 **NHS Education for Scotland**

**Transcript of ‘Walk a mile in mine’ film clip recording**

**Speakers**: Ailsa Hill, School Counsellor MYPAS (Midlothian Young Person’s Advisory Service), Musselburgh Grammar School. Donna Hastings, Children Family Lead, St. Columba's Hospice Care, Edinburgh.

**AH:** Hi there. My name is Ailsa Hill and I am a school counsellor working for MYPAS in East Lothian. I work in Musselburgh Grammar School.

**DH:** Hi, my name is Donna Hastings and I'm the Child and Families Lead at St. Columba's Hospice Care in Edinburgh. And Ailsa and I are just going to tell you a little bit about our parallel session, based around the project that we delivered called Walk a mile in mine.

**AH:** We wanted to use our session to tell you a bit about the pilot project that Donna and I ran together called Walk a mile in mine. We wanted to think of ways of that we could work with young people in schools to help them explore their grief and think about it for themselves, along with other young people who were in a similar, similar position as they were. We wanted to give them that opportunity in a group setting and so Donna and I came together from Donna, from the hospice, myself, from the school, and came up with a group where we could bring these young people together and through exploring their grief, they, and using a creative therapeutic tool we could help them think about their grief and, and be able to explore and tell other people what it's like to be them, what it's like to, to cope with the things that they're coping with, to manage all the things that they're managing. And we would like to share that with you in our session to give you an idea of what that was like and take it from there.

**DH:** So, we hope that participants will be able to take from the session and understanding of the Walk a mile in mine project so that you'll be able to take that and deliver it in your own setting. And also have an understanding of how it might feel for a young person to take part in a project like this in their school environment. And you'll be able to do that from having experienced it first hand, because it's an experiential part of the workshop as well. And we also hope that you're going be able to take away points and tips to consider before embarking on a project like that's. And we hope that you have some fun. So, bring your paper and pens and we’ll look forward to seeing you.

The film was produced in October 2023 and can be found at <https://www.sad.scot.nhs.uk/events/2023-conference/> or <https://vimeo.com/877843435>

For more information visit [www.sad.scot.nhs.uk](http://www.sad.scot.nhs.uk) or contact [supportarounddeath@nes.scot.nhs.uk](mailto:supportarounddeath@nes.scot.nhs.uk)

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