Fostering Compassion

Stop Hurting
Start Healing
Foster Compassion

Compassion Allways
Conference
7th & 8th October 2023
Edinburgh
With grateful thanks to our Sponsors:

- The University of Edinburgh
- The Royal (Dick) School of Veterinary Studies
- Trusted Housesitters™
- Helen Woodward Animal Center
- Real Food Source.com
About Fostering Compassion...

Creating Compassionate Children

Fostering Compassion is a groundbreaking, award winning humane education project for care experienced and vulnerable children who may be showing worrying behaviour towards animals or be struggling with compassion and empathy in general. Unique in our approach, through our workshops and activities we share the stories of rescued domestic and wild animals in such a way that the children draw parallels between their circumstances and those of the animals. This helps the children see animals as sentient beings who can share similar emotions to them. Through sharing the stories of the animals, the children gain a greater understanding of their own circumstances and this often provides a platform for the children to open up about their own abuse and neglect.

Care experienced children are the most vulnerable children in our society and they and their families are in need of the greatest support. Children who have had a traumatic start in life are often at a disadvantage when it comes to fulfilling their potential. They often feel ‘different’ and ‘isolated’. Fostering Compassion brings together looked after children and their caregivers with other children and carers in similar circumstances in a safe environment giving them a sense of ‘belonging’. Children who have attended our activities have shown good engagement in learning, increased feelings of self esteem, self worth and self confidence, a better understanding of their emotions and behaviour and improved compassion and empathy. Each child has shown an increased sense of empowerment - understanding that their actions and attitudes can make a difference. All the children have shown they are good learners and have shown improved prosocial behaviour. The children build new friendships and the caregivers find a valuable support network. Fostering Compassion began in 2013 with just ten children from five families in East Lothian and currently over 1000 children have benefitted from the programme. The demand for our service is increasing every year - even more so since the pandemic.

Connect with Compassion

Our Connect with Compassion initiative focuses on the strength of the human-animal bond and the importance of it to health, well-being and reducing loneliness and isolation, especially in the elderly. Under this programme we also work to raise awareness of the importance of keeping vulnerable people and their companion animals together during difficult times of transition and protecting ‘the bond’ wherever possible. Also as part of this programme, we work to raise awareness of the strength of the human-animal bond and the heartache caused when that attachment is broken. We provide key speakers to give talks and presentations on the work of Fostering Compassion, ‘The Link’, the Human-Animal Bond, and Pet Bereavement.

“Healthy and humane connections between humans and animals are an important element of a community’s well-being.”

Colorado Link Project
We are delighted to be joined by the following Charities and ethical Business:
(at time of going to print)

**Charities**

- Helen Woodward Animal Center
- Fostering Compassion
- Borders Pet Rescue
- French Bulldog Saviours
- Cats Protection
- Staffie Smiles
- SSPCA
- Phoenix French Bulldog Rescue
- Baby Blue Bee Bunnies
- All4Paws
- Edinburgh Dog & Cat Home
- Scottish Badgers
- Paws for Progress
- Forth Hedgehog Hospital
- The Maggie Fleming Animal Hospice
- Hessilhead Wildlife Rescue

**Businesses**

- Trusted House Sitters
- No Stress Pet Solutions
- Lolly’s Creations
- H-ArtAndSoul
- Wren and Thistle
- Healthcraft Herbs
- Butterflybees Wellbeing

**Animal Heroes**

- BRAVEHOUND
- Canine Concern Scotland Trust
- Dogs for Good
- Guide Dogs

The Animal Heroes will be present over lunchtime on the Sunday to meet delegates and short videos from each organisation will be playing on a loop in the breakout room next to the main auditorium.
MEET THE AUTHORS!

We are delighted to be joined by two Authors who will be available for book signings during breaktimes throughout the conference. We have...

Alexis Fleming
Author of No Life too Small

Lesley Winton
Author of Holly, the Mahogany Girl

Sustainability

We are committed to ensuring that the conference is as sustainable and environmentally friendly as possible. Only vegetarian and vegan food will be served and plastic utensils will not be used for teas, coffees and water. We will be providing recycling containers at the end of the conference for discarded programmes and badges.

Hearing Loop

The main Auditorium has a Hearing Loop system for anyone who needs to use it. Please turn hearing aids to ‘T’ for it to operate.

