basic income participant, and Professor Evelyn Forget from the University of Manitoba in Canada, a world-leading expert on basic income. They discussed the name of the film and how misleading this is, as UBI is not a 'free lunch'. They spoke about the benefits UBI can bring to communities by encouraging enterprise and creativity, pilot areas have found that people saw rates of hospitalisations fall, improvements in mental health, and a rise in the number of children completing high school. With the prospects of high levels of unemployment after the COVID-19 pandemic and health inequalities projected to rise – could exploring UBI in Scotland a leveller for communities?

[You can watch the panel discussion on the ALLIANCE's YouTube channel](#)



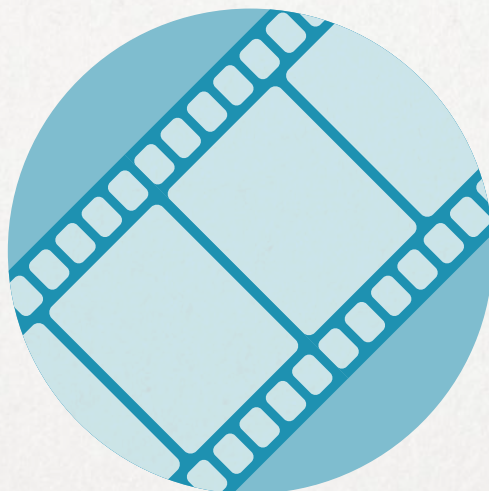
Jamie Cooke



Jessie Golem



Evelyn Forget



"I took part in the *Free Lunch Society* screening and discussion and found it really interesting. It increased my understanding of a basic guaranteed income and made me want to find out more."

Resilience film screening with a panel discussion

This session included a live screening of the American documentary, 'Resilience', about Adverse Childhood Experiences (ACEs), followed by a panel discussion and audience Q&A. We were delighted to be joined by James Docherty (Community Justice Scotland and the Violence Reduction Unit), Mary Glasgow (Children 1st), Pauline Craig (Public Health Scotland) and Adam Burley (NHS Lothian).

Chaired by Lucy Mulvagh, the ALLIANCE's Director of Policy and Communications, this panel of Scottish experts talked about COVID-19, childhood adversity, trauma and resilience from both personal and organisational perspectives.

ACEs are now understood to be one of the leading causes of everything from heart disease and cancer, to substance abuse and depression, based on evidence that extremely stressful experiences in childhood can alter brain development and have lifelong effects on health and behaviour. However, as the documentary and our panellists demonstrate, what's predictable is preventable. Participants from across Scotland actively engaged in the discussion; reflecting on the film and what ACEs mean for them personally and in their work. Our panellists covered a wide area of subjects, including research on ACEs, how to embrace trauma-informed approaches into our lives and work, what all this might mean for health and care services around the country, and more.

[You can watch the panel discussion on the ALLIANCE's YouTube channel](#)



James Docherty



Mary Glasgow



Pauline Craig



Adam Burley



Lucy Mulvagh



"Amazing session on the film resilience and ACEs. Fantastic speakers. Very inspiring!"



Wellbeing sessions

Yoga

To help relieve our delegate's stresses, Pavlina Pajorova, a yoga teacher at ALLIANCE member Scotland All Strong led delegates through a guided 40 minute chair yoga session. This was followed with some breathing exercises to complement the relaxing yoga practice. Chair yoga was intentionally chosen to ensure inclusivity for participants of all abilities.

[You can take part in this gentle yoga session on the ALLIANCE's YouTube channel](#)



Scotland All Strong



"Thank you so much, that was a lovely way to start the day, amazing session!"

Words for wellbeing - a fiction writer's workshop

Gillian Sheriffs, a published writer, began fiction writing in 2007 to try to make sense of the odd world of illness, after being diagnosed with MS. Gillian explored ways that writing can be used as a powerful distraction to help manage wellbeing, and supported event delegates to practice skills and techniques involved in writing fiction and have fun while developing their characters and stories.



Gillian Sheriffs



"As a non-writer, I am taking away the learning that writing can be an incredible way to connect with yourself and your imagination and also promote wellbeing. It was a surreal experience being able to create characters and start a story with a group of strangers in a digital setting."

Walking podcast: in alliance with nature, ourselves and others

The final day of the ALLIANCE's week long 2020 Annual Conference started with a "virtual walk" with a podcast recorded by Will Manners from Freewill Outdoors. He invited listeners to put on their walking shoes and go for a short wander in their local area while listening to the recording.

