

# Creating Hope Together Conference 2025

## Evaluation report

This report provides a summary of feedback received from the Creating Hope Together Conference held on the 15<sup>th</sup> May 2025 in the Radisson Blu Hotel in Glasgow.

In total, 267 people attended on the day, 42 people registered but were unable to attend. Participants had the opportunity to complete an online form during the closing session of the event, this was also sent out to attendees after the event. We received a total of 88 responses to this questionnaire.

### Overall conference feedback summary

We were keen to have a broad range of people from across sectors in attendance. Participants were asked to indicate which role which most accurately described them. The table below provides details, please note that participants were able to select more than one option.

Role	Number of people
I am a speaker / workshop host at the event	8
I am from academia	4
I am from private / commercial sector	1
I have lived / living experience of suicide	24
I work for a local authority	8
I work for a public health team	6
I work for a third sector organisation	37
I work for an NHS service	13
I work for Scottish Government or COSLA	4
Other	3

We were also keen to ensure that there was good representation from across Scotland. We asked which area or health board people worked in.

The table below indicates responses.



Area/ Health Board	Number
Aberdeen City	1
Ayrshire	1
Dundee	2
East Ayrshire	1
East Lothian	1
Edinburgh	6
Glasgow	5
NHS Greater Glasgow & Clyde	11
Lanarkshire	1
NHS Forth Valley/Falkirk HSCP	1
NHS Highland	1
NHS Lothian	1
NHS Shetland	1
North Ayrshire	1
North Lanarkshire Council	1
North west	1
Perth and Kinross	2
Renfrewshire	1
Scottish Borders Council	2
West Dunbartonshire	2
Nationally	26
No response	26

The no responses may be from people who were not attending in a work capacity.

### What did you like about the conference?

**Workshops and Speakers:** Many attendees appreciated the range and variety of workshops and speakers. They found the sessions informative, engaging, and valuable for gaining insights into different topics affecting mental health and suicide risk

**Networking Opportunities:** Attendees valued the opportunities for networking provided throughout the conference. They appreciated the chance to make new connections, share experiences, and discuss various topics with others in the field.

**Community and Inclusivity:** There was a strong sense of community and inclusivity at the conference. Attendees felt that the event provided a supportive environment where they could connect with others who share their passion for suicide prevention. The involvement of people with lived experience was particularly appreciated.



**Organisation and Structure:** Attendees felt the conference was well-organised, with a good structure that allowed for a smooth flow throughout the event. Attendees appreciated the thoughtful planning, the venue, and the hospitality provided.

**Keynote Speakers:** The keynote speakers were highly praised for their engaging and thought-provoking presentations. Attendees found their talks inspiring and valuable for their work in suicide prevention.

### What could have been improved or made the conference even better?

**Workshop Duration and Structure:** Many attendees felt that the workshops could have been longer and more engaging. There were suggestions for more time in workshops, extended time for speakers, and better checks to ensure workshops are engaging. Further feedback of workshops is available later in this document.

**Networking Opportunities:** There was a strong desire for more networking opportunities. Attendees wanted more chances to network, move around, and connect with others. Some suggested encouraging people to sit at different tables and creating themed areas for mingling.

**Room Temperature:** The temperature of the room was a common complaint. Many attendees found the room too cold.

**Focus on Suicide Prevention:** Some attendees felt that the conference did not focus enough on suicide prevention. They wanted more practical information and examples of how to address health inequalities and prevent suicide.

**Accessibility and Inclusivity:** There were concerns about accessibility and inclusivity. Some attendees found it difficult to stand up during the conference, and there were issues with the text size on networking prompt cards.

**Miscellaneous:** other suggestions included, the need for more time for Q&A sessions and better ice-breakers.

### What has been your most valuable take away from the day?

Themes highlighted the importance of connection, learning, and addressing systemic issues in their work



**Human Connection and Networking:** Many participants emphasised the importance of human connection and networking. They valued meeting others face-to-face, making connections, and sharing stories. This was seen as crucial for progressing their work and creating a sense of community.

**Keynote Speakers and Workshops:** The impact of keynote speakers, particularly Talat Yaqoob, was frequently mentioned. Participants found the presentations thought-provoking and inspiring, providing valuable insights and encouraging them to think differently.

