



Just a small time girl...

My Journey

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The Four Pillars Of Health Inequalities

Living in a lonely world

- Strangers waiting, up and down the boulevard

Their shadows searching in the night

Streetlights people, living just to find emotion

Hiding, somewhere in the night

- **Improving Mental Health and Wellbeing**

**Person centred care culture
creation. Authentic and dramatic.**

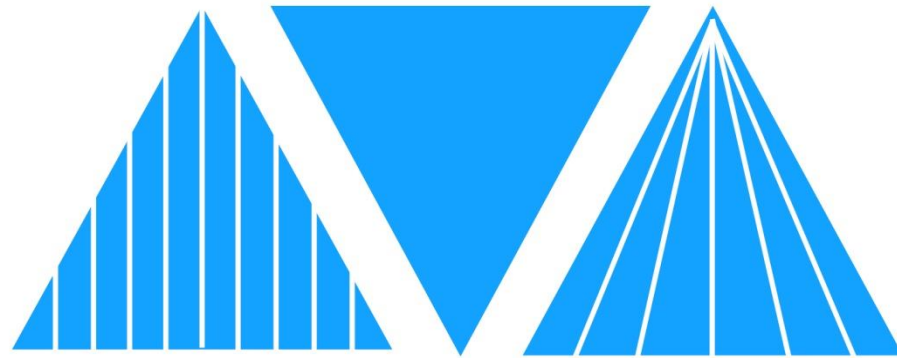


She took the midnight train going anywhere

- Working hard to get my fill
Everybody wants a thrill
Payin' anything to roll the dice
Just one more time

- Tackling drugs and alcohol

Three Bridges Project. BBV testing.



Three Bridges Project

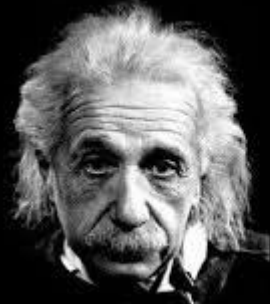
It goes on and on and on and on

- Some will win, some will lose
Some were born to sing the blues
Oh, the movie never ends
It goes on and on and on and on

- Reducing violence

Faculty of Arrest Referral in Police Custody. South East Scotland.

“we tried that once...”
“It’s been done!”
NO!
“now’s not the right time”
“It’s never been done!”
“It’s too complicated”
“It’s too simple”
“the boss will never go for it”
“not our problem”
“if it’s such a good idea how come no-one’s doing it?”
“get lost”
“you’re not paid to think”



“If you can't explain it simply, you don't understand it well enough.”

Albert Einstein
smarty-pants physicist



Don't stop believing



Don't stop believing
Hold on to the feeling
Streetlights people
Don't stop believing
Hold on

Reducing trauma

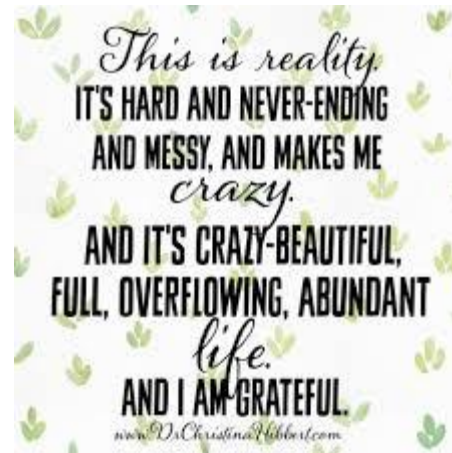
Trauma informed care for people who have experienced rape

- Published standards- HIS
- Activism
- Nurse as examiner and nurse as clinician
- Advanced forensic nursing practice



- Care for most marginalised
- Care for the traumatised
- More is yet to come
- Trust me on that one

Choose your mood. Keep
communicating. Never give up.



Acknowledgements

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