Photography

There will be a photographer taken photos throughout the conference, if you do not wish to be photographed, please let them know.
# FULL CONFERENCE RUNNING SCHEDULE

**Full Conference running schedule**

**Saturday 7th October 2023**

 Conference Speakers and Business of Saving Lives

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Organisation</th>
<th>Topic</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration</td>
<td></td>
<td></td>
<td>8.30am – 9.20am</td>
</tr>
<tr>
<td>Mike Arms</td>
<td>HWAC</td>
<td>Keynote – Importance of Humane Education</td>
<td>9.30am – 10.30am</td>
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<tr>
<td>Coffee Break</td>
<td></td>
<td></td>
<td>10.30am – 10.45am</td>
</tr>
<tr>
<td>Renee Resko</td>
<td>HWAC</td>
<td>Fundraising and Development</td>
<td>10.45am – 11.45am</td>
</tr>
<tr>
<td>Alexa Munoz-Cortez</td>
<td>HWAC</td>
<td>Social Media and Technology</td>
<td>11.45am – 12.45pm</td>
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<tr>
<td>Lunch</td>
<td></td>
<td></td>
<td>12.45pm – 1.45pm</td>
</tr>
<tr>
<td>Jessica Gercke</td>
<td>HWAC</td>
<td>Communications and PR</td>
<td>1.45pm – 2.45pm</td>
</tr>
<tr>
<td>Coffee Break and Chat with above speakers</td>
<td></td>
<td></td>
<td>2.45pm – 3.15pm</td>
</tr>
<tr>
<td>Eilidh Wilson</td>
<td>Edinburgh Dog and Cat Home</td>
<td>Tackling Pet Poverty: Keeping pets in loving homes</td>
<td>3.15pm – 3.45pm</td>
</tr>
<tr>
<td>Alexis Fleming</td>
<td>The Maggie Fleming Animal Hospice</td>
<td>Love and loss at the world’s first animal hospice</td>
<td>3.45pm – 4.15pm</td>
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<tr>
<td>Zhenya Dove</td>
<td>Compassion for Ukraine</td>
<td></td>
<td>4.15pm – 4.45pm</td>
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<tr>
<td>Q &amp; A for above three speakers</td>
<td></td>
<td></td>
<td>4.45pm - 5.00pm</td>
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Lunch will be served in the main atrium and the Animal Heroes Stands and Silent Auction are downstairs
### Sunday 8th October 2023
#### Conference Speakers

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<tr>
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<td></td>
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<td>8.30am – 9.20am</td>
</tr>
<tr>
<td>Dr Andrew Gardiner</td>
<td>The Royal (Dick) School of Veterinary Studies</td>
<td>The Enlightened Compassion of William Dick</td>
<td>9.30am – 9.50am</td>
</tr>
<tr>
<td>Lesley Winton</td>
<td>Fostering Compassion</td>
<td>Fostering Compassion – Reversing the Cycle of Abuse</td>
<td>9.50am –10.30am</td>
</tr>
<tr>
<td>Coffee Break</td>
<td></td>
<td></td>
<td>10.30am -10.45am</td>
</tr>
<tr>
<td>Dr Elizabeth Ormerod</td>
<td>Society of Companion Animal Studies</td>
<td>Compassionate Care: Older people and their animal companions</td>
<td>10.45am –11.15am</td>
</tr>
<tr>
<td>Dr Rosie Allister</td>
<td>University of Edinburgh</td>
<td>Compassion fatigue, moral injury and burnout: What professionals need to know</td>
<td>11.15am –11.45am</td>
</tr>
<tr>
<td>Q &amp; A for above four speakers</td>
<td></td>
<td></td>
<td>11.45am –12.00pm</td>
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#### Animal Heroes

| Mike Arms             | HWAC                                              | Search and Rescue Dogs at Ground Zero                              | 12.00pm –12.20pm|
| Kevin Blair & Jenni Collins | SFRS                                               | Scottish Animal Heroes                                           | 12.20pm - 12.40pm|

| Extended Lunch and Meet the Animal Heroes |                                                   |                                                                     | 12.40pm – 2.00pm|

*Lunch will be served in the main atrium and the Animal Heroes Stands and Silent Auction are downstairs*
## Sunday 8th October 2023 (cont’d)

### Conference Speakers (cont’d)

<table>
<thead>
<tr>
<th>Speaker</th>
<th>Organisation</th>
<th>Topic</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Prof Jo Williams</td>
<td>University of Edinburgh</td>
<td>Developing and evaluating animal welfare education interventions for children</td>
<td>2.00pm – 2.30pm</td>
</tr>
<tr>
<td>Dr Glen Cousquer</td>
<td>University of Edinburgh</td>
<td>The role of curiosity, compassion and presence in awareness-based systems change</td>
<td>2.30pm – 3.00pm</td>
</tr>
<tr>
<td>Dr Diana Sporle</td>
<td>East Lothian Psychology</td>
<td>Self Compassion</td>
<td>3.15pm – 3.45pm</td>
</tr>
<tr>
<td>Lesley Winton</td>
<td>Fostering Compassion</td>
<td>Compassion in Pet Bereavement</td>
<td>3.45pm – 4.15pm</td>
</tr>
<tr>
<td>Q &amp; A for above four speakers</td>
<td></td>
<td></td>
<td>4.15pm – 4.30pm</td>
</tr>
<tr>
<td>Mike Arms</td>
<td>HWAC</td>
<td>To Close</td>
<td>4.30pm – 5.00pm</td>
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**Thank You**