**Addressing Structural Inequalities:** There was a strong focus on the need to address systemic root causes and structural inequalities. Participants expressed hope that these issues would be recognised and addressed, rather than just applying temporary solutions.

**Collaboration and Co-design:** Collaboration and co-design were highlighted as essential for making meaningful progress. Participants appreciated the opportunity to work together, share ideas, and think about how to join up existing services.

**Workshops and Learning:** Various workshops were mentioned as valuable learning experiences. Topics highlighted included trauma, loneliness, disability, and homelessness. Participants appreciated the practical tools and insights gained from these sessions.

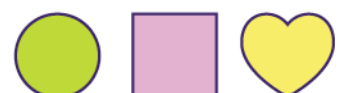
**Lived Experience and Inclusion:** The importance of centring lived experience and promoting inclusion was a recurring theme. Participants valued the focus on these aspects and the recognition of their significance in suicide prevention.

### **What are you going to do to create hope?**

Overall, there was a collective commitment to improving mental health support, raising awareness, and fostering hope and resilience within communities.

**Creating Hope:** Many contributors emphasised the importance of creating hope in their roles and personal lives. They mentioned taking inspiration from presentations, creating space, being disruptors, and sharing what they've learned to raise awareness about mental health and suicide.

**Communication and Awareness:** There was a strong focus on talking more to colleagues, sharing resources, and continuing conversations about mental health and suicide prevention. Attendees highlighted the need to raise awareness about how common suicide is and how to support those with suicidal thoughts.



**Support and Accessibility:** Attendees mentioned making their services more accessible, creating safe spaces for those in crisis, and supporting communities of practice around suicide prevention.

**Collaboration and Connection:** Many stressed the importance of connecting with other groups, sharing information, and working collaboratively. They mentioned using connections made during the conference to help specific groups, such as farmers, and developing better connections within their communities.

**Continued Efforts and Resilience:** There was a recurring theme of perseverance and resilience. Attendees expressed their commitment to keep going, keep speaking up, and continue their work in suicide prevention despite challenges. They emphasised the importance of hope and the need to actively cultivate it.

### Anything else?

The final part of the questionnaire provided an opportunity for attendees to make any other comments about the day. On the whole, the response to the event was very positive with many people expressing thanks for a well organised event. The key themes were:

#### **Event Organisation and Execution:**

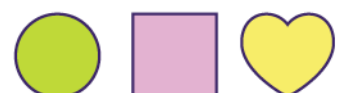
- Many attendees praised the overall organisation and execution of the event. Comments highlighted the variety of organisations present, the quality of practice sharing, and the well-organised nature of the conference.
- Specific mentions were made about the venue being ideal, with more space and everything on the same level compared to previous events.

#### **Presentations and Workshops:**

- There were mixed reviews about the presentations and workshops. Some attendees found the presentations informative and well-paced, while others felt that certain presentations, could have been better in terms of language and inclusivity.
- The workshops were appreciated for their informativeness, but some attendees felt they were rushed and suggested having fewer workshops with more time for each.

#### **Networking and Interaction:**

- Networking was a significant theme, with many attendees appreciating the opportunity to meet like-minded people and engage in meaningful conversations.



- Some attendees suggested improvements for future events, such as having more networking opportunities and making it easier to identify and approach people from different organisations.

### **Emotional Impact and Personal Reflections:**

- The event had a strong emotional impact on attendees, with many expressing gratitude for the opportunity to participate and share their experiences.
- There were also personal reflections on the content of the presentations, with some attendees sharing how certain stories or topics resonated with them on a personal level.

### **Miscellaneous:**

- There were various other comments that didn't fit neatly into the above themes, such as feedback on the food, the temperature of the main room, and general expressions of thanks and appreciation.

### **Workshop feedback summary**

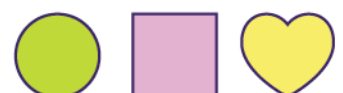
Attendees were also asked for feedback on the workshops they attended throughout the day. Each person was able to attend two workshops from a selection of twelve – six before lunch and six after. The feedback response rate was lower than for the full conference with 53 responses with some responding about more than one workshop on the same form.

