

Speakers – Stay Well Stay Connected Granite City Gathering



Dr. Emer Coveney

National Programme Manager,
Age Friendly Ireland



Jock Hutchison

President and CO-Founder
Horseback UK



Preston Gan

System Transformation
Programme Manager
NHSG



John Wilberforce

Homeshare Manager UK - Part
of Shared lives Plus

Granite City Gathering Speakers

Dr. Emer Coveney

National Programme Manager –
Age Friendly Ireland

Topic

Age Friendly Ireland & The peoples council

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Dr. Emer Coveney is the National Programme Manager with Age Friendly Ireland, where she manages a team-based framework of 31 local Age Friendly Program Managers assigned in each local authority in Ireland. She contributes to the development of resources and guidance documents for the national programme as well as managing the Age friendly research unit.

Her background has a strong focus on social inclusion and equality issues, with PHD and masters qualifications in the field of gender and women's studies, she has recently completed the World Health Organisations certificate in healthy Ageing for Impact in the 21st Century.

Dr. Coveney's work history encompasses local government, community development and social research role ■

Granite City Gathering Speakers

Jock Hutchison

President and cofounder – Horsebeck UK

Topic

What the race horse taught me

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Jock's schooling at Dollar Academy was unremarkable except for his love of horses and a year's exchange to North Carolina at the age of sixteen, through the Rotary club of Dunfermline. This experience introduced Jock to western riding and working horses which profoundly affected the way he has worked with horses ever since.

After school and a traveling break Jock joined the Royal Marines as a Commando and a Commissioned Officer. Within the service he deployed all over the world until being selected to be a helicopter pilot which he then did for The Army, Royal Navy and Royal Marines.

After his military career Jock qualified as a commercial pilot and then went on to set up his own business in developing security strategies for blue chip clients which he ran for the next ten years.

In 2009 Jock co-founded the charity with his wife Emma and he has very much been the face of the organisation since. He is most happy working his horses and talking to people about the amazing healing qualities they have.

Granite City Gathering Speakers

Preston Gan

Transformation Programme Manager - NHSG

Topic

Discovering your: Ikigai

(Finding meaning and purpose in retirement)

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Preston Gan is the System Transformation Programme Manager at NHS Grampian. He held a variety of leadership and management roles for the past 15 years. His work involves improving business operations, managing healthcare facilities, developing strategies, and implementing large-scale initiatives to enhance how people access care and treatment while creating a better workplace for colleagues. Currently, he is focused on developing a performance management and assurance framework for NHS Grampian while strengthening cross system leadership structures in support of the Strategic Plan: Plan for the Future.

Outside of work, Preston has a deep passion for Japanese culture and heritage. He greatly admires the mannerisms, behaviours, and mindfulness exhibited by the Japanese people of all ages. These values shape their daily lives, and he feels blessed to be married to a Japanese person and have two wonderful children.

In 2016, Preston decided to share his passion for Japan by establishing a volunteering organisation. Alongside a dedicated team of 50 volunteers, they organised "Japan Day Aberdeen," an annual 1-day cultural event. The event aimed to inspire communities in the Northeast of Scotland and beyond, fostering an appreciation and understanding of Japanese culture, heritage, and the historical relationship between Aberdeen, Northeast Scotland, and Japan.

What started humbly with 250 attendees grew exponentially over the years. By 2018, the final edition of "Japan Day Aberdeen" attracted over 3,600 visitors. The event received endorsements from influential figures in both the Japanese and Scottish governments and gained positive media coverage. Their collective efforts significantly improved the visitor experience and had a lasting impact on the community.

Granite City Gathering Speakers

John Wilberforce

Homeshare Manager UK Part of Shared lives Plus

Topic:

Building strong local communities

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John Wilberforce has spent the last 18 months developing and launching a Social Franchise programme called Homeshare UK – sitting within a Charity called Shared Lives Plus. His background involves 27 years working in Social Care, observing the challenges that the sector has tried to deal with.

Specifically, Homeshare brings together Older People (who live in their own accommodation) and other people (who are normally younger) who cannot afford their own place to live. There are many checks and balances in place to ensure that the relationship between them is well-managed – but ultimately the two people choose each other, and Homeshare UK supports that relationship locally. The Older Person (called the Householder) provides the accommodation in exchange for around 10 hours per week of practical support from the younger person (called the Homesharer). The Homesharer can help with things such as shopping, cleaning, running errands, cooking – but they cannot carry out personal care tasks.

The Householder benefits by having a social presence in their home, providing companionship, support and practical help – and the Homesharer gets an affordable place to live, thus giving them the chance to save for their future.

Homeshare is all about creating sustainable, long-term solutions to two of the most challenging issues facing communities today – An acute shortage of Social Care, and an unaffordability of accommodation for many people. Nowhere are these challenges more keenly felt than in Aberdeen.

Most importantly, Homeshare is an example of what we SHOULD be doing, as a Community. It's a wonderful example of people helping other people with their mutual resources, for their mutual benefit. Both parties pay a modest contribution to a local Social Franchisee to create and support their arrangement (in terms of paperwork, checks, and monitoring), but other than that, this is simply people helping people. The Social Care sector and the Housing sector cannot provide all the answers to the challenges we face currently – either in Aberdeen or elsewhere in the UK – but a vibrant, supportive Homeshare service in Aberdeen will undoubtedly help.