

DUMFRIES AND GALLOWAY COUNCIL



Wellbeing Champions

Dumfries and Galloway Council is committed to supporting employee health and wellbeing. Our Wellbeing Champions are employees at all levels in all directorates who are passionate about taking action in the workplace to promote positive health and wellbeing practices and challenge mental health stigma. Our Wellbeing Champions are trained in Mental Health First Aid, SafeTALK (suicide prevention) and work in a trauma informed way promoting safety, empowerment, choice, collaboration and trust in every interaction. Wellbeing Champions are available to listen, in confidence, to anyone that needs to talk and are a point of contact for any employee who may be experiencing a mental health issue or emotional distress. They can also signpost people to relevant support and useful resources.

We recognise that not everyone will feel comfortable sharing a photo or personal information for a bio, and that is completely respected. Wellbeing Champions can still be approached by colleagues who know them or contacted for a confidential conversation without needing a visible profile. Champions are here to listen, offer support and help signpost appropriate services when needed. While all Wellbeing champions are trained in Mental Health First Aid and SafeTalk, they are not a replacement for professional mental health support and counselling. Their role is to provide a safe, supportive first point of contact and to help colleagues access the right support at the right time.

Mental Health Emergency Guidance

- If the person is making an immediate threat or action to take their own life dial 999 and report the emergency. Stay with them until emergency services arrive.
- If you cannot reach the person and have serious concerns for their life request a welfare check via the police by dialling 999.
- If you have serious concerns for an individual's life or others around them stay with them and escalate by supporting the individual to make a call to NHS 111, their GP or Samaritans on 116 123.

Mental Health First Aid checklist for people in crisis

- **Approach, assess and assist with any crisis**

Approach the person, look out for any crisis and assist the person in dealing with them. Use clear neutral language. Ask the question directly "are you feeling suicidal?"

- **Listen and communicate non judgementally**

Offer kindness, a safe space and time to talk. Actively listen.

- **Give support and information**

The professional help required will depend on the problem being experienced. The person's GP or other support groups may be a good starting point.

- **Encourage the person to seek professional help**

Once immediate crisis is over encourage the person to seek professional help for whatever the situation is that caused the distress.

- **Encourage other supports**

Other supports may be short or long term. They may also be self-help strategies, such as meditation or exercise, to help alleviate symptoms being experienced.

Adrian Morley

Community Assets Supervisor, Abercromby
Depot, Castle Douglas / Remote working.
adrian.morley@dumgal.gov.uk
Mon-Fri

Aimee Boardman

gw16boardmanaimee@ea.dumgal.sch.uk

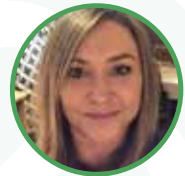
Alan Walker

Learning & Development Officer Training
Organisational Development
Cargen Towers, Dumfries
Alan.Walker@dumgal.gov.uk
Mon-Thurs/Tues-Fri



Alison Cairns

Leadership Development Lead
Organisational Development
Dumfries
Alison.cairns@dumgal.gov.uk or 07500 824 509
Mon - Fri



As a dedicated mother to my son and an advocate for holistic wellbeing, I am passionate about promoting health and happiness for individuals of all abilities. My decision to become a Wellbeing Champion has been shaped by an understanding of the diverse needs within the council, including those with additional support needs.

With a keen interest in nurturing mental, physical, and emotional wellness, and to deepen my understanding of wellbeing principles and practices I have attended various training programs over the years.

As a mother, I am familiar with the challenges and joys of caregiving, and I bring this empathy and understanding to my role as a Wellbeing Champion.

Together, let's celebrate diversity, embrace inclusion, and cultivate a culture of holistic wellbeing for all.

Alison McAuley

Film Theatre Officer, Ryan Centre, Stranraer.

alison.mcauley@dumgal.gov.uk

Mon-Thurs



I became a wellbeing champion as I am a compassionate and understanding person. I love to help people. I have lots of lived experience of coping with life, relationships, and teenagers and can provide a listening ear and a friendly face.