**Conference End**
MEET THE SPEAKERS

Our Guests from America! The Team from Helen Woodward Animal Center delivering their Business of Saving Lives workshops:

Keynote Speaker
Mike Arms – President and CEO
Helen Woodward Animal Center

Mike has saved more animals than any other person, living or dead, in animal welfare history. Since his arrival at Helen Woodward Animal Center, in 1999, pet adoptions have leaped to record levels. Their education program has multiplied as they continue to teach children about the unconditional love that only comes from animals, and their therapy programs touch the lives of tens of thousands of people each year.

Mike will open and close the conference, highlighting the importance of teaching humane education.

Renee Resko – Vice President of Development
Helen Woodward Animal Center

Renee has worked in the development field for 20 years and has a breadth of knowledge that includes direct mail, grant writing, cultivating donors, securing major gifts, planning and executing a capital campaign, and managing a planned giving program.

Renee will be speaking and giving advice on Fundraising and Development.
The American Team contd.

Alexa Munoz-Cortez – Social Media Manager
Helen Woodward Animal Center

Alexa has over 4 years of experience operating social media platforms, digital marketing, daily planning and content creation as well as analyzing data to produce reports. Her involvement in various industries has allowed her to learn how to transform any trend or topic according to what is needed. Her management skills have allowed her to share this expertise and help others learn how to use different tools to succeed based on each one’s capabilities.

Alexa will be speaking and giving advice on Social Media and Technology.

Jessica Gercke – Communications Director
Helen Woodward Animal Center

Jessica spent over 25 years creating and refining media/publicity campaigns for a wide variety of professional industries. Through it all, her heart and soul belonged to animals.

It has been a true joy for her to put her knowledge of marketing and publicity to work for our furry friends in need of forever homes.

Jessica will be speaking and giving advice on Communications and Public Relations.
REMAINING PRESENTERS  (In order of appearance)
Saturday 7th October 2023

Eilidh Wilson
Edinburgh Dog and Cat Home

As part of Edinburgh Dog and Cat Home’s Community team, Eilidh supports many of Edinburgh and the Lothians’ most vulnerable pet owners through our Pet Food Bank and Pet Care networks. Each year, Edinburgh Dog and Cat Home cares for hundreds of dogs and cats, many from loving homes and families. We know that social issues such as financial difficulties, illness, homelessness, and domestic abuse can all affect owners’ ability to give their pet the things they need. The Home’s goal is wherever possible to empower owners to keep their pets where they belong – with their families. With open doors and open minds, the Home aims to break down the stigma people can face when they hit hard times, and to offer a hand of friendship for those in need of our support.

Alexis Fleming
The Maggie Fleming Animal Hospice

Alexis Fleming endured 10 years of suffering with three chronic auto immune diseases facing intense daily pain and fatigue. Her condition deteriorated so much until the horrendous moment in 2015 when she was given six weeks to live. With Maggie’s friendship and love giving her something to hold on to, Alexis’s determination and strength of spirit meant she battled on and in 2016 she founded a hospice for dying animals. Having faced death herself, Alexis gained a remarkable insight into end of life care. The Maggie Fleming Animal Hospice was established in March 2016 in memory of her friend and beloved dog Maggie who died alone and in a lot of pain at the vet hospital. When Maggie died, Alexis thought she’d never be able to smile or laugh or love again, but even though she could hardly think for the grief, the words ‘The Maggie Fleming Animal Hospice’ came into her mind, and once the thought was there it wasn’t going to loosen its grip. Six months later the hospice was born. Alexis also established the Karass Sanctuary for Farmed Animals which along with the Hospice gives life-long and end-of-life care to terminally-ill companion and farmed animals who have been abandoned in the final stages of their lives or who would otherwise have lived and died in the food system.

