

# Biographies

(as at 29 October 2019)



## **Dr Catherine Calderwood, Chief Medical Officer for Scotland, Scottish Government**

Catherine Calderwood has been the Chief Medical Officer for Scotland since 2015.

Catherine qualified from Cambridge and Glasgow Universities and continues to work as an obstetrician at a regular antenatal clinic at the Royal Infirmary of Edinburgh. As a junior doctor she worked in medical specialities in Glasgow Royal Infirmary and at the Royal Infirmary of Edinburgh before completing her specialist training in obstetrics and gynaecology and maternal medicine in SE Scotland and St Thomas' Hospital London.

As a medical adviser to the Scottish Government she was instrumental in the work which has led to a 20% reduction in the number of stillbirths across Scotland. She continues to support this work and the work in reducing neonatal deaths and avoidable harm in maternity services. She has overseen the development of a Major Trauma Network for Scotland. She is Chair of the Taskforce for the Improvement of Services for Victims of Rape and Sexual Assault, the Committee on Antimicrobial Resistance in Scotland and the Scottish Global Health Collaborative and is a member of the Advisory Council on Women and Girls. She has published physical activity guidelines for babies and children, pregnant women and adults and low risk drinking guidelines along with the Chief Medical Officers in England, Wales and Northern Ireland.

She is responsible for the Health Promoting Health Service initiative which aims to tackle health inequalities and improve health across the population of Scotland and is leading work to improve the health of those working in the public sector specifically NHS and civil service staff

Catherine has published four annual reports on Realistic Medicine. Realistic Medicine puts the person receiving health and care at the centre of decision-making and creates a personalised approach to their care. Her second report published in February 2017 builds on the first report by setting out a vision and priorities: showcasing international and national multi-professional support from clinicians, leaders from medicine and public health and stakeholders from a wide group of organisations. Her third report published on 20 April 2018 will help embed Realistic Medicine and allow the spread of good practice which has been seen throughout Scotland. On 25 April 2019 her fourth report Personalising Realistic Medicine was published. This report explores personalising realistic medicine for patients and staff and recognizes the importance of valuing and supporting staff as vital to improving outcomes for the people in their care. These reports have been universally well received and read by millions of people across the world.



## **Dr Donald Macaskill, Chief Executive, Scottish Care**

Dr Donald Macaskill is the Chief Executive of Scottish Care. Scottish Care is the membership organisation of independent providers of care home and care at home/housing support services in Scotland. Numbering nearly 1000 services Scottish Care members employ over 100,000 staff.

Prior to his current role, Dr Macaskill ran an equality and human rights consultancy for fourteen years. He has a particular professional and academic interest in human rights-based approaches to care and support, personalisation, bereavement and palliative care.



### **Steven Short, Out-of-Hospital Cardiac Arrest Clinical Effectiveness Lead, Scottish Ambulance Service**

Steven is the Clinical Effectiveness Lead for Out-of-Hospital cardiac arrest and Palliative and End of Life Care with the Scottish Ambulance Service. He qualified as a Registered Nurse in 1998, with a background of working in critical care including in Coronary Care, High Dependency and Emergency Medicine. He then went on to spend 12 years as a Resuscitation Officer, during which time he became one of the founder members of the Resuscitation Research Group in Edinburgh. He is an active Adult and Paediatric Advanced Life Support and Pre-hospital Emergency Care Course instructor.

His professional interests include improving survival from OHCA, reducing the number of inappropriate resuscitation attempts performed through improving end of life care decisions and improving leadership during the management cardiac arrest. Two of his main career highlights are being responsible for the advent and on-going development of Scotland's "Resuscitation Rapid Response" (3RU) units to cardiac arrest, which has now been replicated across many parts of the UK and Europe and the development and co-authoring of NHS Scotland's fully integrated DNACPR policy, the UK's first fully integrated approach to DNACPR aiming to avoid the delivery of inappropriate resuscitation attempts

### **Martha Rae, Senior Virtual Support Practitioner, Scottish Families Affected by Alcohol & Drugs**

Martha Rae is the Senior Virtual Family Support Practitioner for Scottish Families Affected by Alcohol and Drugs. Part of Martha's role is coordinating the bereavement service which offers free counselling to people in Scotland who have been bereaved as a result of a drug-related death. This involves providing listening support to those impacted and linking them up with Counsellors across Scotland. She also delivers training around bereavement through substance use. Martha has been in this role for 2 years and in the substance use field for over 10 years.



### **Mark R Evans, Head of Spiritual Care & Bereavement Lead, NHS Fife**

Mark is currently Head of Spiritual Care & Bereavement Lead for NHS Fife where he has strategic and operational responsibility for the development and delivery of Spiritual, Religious and Bereavement Care. He is an Honorary Lecturer at St. Andrews University School of Medicine; lecturing on "End of Life" and Bereavement Care. Nationally, Mark has acted as an advisor for the Scottish Government's 'Shaping Bereavement Care' Framework, the Death Certification "Advisory Group" and "Implementation Group, "Confirmation of Death" Guidance and is a member of the National Bereavement Coordinators Group. He has also contributed to national training programmes on Bereavement Care.