Alison Murgatroyd

Lifelong Learning Assistant, Dumfries.

alison.murgatroyd@dumgal.gov.uk or

07827 860 408

Mon-Thur 0900-1700



Wellbeing is about being in a happy place in your life. It is helpful if you have good support networks, hobbies, interests, and work that is interesting. But life isn't always a breeze, so it's good to recognise this and learn how best to deal with the lows. Use your supports and don't keep things to yourself. Please reach out if you need a listening ear.

Amy Brown

Administrative Officer

Amy.Brown@dumgal.gov.uk



I'm a Committee Support Officer and a wellbeing enthusiast. I am so grateful for this opportunity. I suffer from OCD and Anxiety myself and I am hoping I can help others through my own personal experience.

Amy Watson

Improvement and Quality Officer

[**Amy.Watson@dumgal.gov.uk**](mailto:Amy.Watson@dumgal.gov.uk)

Mon-Fri



With over 13 years' experience as a social worker, I am passionate about helping others navigate through challenging times. I have come across some wonderful colleagues who share this passion but often do not apply the same level of compassion and support to themselves as they do to those they support. I really want to offer a safe space to colleagues to talk about whatever is needed and give some support to enhance wellbeing. We all go through difficult times, and often a listening ear and feeling understood can make all the difference. I'd be happy to help in any way I can.

Ann Farrell

Unite Branch Convenor, Dumfries.

[**Ann.Farrell@dumgal.gov.uk**](mailto:Ann.Farrell@dumgal.gov.uk)

Mon-Fri



I have volunteered to become a wellbeing champion because I recognise how important it is to have someone to talk to about all the pressures and challenges we feel as part of everyday living. I can relate to some difficult life experiences, and I am happy to listen and offer support and assistance in a completely confidential way.

Anna Tuite

Workforce Engagement Manager, Organisational Development

Anna.Tuite@dumgal.gov.uk / 07826908457

Monday – Friday, based in Dumfries



I have volunteered to be a wellbeing champion as I am personally very passionate about suicide awareness and prevention. I believe the more we encourage people to reach out to others to talk about their feelings/ what they're thinking, the more lives could be saved each year. As an unpaid carer for over 30 years, I really appreciate how essential it is to try and keep active and mindful, but in ways which are free and can easily fit in around busy day-to-day life. I always aim to promote and role model inclusion and diversity, including acting as an ally, for example with our staff networks such as LGBTQIA+.

Anne-Marie Hawrylkiw

Benefit Maximisation & Financial Assessment Officer

Revenues and Benefits

Anne-Marie.Hawrylkiw@dumgal.gov.uk

Mon, Tues & Fri

My name is Anne-Marie Hawrylkiw and I have worked within the council for over 20 years. I'm a Financial Inclusion and Welfare Support Team Visiting Officer and support people over 60 to apply for benefits. I really love my job, being able to support our most vulnerable people across D&G. In my spare time I look after my grandchildren and love to ride and participate in our local Riding of the Marches.

Annie Collier

Health & Safety Officer

Human Resources

Annie.Collier@dumgal.gov.uk

I feel very fortunate to be given the opportunity to become a wellbeing champion. Often life can feel overwhelming, at these times it important to know you have someone you can talk to. Having a good chat and downloading our thoughts into words can often help us feel better. With experience of working within Health and Safety we need to keep the 'H' Big in Health and Safety for all. Be kind to yourself and remember, you are not alone.

Annie Sweeney

Teacher of Business Education

Douglas Ewart High School

Gw24Sweeneyannfrance@ea.dumgal.sch.uk**Ashley Clark**

Pensions Assistant

Ashley.Clark@dumgal.gov.uk

Mon-Thurs



I am passionate about health and wellbeing having experienced adversity as a child and young person. It took me a long time to prioritise my own wellbeing and I now wish to support others to be kind, loving and compassionate to themselves. Nobody wins unless everybody wins. The individual and collective wellbeing of people living in Dumfries and Galloway is of paramount importance. I am always up for a chat.

Ashley Henderson

Executive Support Officer / PA Support /
Administrative Officer

[**Ashley.Henderson@dumgal.gov.uk**](mailto:Ashley.Henderson@dumgal.gov.uk)



Being able to support colleagues as a Wellbeing Champion is very important to me. Having experienced multiple traumatic events throughout my life, mostly cancer-related, I am passionate about using my experiences in a positive way to help support others. I have also undertaken several online qualifications relating to both adult and child mental health.