The morning workshops covered the following topics:

1. The Spider In The Glass - Trauma and the abusive relationship
2. Improving Suicide Prevention for People Experiencing Homelessness
3. Creating Hope with Peer Support in the LGBTQIA+ Community
4. Introduction to Community-led Action Research
5. Unheard Voices, Urgent Needs: Understanding and responding to suicidality with people who face severe and multiple disadvantage (SMD)
6. Understanding and Responding to Intersectional Mental Health Stigma

The afternoon workshops covered the following topics

1. Understanding the Links Between Gambling Harms and Suicide
2. Lonely or Alone? Exploring the Experiences of Loneliness in the UK
3. Disabled People's Mental Health Matters
4. Understanding and Responding to Children & Young People at Risk of Suicide – a collaborative approach



5. Working effectively with culturally and linguistically diverse clients: Deaf sign language users
6. Good Dad/Bad Dad? Exploring the experiences of marginalised dads

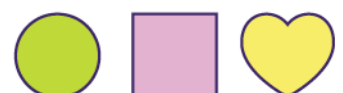
Due to room sizes, there was a restriction on numbers who could attend many of the sessions. The workshops on homelessness and loneliness took place in the main conference room and therefore had larger audiences.

Participants were asked to rank workshops as great, good, ok or poor. Overall workshops were ranked positively with, 36 ranked as great, 11 good, 5 ok and 1 poor.

Participants were asked what they liked about the workshop. A summary of their responses is below.

1. **Engaging and Informative Workshops:** Many participants found the workshops to be engaging, informative, and well-paced. They appreciated the passion and articulation of the presenters, as well as the use of evidence-based research and practical examples
2. **Interactive and Collaborative Sessions:** The interactive nature of the sessions, including small group discussions and case studies, was highly valued. Participants appreciated the opportunity to ask questions, share perspectives, and engage in meaningful conversations.
3. **Insightful and Thought-Provoking Content:** The content presented was considered insightful and thought-provoking. Participants highlighted the quality of information, the relevance of the topics, and the depth of knowledge shared by the presenters.
4. **Personal and Professional Growth:** Many participants felt that the workshops contributed to their personal and professional growth. They appreciated the opportunity to learn about new topics, gain a deeper understanding of issues, and consider how the information could be applied to their work.

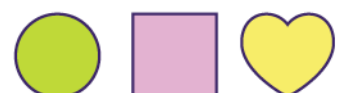
Participants were also asked what could have been improved or made the workshop even better. The following feedback was received and will be used to help shape future conference workshops.



1. **Need for More Time:** Many participants felt that more time was needed for discussions and presentations. They mentioned feeling rushed and suggested that longer sessions would have been beneficial.
2. **Interaction and Engagement:** There was a desire for more interaction between presenters and attendees. Some participants felt that being "talked at" made it harder to stay focused, and they suggested more interactive sessions.
3. **Focus on Core Themes:** Some participants felt that the workshops did not adequately link to the core theme of suicide prevention. They mentioned a lack of focus on how the topics relate to suicide.
4. **Technical and Logistical Issues:** Minor issues such as sound problems and over-running sessions were noted. Participants suggested better time management and technical support.
5. **Miscellaneous:** There were various other comments, including the need for better definitions of terminology, shorter tea breaks, and availability of more resources.

Finally, participants were also given the opportunity to provide any other feedback about the workshops.

1. **Positive Feedback:** Many participants appreciated the workshops, describing them as friendly, informative, and inspiring. They praised the enthusiasm and passion of the presenters and expressed gratitude for the opportunity to attend. Comments included "really friendly and informative", "great workshop!! Really inspiring!", and "excellent and engaging presentation".
2. **Desire for More Interaction and Time:** Several participants felt that the workshops were rushed and would have benefited from more time for interaction and questions. They mentioned that the sessions finished ahead of schedule and suggested that more time would allow for deeper discussions. Comments included "felt quite rushed", "more time for interaction would have been better", and "please give more time for questions".
3. **Miscellaneous:** There were also various comments, such as appreciation for the overall organisation of the conference, suggestions for recording workshops for later access, and feedback on specific presenters.





## Conclusion

We are grateful to all attendees for contributing to our conference and to those who took the time to provide feedback. It was positive to see so many comments which reflected how this year's conference had improved, through taking account of last year's feedback. We look forward to developing a programme for next year's event which will be shaped by this feedback.