During the podcast, Will described his walk and offered frequent prompts to notice the seasonal changes taking place all around us. From the flowers in people's gardens, the birds that have left their nests and the sound of the Scottish rain in the overflowing drains, there were elements that people could relate to regardless of where they were joining us from and we even received some pictures on Twitter from fellow virtual walkers.



[You can listen to the full podcast on the ALLIANCE's Anchor FM channel](#)



"Thank you @ALLIANCEscot and Will Manners for giving me a reason to go for a walk in the sunshine this morning (before it rained!) - listening to the walking podcast, and taking in my surroundings. A great way to start the day! Images show sunny park/autumn leaves."

Conference close

Skin, lead vocalist from Hipsway, and a live sing-a-long

ALLIANCE Chief Executive, Professor Ian Welsh OBE, began the closing session by thanking everyone for getting involved in our virtual conference this year. Then, the ALLIANCE's National Lead for Carers and Outreach, Tommy Whitelaw introduced Skin, the lead vocalist from Scottish band Hipsway. Skin gave a live performance of Long White Car and Heroes, inviting attendees to sing along. Skin gave a moving dedication to the song Heroes: "I dedicate this to all the health and social care staff, unpaid carers, and all the people and families that they care for. You really do an amazing job and I want to thank you as much as I'm sure they do. Thank you".



Skin from Hipsway



"Fantastic! Thank you so much for doing this, what a way to end the conference"



"Great delivery from the ALLIANCE, really well structured and organised. Also loved that we could replay sessions on the website after the event... hopefully this feature will continue even when it returns to a physical conference to share the knowledge and relive these conversations again."



"More needs to be done within the health and care sector to truly deliver on user's needs and design services that deliver on the public's expectations. Also that the industry needs to listen to user's needs effectively and act – found the 'user' panelists to be the most insightful, that we have been talking about transformation, collaboration and strategy for years, but we still don't feel the impact... there is lots more to be done moving forward and COVID-19 has shown the truth of this."



"A tremendous, important conference. There were incredible discussions"



"The future of health and social care in Scotland. Really enjoyed it as well. Superb. Many thanks to all involved"

The ALLIANCE annual conference is a key event in the health and social care calendar and in 2020 it was more important than ever to connect with our growing membership and colleagues in health and social care. We would like to thank everyone who contributed and participated.



Conference agenda

Monday 7 September

Reimagining the future of health and care

A vision for the future - cab sec

Living through a pandemic, what have we learnt?

Words for wellbeing - a fiction writer's workshop

Economic recovery and the impact on health inequalities

Humans of Scotland and the power of storytelling

Tuesday 8 September

GP's experience of using Near Me during lockdown

The future of care in Scotland

Encouraging community conversations in reducing gambling harm

Free lunch society film screening

Compassionate communities action learning

Reimagining the future with a what matters to you conversation

Wednesday 9 September

Why is nutrition a must for your wellbeing

Let's talk about self management

Purple poncho players

Making links through lockdown

Resilience film screening

Thursday 10 September

Morning yoga
with Scotland All-
Strong

How more equal
societies reduce
stress and improve
wellbeing

The future of
citizen focused
information

Shaping
Scotland's future
together

Health and social
care, COVID-19 and
See Me

Friday 11 September

Walking podcast

Engagement
Insights – What is
Engagement?

Instagram TV with
Thrive and
Brothers in Arms

Exploring a
National Care
Service

Hipsway and a
live sing along

About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for a range of health and social care organisations. We have a growing membership of nearly 3,000 national and local third sector organisations, associates in the statutory and private sectors, disabled people, people living with long term conditions and unpaid carers. Many NHS Boards, Health and Social Care Partnerships, Medical Practices, Third Sector Interfaces, Libraries and Access Panels are also members.

The ALLIANCE is a strategic partner of the Scottish Government and has close working relationships, several of which are underpinned by Memorandum of Understanding, with many national NHS Boards, academic institutions and key organisations spanning health, social care, housing and digital technology.

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.

The ALLIANCE has three core aims; we seek to:

- Ensure people are at the centre, that their voices, expertise and rights drive policy and sit at the heart of design, delivery and improvement of support and services.
- Support transformational change, towards approaches that work with individual and community assets, helping people to stay well, supporting human rights, self management, co-production and independent living.
- Champion and support the third sector as a vital strategic and delivery partner and foster better cross-sector understanding and partnership.



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre



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