



## Learn Well, Live Well, Be Well: the CLD approach

20 February 2019

### PROGRAMME

- 10am Arrival, registration and coffee in G21 Paterson's Land, Edinburgh University  
Sign up for workshops and afternoon table top exercise/ mini workshops
- 10.30am Welcome and Introduction by South East & Central CLD Consortium
- 10.40am Short input by Stuart Moir Edinburgh University
- 10.50am Keynote Speaker Anne O'Donnell
- 11.15am Workshops – choose 1 from A, B, C or D.

	<b>Morning Workshops</b>	<b>Workshop presenters</b>
<b>A</b>	<p>Healthy Hawick: a whole town approach to improving health. This workshop will show how a partnership approach is improving health in the community. We will focus on how we are developing ways to know if this approach is making a difference (or not!) to emotional wellbeing and resilience.</p>	<p>Steph Mackenzie Health Improvement Specialist, NHS Borders Oonagh McGarry CLD Team Leader, Scottish Borders Council Kenny Harrow CLD Worker, Scottish Borders Council</p>
<b>B</b>	<p>Drawing on the book Poverty Safari by Darren McGarvey (particularly chapter 13: The Outsiders) this workshop will explore the current politics of community work, and the possibilities for exercising relative autonomy in the contemporary context. There will be a formal presentation of about 30 minutes, followed by discussion. Participants will be expected to have read Chapter 13 in advance (contact conference organisers for access to the publication - the chapter is not very long) and to have considered the following questions, which will form the basis for discussion.</p> <p>What are the key themes and ideas? In what ways is it relevant to your context of practice? What did you find yourself agreeing with or wanting to challenge? What questions did you find yourself asking after you had read it?</p>	<p>Mae Shaw Honorary Fellow University of Edinburgh Member of Concept Editorial Board</p>

	How does it help you in asserting some degree of autonomy as a practitioner?	
<b>C</b>	<p><b>Facing Up to Poverty on the Frontline: a CLD Approach</b></p> <p>With austerity biting, there has been a growing demand on food banks in the Falkirk Council area, as elsewhere in Scotland and across the UK. Community activists and Falkirk Council Community Learning and Development staff describe their involvement in work to face up to poverty head on: providing the immediate assistance needed but working with people so they can be part of a community back-up system, get advice and support and help each other. The team delivering the workshop pose wider questions for all of us. How do we deal with poverty as a society? And how should Community Learning and Development face up to the glaring barrier of poverty in working with people?</p>	<p>Kersiebank Community Project and Falkirk Council CLD</p> <p>Michelle Brown, Development Officer, Falkirk Council with Community activists from Kersiebank Community Project, Angela Bradley and Sarah Gardiner, and Crawford Bell, the Falkirk Council CLD Worker</p>
<b>D</b>	<p><b>‘Mental Health – what makes an adult education approach successful?’</b></p> <p>Outlook has provided adult learning services for people who use mental health services for over 25 years. This workshop will look at the different approaches used to support engagement and participation in learning as well as the constraints and challenges in the current climate.</p> <p>Join us for a celebration of achievement and a discussion around what might be possible in the future.</p>	Will Golding and Fiona Dowie

- 12.30am      LUNCH
- 1.15          Input by Kirsty Gemmell Development Officer: Members’ Services, CLD Standards Council Scotland
- 1.30          How the table top exercises will work SE & C CLD Consortium
- 1.35          Table top exercise – choose 2 out of 6