Zhenya Dove
Ukraine

Zhenya Dove is a Ukrainian activist, volunteer, and a spokesperson, who has been at the forefront of supporting Ukrainian war efforts from the first days of the full-scale invasion. Born and raised in the now occupied Kherson Region, her unwavering commitment to her homeland has driven her to become a prominent campaigner in Scotland, where she has lived for the last 9 years. Zhenya has masterfully united communities to raise awareness and crucial resources for those affected by the war, collaborating with various Ukrainian, Scottish, and international organizations. Notably, she organized several impactful photo exhibitions and many successful fundraising events. Her charismatic advocacy and eloquent speeches have inspired countless individuals to join the cause and contribute to humanitarian aid projects. Zhenya works for a Scottish charity, pursuing part-time studies in Psychology and Counselling while simultaneously working towards establishing her very own charitable organisation.
Dr Andrew Gardiner BVM&S, Cert SAS, MSc, PhD, MRCVS
The Royal (Dick) School of Veterinary Studies

Dr Andrew Gardiner is Senior Veterinary Clinical Lecturer at The R(D)SVS. After qualifying from the Dick Vet and spending 15 years in general practice, he undertook further qualifications in surgery and then a Masters and PhD in History of Science, Technology and Medicine funded by The Wellcome Trust. He wrote a thesis on British veterinary medicine of the middle decades of the 20th century. He currently teaches and practices veterinary medicine in Edinburgh. Since 2009, Andrew has run All4Paws with veterinary students - an outreach project that supports homeless animal owners in Edinburgh. The project adopts principles of ‘service learning’ and provides an opportunity for students to gain first-hand understanding of the running of a small outreach clinic. Together with Professor Jo Williams, Andrew also initiated the new Paws on Campus project at Edinburgh University which started this year.

Lesley Winton BEM
Fostering Compassion

After 15 years in Legal Studies and Legal Accounting, Lesley left to pursue her passion for animal welfare and addressing the links between animal abuse, child abuse, domestic abuse and elder abuse. With 35 years experience in the Voluntary Sector Lesley set up two charities for animal welfare and child welfare. Driven by the desire to develop a unique humane education project addressing ‘the link’ led to the creation of Fostering Compassion which brings together neglected children with rescued animals in an effort to stop animal cruelty before it starts. Lesley has Diplomas in Legal Studies and Legal Accounting, Life Coaching, Native American Studies and Pet Bereavement and in 2014 completed an Edinburgh University Course on the Clinical Psychology of Children and Young People. A keen writer, she published her first book in 2013 highlighting the human-animal bond. Lesley won the Ceva Animal Welfare Award for Charity Professional of the Year in 2017 and was awarded the British Empire Medal (BEM) in the Queen’s New Year’s Honours List 2022 for services to animal welfare.

Dr Elizabeth Ormerod BVMS CF
Chair, Society of Companion Animal Studies (SCAS)

Dr Ormerod is a retired Scottish veterinarian surgeon with over 40 years experience in companion animal practice. She has a deep interest in human-animal interactions, and especially in how knowledge of the bond, animal welfare, animal behaviour and veterinary medicine can be applied to help the most vulnerable people and animals. Acutely aware of the significance of companion animals in the lives of vulnerable people, with multidisciplinary collaboration she developed veterinary outreach programmes, delivering Animal Assisted Intervention (AAI) programmes to schools, nursing homes, hospitals, sheltered housing and prisons.

Dr Ormerod spent many years working with serious offenders in prisons, many of whom had suffered adverse childhood experiences. As a Churchill Fellow and during subsequent study trips she had the opportunity to travel widely, visiting and assessing AAI Programmes in North America, Europe and Japan. Dr Ormerod is a Churchill Fellow, is the recipient of the international William F McCulloch award for excellence in human-animal interactions, is co-Founder of Canine Partners and was UK Veterinarian of the Year 2021.
REMAINING PRESENTERS  (In order of appearance)
Sunday 8th October 2023

Dr Rosie Allister

University of Edinburgh

Dr Rosie Allister has received the British Veterinary Association Chiron Award and the Royal College of Veterinary Surgeons Impact Award for work on veterinary mental health. Rosie manages Vetlife Helpline, a 24 hour support service for everyone in the UK veterinary community.

Her research, based at the University of Edinburgh, looks at veterinary mental health, wellbeing at work, and veterinary suicide prevention. She has written and spoken extensively about veterinary mental health in the UK and internationally, has volunteered with Samaritans for 19 years, and advises a number of national organisations on mental health, professional identity, suicide prevention and self harm.

Jenni Collins
Scottish Fire and Rescue Service

I started my fire service career in the former Tayside Fire Bridge working out of Dundee & Perth HQ’s. After having my two children, I then moved into the Community Action Team in the newly formed Scottish Fire & Rescue Service, & worked within the Scottish Boarders. Since then I have been based in East Lothian covering Prevention & Protection and working with local Partners within the area. I have seen many changes over my 20 year career and not doubt many more changes & challenges are ahead of us, whilst we as a service continue to strive ahead with ensuring the safety of our local community, including people, pets, animals, building and the environment.