### **Reverend Liz Henderson, Founder / Chief Executive, Richmond's Hope**

Liz Henderson studied Mathematics and then Theology before becoming a minister in the Church of Scotland. She has been minister of Richmond Craigmillar Church in Edinburgh since 1997. In response to local need in the area, she co-founded Richmond's Hope, a child bereavement charity based in Edinburgh in 2003. The charity has since grown and now operates from bases in Midlothian and Glasgow. Liz's dissertation for her Masters degree in Media and Communications studies on the influence of the media on ritual and mourning entitled, "Death and the Soaps" was published in the Scottish Journal of Theology. In April of 2018 she was appointed as a Queen's Chaplain.



**Sonya Richardson, Lead Bereavement Support Worker, Richmond's Hope**

Sonya Richardson joined the Richmond's Hope team in May as the Lead Bereavement Support Worker. My background is in Counselling Psychology, specifically in a military environment, where young people were exposed to death through deployment, suicide, illness, and accident. I have gained experience in the field from work in inpatient psychiatry, medical social work, teaching children, and academic advising in higher education.



**Amanda McCarren, Head of Development and Lead for Scotland and Northern Ireland, tide - together in dementia everyday**

Amanda is Head of Development and the National Lead in Scotland and Northern Ireland for tide. tide is a UK wide involvement network for carers and former carers of people with dementia.

Amanda is committed to forging and sustaining relationships with a broad range of organisations and networks both locally, regionally and throughout Scotland and the UK and in so doing enabling tide to reach out to carers from a diverse range of communities and backgrounds.

Amanda has worked in the field of Health and Social Care for 20 years, starting her career as a nurse, then working in the voluntary sector where she held supervisory and management roles for a charitable organisation including Dementia Day Care and Care at Home.

As a former carer for her Grandmother who had vascular dementia, Amanda has always had a deep rooted passion and commitment to empowering carers of people with dementia to have a voice, to ensure it is listened to and valued and to equip them to use their lived experience so that they are treated as true equal partners and can influence real change.



**Megan Snedden, Campaigns, Policy and Research Officer, Stonewall Scotland**

Megan Snedden is Stonewall Scotland's Campaigns, Policy and Research Officer. She works on lobbying the Scottish Government and mobilising communities across Scotland to ensure that public policy in areas such as education, health and justice is responsive to LGBT issues and promotes equality & inclusion for LGBT people.



**Sophie Bridger, Campaigns, Policy and Research Manager, Stonewall Scotland**

Sophie Bridger is Campaigns, Policy and Research Manager at Stonewall Scotland, where she oversees their campaigning and influencing work. She leads Stonewall Scotland's work for trans equality as well as working with health bodies for LGBT inclusive healthcare. She lives in Leith, and in her spare time enjoys running, being in the mountains and cooking.



### **David Green, Head of Scottish Fatalities Investigation Unit, Crown Office and Procurator Fiscal Service**

David Green, Procurator Fiscal, Head of the Scottish Fatalities Investigation Unit, Crown Office has been a Procurator Fiscal (man and boy) for 36 years. During that time he has served in various capacities in offices from Dumfries to Paisley, Linlithgow and Glasgow as well as stints in Crown Office. Prior to his appointment as Head of SFIU, he was Area Procurator Fiscal Fife.

David has always had an interest in pathology matters and, over the years has represented COPFS on Scottish Government Committees considering Standards for Post Mortem Examination, training of pathologists, SUDI investigations etc. He was formally Chair of the Mass Fatalities Sub Group of the SECC and has represented COPFS on the Scottish Governments Mass Fatalities Group for many years. His interest in mass fatalities began with (very) peripheral involvement in the Lockerbie disaster, followed some time later by more direct involvement in the chinook crash in Mull of Kintyre. Since then he has led for COPFS at the Stockline disaster, Clutha helicopter crash, Queen Street / George Square incident, as well as other less high profile cases.

He lectures on Deaths Investigation at Glasgow University to both undergraduate and postgraduate audiences and is an examiner for the Worshipful Society of Apothecaries of London on Medico Legal Matters.

He is married and has a seventeen year old son who has a far greater knowledge of violent death than is appropriate for a teenager.



### **Dr George Fernie, Senior Medical Reviewer, Healthcare Improvement Scotland**

George is dually qualified in law and medicine having worked previously as a medicolegal adviser for some 17 years. He is the first Senior Medical Reviewer based at Healthcare Improvement Scotland where his main role is to lead the Death Certification Reviewer Service for the system of proportionate scrutiny implemented in May 2015. In addition, he is the national adviser to the Network Board in clinical forensic medicine and is a Past-President of the Faculty of Forensic and Legal Medicine. He continues to work actively as a forensic physician for NHS Lothian.

He has a long-term interest in improving quality in healthcare and has spoken nationally and internationally on standards in this respect.