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<p><b>1</b></p>	<p><b>The Digital Kitchen - Lessons to Improve Cooking and Digital Skills.</b>  The digital kitchen was a piece of partnership work developed by Midlothian LLE adults and families and Melville Housing a local social housing provider.</p> <p>The overall aim of the Digital Kitchen Project is to assist tenants to improve their cooking, budgeting and digital skills.</p> <p>Through the course of the work the project:</p> <ul style="list-style-type: none"> <li>• Taught participants simple healthy recipes and increased their cooking skills.</li> <li>• Helped participants to increase their digital skills predominantly using tablets.</li> <li>• Supported participants to increase their financial capability particularly around budgeting.</li> <li>• Assisted participants to find and use online health and wellbeing resources.</li> <li>• Showed participants that cooking and using the internet is a useful and enjoyable experience.</li> <li>• Allowed participants (some of whom were isolated) to meet new people in a friendly, encouraging and social atmosphere.</li> </ul> <p>This session will look at the design, delivery and evaluation of the programme, look at the tools we used, recommend and show off some of the apps that we accessed through the project.</p>	<p>Richard Bryce Senior  Lifelong Learning and  Employability Worker  Midlothian Council</p>
<p><b>2</b></p>	<p><b>'A Trusted Adult'</b> hear about the process of the One Good Adult work being developed in schools by NHS West Lothian. This is a new school based approach to improving mental health and wellbeing in a cluster of schools in West Lothian.</p> <p>The session will cover:</p> <ul style="list-style-type: none"> <li>• An introduction to a trusted adult approach</li> <li>• Links to poverty, mental wellbeing and attainment</li> <li>• Practical examples from St Margaret's Cluster in West Lothian</li> <li>• Group discussion – how can we implement this approach in CLD services?</li> </ul>	<p>Gillian Amos  Senior Health Promotion  Specialist  NHS West Lothian</p>
<p><b>3</b></p>	<p><b>The Only Way is Ethics!</b></p> <p>The Code of Ethics is part of a foundation for our profession, together with our values and principles, the Competences for CLD and the national professional learning strategy. In order</p>	<p>Kirsty Gemmell  CLD Standards Council</p>



	<p>to register with CLD Standards Council, practitioners have to commit to this code. But what does it really mean?</p> <p>This discussion will allow practitioners time to discuss the content of the Code of Ethics and debate some ethical dilemmas which many of us face in practice e.g.</p> <ul style="list-style-type: none"> <li>• What are the kinds of things you might say or do that step over the boundaries in your work with young people, adults and communities?</li> <li>• How can we influence our employers to do enough to preserve and support the health and wellbeing of CLD practitioners?</li> <li>• Are you consistently following the principles for confidentiality in your CLD practice?</li> </ul>	
4	<p><b>Who's in Control? The Role of Critical Education in Healthy Societies</b></p> <p>Does whoever pay the piper always call the tune? Community education has its roots in democratic education. That is; creating collective opportunities for people to learn about and criticise forms of authority, to offer dissenting opinions and ideas, and propose new forms and ways of doing things. In doing so it played a fundamental role in helping to improve community and individual health.</p> <p>'Who's in Control?' was a ten week Outlook Project adult education course than ran in 2018 looking at who is in control of our health (individual, societies, environmental). This workshop will present practical experiences and lessons learnt from tutor and students on constructing and delivering the course together. We will also try out an activity on the theme, discuss how we else we could develop critical learning around this topic, and have space for reflection and some sharing of thoughts, writing or collage at the end.</p>	Will Golding / Fiona Dowie
5	<p><b>Mental Health Civtech Challenge – Starting the Mental Health Conversation</b></p> <p>How can technology help young people experiencing mental health difficulties start the conversation about how they are feeling and where they can access support?</p> <p>Young People from across Stirling are working on the wildcard for Civtech 3.0, which brings together public sector expertise and private sector creativity to solve real problems, develop new products, and deliver better, faster and easier services for everyone. Their challenge is the first Citizen lead</p>	Lisa Steele Youth Participation Worker Morven Graham Principal Educational Psychologist from Stirling Council with Mental Health Ambassadors



	<p>challenge (along with key challenge sponsors NHS NSS and Stirling Council Education) you will hear from our Youth Leaders on the challenge, how the challenge came around, what the programme has provided for them and what they hope the technological solution will provide for young people across Scotland. Also hear how Stirling are delivering their mental health Strategy within Stirling and the support of the Mental Health Ambassadors in schools.</p>	
6	<p><b>Using Ourselves in Our Work</b></p> <p>Many of us come into Community Education because of our personal experience of inequality and oppression. That makes us passionate and committed in our work but it can also burn us out. The danger is even higher as we and the sector and the people we work with are under increasing pressure. How do we keep on going?</p> <p>This is a chance for us to share our thoughts and ideas and find some solidarity. Maximum of 12 people.</p>	Anne O'Donnell

3.00pm Reflection and feedback of key points

3.30pm Evaluation and what next?

Close and adjourn to the Tolbooth Tavern to carry on the conversation.



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