Ashley McLeod

Organisational Development Adviser

[**Ashley.McLeod@dumgal.gov.uk**](mailto:Ashley.McLeod@dumgal.gov.uk)

Mon-Wed



I have been a Wellbeing Champion for the last couple of years, something I'm genuinely passionate about. Alongside my professional background, I bring lived and living experience of difficult moments in life, including navigating family bereavements and the impact they've had on my own mental health. More recently, becoming a mum and returning from maternity leave has given me a whole new perspective on wellbeing. I understand first-hand the challenges of balancing a demanding job with parenting, trying to give your best at work while also recognising that home is often where you're needed most. Like so many others, I'm learning daily that we can't be everything to everyone, and that it's okay to ask for help or take a moment to breathe.

I've completed Scottish Mental Health First Aid training, as well as SAFETalk and ASIST, so I'm equipped to support not just friends and family, but colleagues and anyone who might need someone to lean on. I'm always here to offer support in any way I can, even if that simply means being a listening ear when things feel overwhelming.

I work Monday, Tuesday and Wednesday, and I'm happy to chat via phone, email, text or MS Teams — whatever feels easiest for you. I genuinely believe that when you share a worry or a problem with someone else, it often becomes just a little bit lighter to carry.

Please know you're never alone, and I'm always here if you need to talk.

Ashley Watson

Reprographics Assistant,
St Joseph's College, Dumfries.

gw21watsonashley@ea.dumgal.sch.uk

Mon-Fri (term time only)

Becky Robson

Community Resilience Officer

Becky.Robson@dumgal.gov.uk



Hi, I'm Becky and I've worked for the local authority for the last 4 years. We all have mental health and through my studies I've read a lot about the importance of connection when feeling low and how it can help. I'm always here for a chat and to listen.

Bob Law

Physical Education Teacher,
Wallace Hall Primary School

gw10lawrobert@ea.dumgal.sch.uk

Bonita Sutherland

Support for Learning Teacher, Douglas Ewart
High School, Newton Stewart.

gw14sutherlandbonita@ea.dumgal.sch.uk

Mon-Thur 0900-1700 (term time only)



Brian Templeton

Team Leader Flood Risk Management

brian.templeton@dumgal.gov.uk

Callum Nichol

Headstone Safety Project - Support Officer

Callum.Nichol@dumgal.gov.uk

Carol Ann McWhir

Business Management Support Officer,
Kirkbank, Dumfries / Remote working.

[**CarolAnn.McWhir@dumgal.gov.uk**](mailto:CarolAnn.McWhir@dumgal.gov.uk)

Mon-Fri



I am passionate about being a wellbeing champion and being someone you can reach out to when you don't know where to turn for help. Having been through a traumatic journey myself, which caused detriment to both my physical and mental health, as a survivor, I can offer support to others who may be facing difficult circumstances. By standing together, that worry or problem is halved.

Caroline Copland

Senior Clerical Assistant
Education and Learning Directorate
Amisfield Primary School

[**gw08coplandcaroline@ea.dumgal.sch.uk**](mailto:gw08coplandcaroline@ea.dumgal.sch.uk)



I would describe myself as a very positive person, always ready to listen in a non-judgmental caring way and have a chat with those who ask. Over the years I have cared for family members, dealt with long term illness and also bereavement. This is an insight that I can share with people if needed. Outside of work I enjoy travelling, camping, baking, reading and spending time with family and friends.

Caroline Townsend-Sawley

Nursery Manager, Heathhall School, Dumfries.

[**gw15townsendsawleyca@glow.sch.uk**](mailto:gw15townsendsawleyca@glow.sch.uk)

Mon-Fri



I'm the nursery manager at Heathhall School. Juggling the pressures of work and family has caused me to suffer with poor mental health in the past. What I'm offering is a listening ear and the time you need to talk through how you're feeling, from someone who has experience of how it feels to need to talk. No judgement, just a friendly ear.