### **Pat Graham, Chair, PAMIS**

Pat, our recently appointed Chair, is a retired tax inspector. She has two daughters, Jenna who is an art teacher and illustrator and Lauren, who has PMLD and now lives in supported accommodation. Pat has been involved with PAMIS for over 20 years, and she and her family have used PAMIS' services during all that time. Since retiring she has put her free time to good use by being actively involved in many and varied PAMIS projects. She is delighted that working with PAMIS provides her with the opportunity to give something back to an organisation that has provided so much support education and fun to her family.



### **Maureen McClelland, Fife Family Support Service Director, PAMIS**

Maureen has worked for PAMIS for the past 8 years, as Family Support Service Director in Fife. PAMIS works with people with Profound and Multiple Learning Disabilities (PMLD) and their family carers. She is a specialist trainer for the PAMIS Bereavement and Loss course. Prior to working with PAMIS she was the Training and Development Manager for Cruse Scotland. Maureen has volunteered with Cruse Scotland as a bereavement counsellor for over 10 years. She has a person centred counselling diploma and is trained to work with both bereaved adults and bereaved children/young people. .Maureen started her career as an NHS nurse, she has a sister with Downs Syndrome & Dementia.



### **Dr Matthew Walton, Foundation Year 2 Doctor, NHS (London)**

Matthew is a Doctor and amateur filmmaker with a passion for pre-hospital care and Resilience. He has screened various works at the Barbican, the Model United Nations and on the BBC to a total of over 10 million viewers. The 'Resilience' films, made in 2018, are based on Matthew's personal experiences with the HEMS and aim to create a dialogue about the mental health needs of Emergency Service personnel. The films were well received and sparked a short BBC documentary. He now has the pleasure of being involved with NHS Education for Scotland and their creation of a hospital-based film.



### **Dr Kenneth Donaldson, Medical Director / Associate Postgraduate Dean for Grief and Bereavement, NHS Dumfries & Galloway / NHS Education for Scotland**

Ken Donaldson has been Board Medical Director at NHS Dumfries and Galloway since October 2017. He is also a Consultant Nephrologist and Associate Postgraduate Dean for Grief and Bereavement at NES. He is passionate about improving staff wellbeing and ensuring that we deliver true Person Centred Care. Ken is a fellow of the Health Foundation having completed their Generation Q programme in 2018 and is married with two daughters.



### **Sharon Williams, End of Life Training Facilitator, The Irish Hospice Foundation**

Sharon Williams is a Learning and Development professional who believes deeply in supporting and empowering people to reach their potential. Since joining the Irish Hospice Foundation, she has specialised in training healthcare staff in a range of communication and end-of-life care training programmes. She believes that anyone whose job involves dying, death and bereavement need to be supported. This support involves both understanding how the work they do can impact on them and developing skills to care for themselves.



**Dr Graham Whyte, Consultant in Palliative Medicine / Associate Postgraduate Dean for Grief and Bereavement, Marie Curie Hospice Glasgow / NHS Education for Scotland**

Graham is an Associate Postgraduate Dean for the Grief and Bereavement workstream within NHS Education for Scotland and a Consultant in Palliative Medicine at Marie Curie Hospice in Glasgow. He started his medical career in Glasgow before moving to Liverpool for specialist training in Palliative Medicine. Following this he was appointed Consultant in Palliative Medicine at University Hospital Aintree and Woodlands Hospice Liverpool before the pull of Scotland proved too strong and he returned to Glasgow in 2014.

Graham has always had a strong interest and passion for education. He also has an interest in ethics at the end of life and has completed an MA in the Ethics of Cancer and Palliative Care with a dissertation looking at truth telling at the end of life.

Throughout his career he has seen how if healthcare professionals are well prepared and equipped to have an open and honest conversations around death, dying and bereavement that this can have a huge impact not only around the time of death for that patient and their family but it can also help soften the impact of the bereavement over months and years to come.



**Andrew Gillies, Spiritual Care and Bereavement Lead, Golden Jubilee National Hospital**

Andrew Gillies is the Spiritual Care Lead at the Golden Jubilee Foundation, a husband, and a father of two daughters. After beginning his career as a conditioning coach for professional athletes and working with “bodies” all day, he found himself increasingly drawn to the spiritual and personal aspect of human development. He then spent five years as a Healthcare Chaplain at the Southern General Hospital in Glasgow where he explored with patients and staff the meaning of faith, hope and healing in the context of illness, death and dying. What gives Andrew most energy in current work is discovering our sense of ‘identity’ in life and what it means to grow as a person, whatever life presents us with.



**Adam Kay, Award-winning Comedian, TV Writer, and Sunday Times Best-selling Author and Columnist**

Adam Kay is an award-winning comedian, TV writer, and Sunday Times best-selling author and columnist. He is a comedian who is passionate and hugely knowledgeable about his subject matter, whilst unfailingly funny about it.

Welcome to the life of a junior doctor: 97-hour weeks, life and death decisions, a constant tsunami of bodily fluids, and the hospital parking meter earns more than you. Scribbled in secret after endless days, sleepless nights and missed weekends, Adam Kay’s book, *This is Going to Hurt*, published in 2017, provides a no-holds-barred account of his time on the NHS front line. Hilarious, horrifying and heartbreaking, this diary is everything you wanted to know – and more than a few things you didn’t – about life on and off the hospital ward.