



**Scottish Guidance Association Annual Conference & AGM**  
**Saturday 21st September 2024**  
**Carnegie Conference Centre, Dunfermline**

We are delighted to invite you to our annual event and look forward to welcoming you on the day. Please note this event will not be recorded. The speakers below have confirmed their participation. Timings will be confirmed in due course.

**Draft Programme:**

09.30-10.00 **Coffee and registration**

10.00-10.10 **Welcome & opening remarks**

*Lisa Finnie, President, Scottish Guidance Association*

10.10- 10.35 **Education Scotland: Health and Wellbeing - a national update**

*Tracy Johnston, Senior Education Officer for Health and Wellbeing Curriculum, Education Scotland*

**Biography:** TJ joined Education Scotland in October 2021, after 20 years of teaching young people. She has held a range of different roles: Visiting Primary Physical Education Specialist; Teacher of Physical Education; Acting Principal Teacher of Pupil Care and Support and Principal Teacher of Health and Wellbeing. Latterly, she also worked as Deputy Principal Assessor for National 5 Physical Education at SQA.

10.35 - 11.15 **Hidden in Plain Sight: Eating Disorders**

*Hope Virgo founder of #Dump the Scales*

In the presentation you will hear a harrowing but inspiring story of recovery from anorexia, you will increase your understanding of what an eating disorder is, what causes them and how we can support those struggling. As well as exploring the ins and outs of what practical things we can implement to help prevent an eating disorder escalating. [@hopevirgo](#)

**Biography:** Hope Virgo is an author and award-winning advocate for people with eating disorders. She shares her personal story to help young people and organisations, including schools, hospitals, the government, and businesses, address mental health issues. She started the #DumpTheScales campaign, which has successfully raised government awareness of eating disorders. She has met with advisors at Number 10 Downing Street and hosted the first-ever eating disorder march in the UK in 2023. Hope continues to fight for better treatment and funding for eating disorders, believing that everyone can be helped.

11.15 - 11.30 Lightning Session

**Really Real Resources:** A unique approach to engage then educate through the use of documentary photography

*Graham Miller, Founder & CEO, & Michelle Ferguson*

Really Real Resources has recently partnered with Aberdeen Council Schools, Downs Syndrome Scotland and University of St Andrews to test, refine and measure the impact of its unique learning packs in a school setting. Here its founder and fellow trustee present the concept and outline of what they hope to achieve through the collaboration.

[@reallyrealresources](#)

**Biography:** Graham is an established documentary photographer who has worked with vulnerable groups for over ten years. He is known for creating powerful images and has worked on Autism, Downs Syndrome, mental health issues and rare disease. He is the founder for Really Real Resources, a unique charity committed to challenging thinking through supplying educational packs to schools.

11:30 - 11:50 **Coffee and networking on the Ground Floor Gallery**

11:50 - 12:15 **Fast Forward - Young People and Risk-taking Behaviours**

*Allie Cherry-Byrnes, CEO*

Allie will talk about the work of Fast Forward which uses the lens of risk-taking behaviours to support children and young people to better understand their decision-making processes, toward more informed choices, improved physical, mental and emotional health and positive destinations. [@fastforwardorg](#)

**Biography:** Allie started her career in community learning & development as a youth worker with Clackmannanshire Council.

Since then she has held senior and leadership roles in the voluntary and statutory sectors, including secondment to the Scottish Government.

In her personal life, she enjoys being in, on and near water.

12:15 - 12:40 **Vale of Leven Academy - Attendance Action Research Project**

*Marie-Terese Wright, PE Teacher*

In September 2022, we began an action research project to examine the causes of pupil absence and to identify lasting solutions.

Parents, pupils and staff contributed to our findings and helped us to inform school improvement planning in the past year.

**Biography:** Secondary school PE teacher with 15 years of experience. For 12 years, I have been a Pupil Support teacher and for the past 3 years I have been Principal Teacher of a Support for Learning service.

12:40 - 13:05

## **Gen+ on Meta-Skills: The key to success in a change-fuelled future**

*Becca Dobson & Victoria Vardy*

Gen+ leads the charge in equipping young minds with the essential tools for navigating a dynamic world. Informed by the Scottish Government's commitment to holistic education, Gen+ is an evidence-based meta-skills program tailored to meet the diverse needs of learners. Gen+ embraces Professor Louise Hayward's call for prioritizing 'key skills,' which are deemed indispensable for success in both society and the workplace. Our innovative program, accessed through an engaging learning platform, aligns seamlessly with national frameworks and objectives, including the National Improvement Framework, Scottish Attainment Challenge, and Developing the Young Workforce initiative. By fostering critical thinking, creativity, effective communication, and resilience, Gen+ empowers learners to realise their full potential as confident individuals and responsible citizens.

LEARN. LEAD. THRIVE [@genplus\\_](#)

**Biography:** Becca Dobson is the Director of Education for Gen+, a registered charity devoted to enhancing the prospects of young people throughout Scotland. With a 15-year teaching career in Drama and as Principal Teacher of Wider Achievement and DYW, in Scottish secondary schools, Becca's journey has been marked by a commitment to education.

13:05 - 13:15

Lightning Session

**Bloody Amazing: Menstrual Cycle Awareness / Menopause in the Workplace**

*Jen Nelson & Livvi Brooks*

13:15 - 14:00

**Lunch Break**

14:00 - 14:15

**AGM**

14:15 - 14:50

**Child Bereavement UK: Bereavement Support and Awareness**

*Sean Humphreys*

**Biography:** Sean leads on project development for Child Bereavement UK in Scotland, including a support service, training and consultancy. He is an experienced counsellor, with extensive experience with young people and in schools. [@NowCounselling](#)

14:50 - 15:20 **Place2Be: YOUR Wellbeing**

*Rosalind Hutchison*

*Rebecca Wilkinson-Quinn, Clinical Lead for Scotland, Place2Be*

Roz and Becky will deliver a reflective and immersive session on looking after your wellbeing as a teacher. It will be a chance to stop and consider your own wellbeing which we know can be challenging with the current pressures as a teacher today in Scotland. We hope to have a positive and supportive session, considering how to look after yourself and identify your own self care needs in order to maintain and improve wellbeing. [@Place2BeScot](#)

**Biography:** Roz has been a trainer with Place2Be for 4 years, delivering the Senior Mental Health Leads (SMHL) programme with schools across the UK and Place2Think sessions for teachers. Prior to this Roz worked in CAMHS for 24 years and is a BABCP accredited CBT therapist, working with children, young people and adults.

Becky joined Place2Be in 2007, and is responsible for our work in secondary schools across the UK. Rebecca is a HCPC registered Art Psychotherapist and clinical supervisor with over 20 years' experience working with children and young people in school settings.

15:20 **Plenary and closing remarks**

*Lisa Finnie, President, Scottish Guidance Association*

We hope that you enjoy the conference.

Don't forget to check us out on social media and our website: [www.scottishguidance.org.uk](http://www.scottishguidance.org.uk)



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