

Wellbeing & Support in Practice Learning



An event run by ScOPT in partnership with the
School of Education and Social Work at the University of Dundee



University
of Dundee

Once again, we are reporting back on an energising, informative and well attended ScOPT learning event, incorporating our AGM. This year, we partnered with colleagues in Social Work at the University of Dundee. The theme was Wellbeing and Support in Practice Learning. It included inputs from a range of stakeholders e.g. academic staff, PEs, students, placement organisations from the view point of HR and SASW. The main speakers, Trisha Hall (SASW) and Brian Leslie (University of Dundee) delivered inputs which complimented each other and made links between wellbeing in the workplace at different points in our development as Social Workers. They have shared their presentations and these are available for members to read online/download at www.scopt.co.uk/scopt-conference

We used a Fishbowl to facilitate discussions between the various stakeholders and then members and friends used a series of Talking Points stations to share ideas and record actions for ScOPT to take forward. Participants were asked to share their thoughts and examples of good practice in wellbeing and support in relation to the following:

- What I can do for me
- What I can do for my colleagues
- What my organisation can do for me

A summary of the Action Points recorded is attached to this report. **We will consider these at our next Board Meeting in April and follow up with you as to how these are to inform our work plan for 2019-2020.**

The programme flowed well and there was a real buzz in the room. Messages carried from the speakers to the Fishbowl participants and into the Talking Points stations developed a rich conversation. We have captured a range of feedback received from contributors, members and friends:

Trisha Hall, Scottish Association of Social Workers :

“I really enjoyed it and thought the audience was really engaged with the excellent contributions and facilitation all round.”

Experienced Practice Educator and her student, Perth & Kinross Council:

“We both enjoyed the event. We got a lot out of it and will use it in supervision. I would have liked more interacting with the fishbowl - I had thought there was to be a fishbowl at each talking station and we could have been involved. The fishbowl discussion was very good.”

Tapiwa Kuvarega, Social Work student, University of Dundee

“The space used for the event was comfortable. The different speakers were clear and lively, this kept the audience engaged. I liked that the event had quite a diverse group of individuals and through the fishbowl exercise; I was able to gain a better understanding of the roles and challenges faced by different professionals, how this can affect them as well as how they can best be supported to maintain greater wellbeing. I also enjoyed networking with other professionals at the end and sharing what we each do to keep well and reduce levels of stress.”

Sara Hitchin, University of Stirling:

I really enjoyed the event and thought there were some really interesting points of discussion.

We are particularly indebted to Tapiwa Kuvarega, student at University of Dundee and Janet Peggie (Human Resources), Barnardos for their generosity in preparing for and participating in the Fishbowl. They were open and vulnerable in that space, providing us with some food for thought about whole-organisation approaches to practice learning.

We had a successful book stall. This offered some fantastic bargains and we made £98.50 for ScOPT funds. Thank you!

It may have been the quickest AGM in history! The reports are available on the website at www.scopt.co.uk/introduction/governance and information on current Trustees is available at www.scopt.co.uk/introduction/trustees. Networking at these events is crucial to the continuation of ScOPT and we hope to have applications from two potential Trustees in the near future. If you are interested, you can find information on the process at www.scopt.co.uk/being-a-trustee-of-scopt

We are already thinking about where we would like to take next year's event and AGM – we think we are due a trip up North! We are keen to find a range of partners to team up with e.g. local authority colleagues, FE colleagues, PE fora. Sara Hitchin, University of Stirling is also keen to partner with us for a future event.

Thanks again to all those who contributed to the event and to those who attended and reminded us why ScOPT ever came about and why it is still going strong!

ScOPT LEARNING EVENT WELLBEING ACTIONS

WHAT I CAN DO FOR ME	WHAT I CAN DO FOR MY COLLEAGUES	WHAT MY ORGANISATION CAN DO FOR ME
<ul style="list-style-type: none"> • Better work-life balance • Keep better health – physical exercise • Socialise more with team; like-minded people; other people with an interest in PE • Have positive time as a team e.g. cakes, 30 second dance-off, Friday dance • Make effort to find peer-support/mentors • Group supervision • Spoil yourself – nice food, bath, massage etc. • Keep playing my fiddle and have a varied work portfolio • Think about my own development & motivation...not just others • Time for my own reflection • Take time to unwind e.g. hobbies • Discuss issues as they arise • Learn to say No! • Organise time with the relevant individual/people and prioritise this to happen • Join campaigns for better working conditions • Join ScOPT 	<ul style="list-style-type: none"> • As an IPE, I don't have a sense of colleagues. I would like to feel part of a collective • Suggest meeting up with other PEs for support • Ask for more help from the Learning Network • Listen to colleagues – care & compassion. Notice changes • More practitioner-led forums to discuss experiences with students; share pressures • Share materials-encourage feedback to develop these • Observe; listen; communicate • Set up a practice learning community of practice • Actually listen and consider what you can do to help. Encourage others to do same. Let people know you are available to listen • Find ways for everyone to be involved in the placement • Shared understanding of the level of commitment • Investment from team in student development • Provide emotional support • Share more of myself to give others to do the same 	<ul style="list-style-type: none"> • Reward for PT investment • Give protected time to do Practice Ed. alongside day job. Workload adjustment • Structured supervision to discuss PE issues • Recognise the pressures put on PTs during placement, provide support, keep an eye on mental health and coping skills • Arrange time to meet with other Practice Eds and share experience • Acknowledge and value range of skills and experience of current practice educators • Recognise the student is the responsibility of the whole team -not just the PE • Provide structured discussion forums about practice learning in its widest sense • Group supervision • Provide access to development resources • Recognise students bring so much to the placement, benefitting service users and team • Provide supervision for IPEs • Structured mentoring