Kevin Blair QFSM

Kevin left school at fifteen and started working at the local cement works in Dunbar. He attended college and qualified as a heavy goods vehicle mechanic. Kevin then took on a second job, in 1980, joining the Lothian and Borders Fire Brigade as a Retained Firefighter, serving his local community in Dunbar. During his 33 years in the fire service he rose through the ranks to become Watch Commander, a post he held for 20 years. Under his leadership, Dunbar was one of the first fire stations in the area to have regular fire safety classes. As well as helping people, firefighters render assistance to animals. Kevin and his fellow firefighters carried out many animal rescues during his career. Kevin retired from the fire service in 2013 and at the end of that year he was awarded the Queens Fire Service Medal (QFSM). His medal was awarded for distinguished service to the local community.
REMAINING PRESENTERS  (In order of appearance)
Sunday 8th October 2023

Prof Jo Williams PhD, University of Edinburgh

Prof. Jo Williams leads the Children, Adolescents and Animals Research (CAAR) in the Centre for Applied Developmental Psychology in Clinical and Health Psychology at the University of Edinburgh. She is a developmental psychologist whose research focuses on children’s interaction with animals and the impact of animals on child development and mental health. Her research is highly applied and involves working with animal welfare and children’s charities to develop interventions to reduce childhood animal harm and promote positive interactions between children and animals.

Jo is currently creating a campus dog programme, Paws on Campus, for The University of Edinburgh with colleagues in Clinical and Health Psychology, the Royal (Dick) School of Veterinary Studies, and international collaborators.

Dr Glen Cousquer BSc(Hons) BVM&S CertZooMed MSc (Outdoor Education) MSc (Education Research) PhD MRCVS IML SFHEA University of Edinburgh

Glen Cousquer spent over a decade working in veterinary practice before choosing to retrain in Outdoor and Environmental Education, becoming an International Mountain Leader and Wilderness Guide as part of this transformation. He subsequently completed a further MSc in Education Research and a PhD in Human Geography, training that has allowed him to develop a transdisciplinary approach to systems change. His research and teaching is concerned with the disconnections that contribute to the ecological, social and spiritual divides that characterise the anthropogenic planetary crises we face today. His work on relational practices and awareness-based systems change has led Action Research practice to be extended to the more-than-human world and has contributed to changes in our understanding of how we meet and come to know mules and the multiplicities and complexities of human behaviour change for animal welfare within the International Mountain Tourism Industry.

He is also a writer and photographer and is interested in actively using narrative and photography to help individuals, communities and organisations understand, explore and reimagine their relationship(s) with other-than-human-animals and the natural world. Glen is currently training as a mindfulness teacher and his contemplative practice and interests in mental health, interbeing, inter- and intra-connection, systems thinking, professional reflexivity, learning for sustainability, holism and empathy are reflected in the approaches he brings to the fields of One Health and conservation medicine. These help to inspire new ways of thinking about the roles veterinarians and other professionals can play in respecting who we are and the world we are part of and responsible to. In 2022 Glen received the RCVS Compassion Award in recognition of his role as Chair of the Campus Mental Health Committee and the various ways he brings compassion into his teaching to help students explore the social fields we can learn to explore as we become more proficient in our ability to listen deeply. Glen is currently a Lecturer and MSc Programme Coordinator in Conservation Medicine and One Health at the University of Edinburgh.
Dr Diana Sporle - DClinPsych, MSc, BSc (Hons)
East Lothian Psychology

Dr Diana Sporle is a Health & Care Professions Council (HCPC) registered clinical psychologist. Qualifying as a clinical psychologist in 2007, Diana has worked in the NHS, the third sector and in private practice. Diana practices across the lifespan, working with children and adults of all ages.

Diana works in an integrative way, drawing on her training and experience to tailor interventions to the individual client to meet their needs and reach their goals. Diana has trained in Compassion Focused Therapy (CFT) with the Compassionate Mind Foundation and enjoys bringing this approach into work with her clients.

Thanks to the generosity of our sponsors and speakers we have been able to keep the admission cost for the conference to a minimum in order to make it accessible to all.

Fostering Compassion is a small charity and if you would like to make any donations or take out a direct debit, please speak to a member of our team.

Feedback

We would be very grateful if you would take a moment to complete the evaluation questionnaire in your delegate bag and place in the appropriate box when you leave. The questionnaire is inside the Fostering Compassion leaflet.

Thank you!