Charlotte Carson
Principal Technician
Abercromby Depot
Roads and Infrastructure
Charlotte.Carson@dumgal.gov.uk

Cheryl Copeland
Training, Development & Communications
Coordinator, Irish Street, Dumfries
Cheryl.copeland@dumgal.gov.uk or 07766566281
Wed & Thur



I am really pleased to be a Wellbeing Champion as I am passionate about wellbeing.

Every day I am thinking about looking after myself for the best results professionally and personally. I am involved in co-ordinating wellbeing activities in social work and really enjoy doing this.

Claire Pearsall

ASLT & Supply teacher, Kirkcudbright Primary School, Kirkcudbright.

gw15pearsallclaire@glow.sch.uk

Mon-Wed 0900-1700 (term time only)



I've been a class teacher all my working life and a mum to three almost grown-up children. Supporting learners with mental health has become a big focus for intervention recently, and I have a genuine interest in the wellbeing of all. I am approachable, always professional, and discreet. I am calm, a good listener, and above all, I have a kind heart.

Colin Graham

Senior Benefit Officer Operations

colin.graham@dumgal.gov.uk

Coral Harkness

Primary Teacher,

Creetown Primary School, Creetown.

gw21harknesscoral@ea.dumgal.sch.uk or

07850053270

Mon—Fri



I am a Wellbeing Champion with a strong understanding of the challenges faced by carers. Through my experience supporting a loved one, I have developed a deep awareness of dementia and its impact. I am passionate about promoting a work-life balance and recognise the importance of wellbeing in personal and professional settings. I aim to support others through open conversations, sharing knowledge, and providing a supportive environment.

Corrye Adamson

Active Communities Co-ordinator

Leisure, Culture and Wellbeing

Corrye.Adamson@dumgal.gov.uk



I am a Wellbeing Champion because I care deeply about creating a positive, supportive environment where people feel heard and valued. I actively promote healthy habits, open conversations, and practical ways to manage stress and improve overall wellbeing.

Danny Bennet

Trauma Informed Practice Lead Officer

Danny.bennet@dumgal.gov.uk

Mon-Fri



I'm Danny Bennet, the Trauma Informed Practice Lead Officer, where I support colleagues and services to embed compassionate, relationship-based and trauma-informed approaches. I'm passionate about creating environments where people feel safe, valued, and able to thrive. Outside of work, I founded and run a Dumfries-based charity called Guild of Gaming, which tackles social isolation by bringing people together through tabletop gaming. Creating spaces where connection, community, and wellbeing can grow is at the heart of everything I do.

Darren Andrews

Teacher Additional Support for Learning

Douglas Ewart High School, Newton Stewart

gw08andrewsdarren@ea.dumgal.sch.uk or 01671 404757

I have always been passionate about wellbeing and seeing the value of positive mental health in the workplace. A happy workplace is a productive workplace. I want to be a wellbeing champion to help people be confident and comfortable in their role.

David Aitken

Depute Headteacher

Dumfries High School

gw07aitkendavid2@ea.dumgal.sch.uk

Mon-Fri

Debbie Gracie

Area Manager, Care & Support Service

Debbie.gracie@dumgal.gov.uk or **07479470231**

Mon-Fri

I have worked within health and social care for 18 years; mental health and wellbeing is very important to me as it is such a big part of life and I feel everyone should have the safe space to talk to someone nonjudgmentally who can listen well. I am always available to lend an ear and offer any support I can in times of need.

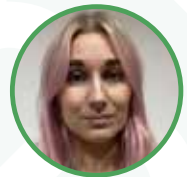
Elaine Grieve

Senior Social Worker,

Irish Street, Dumfries

Elaine.Grieve2@dumgal.gov.uk

Mon-Fri



As a social worker I spend a lot of my time trying to look after the wellbeing of my clients. In doing so, though, I think we often forget to look after ourselves. I chose to become a wellbeing champion because I want everyone to know that if they are feeling down or struggling to cope there is always someone they can contact who will listen and do their best to help. We are living in stressful times, so it has never been more important to take care of ourselves and each other.

Eleanor Havenhand

Pensions Officer, Carruthers House, Dumfries.

Eleanor.Havenhand@dumgal.gov.uk

Mon-Fri

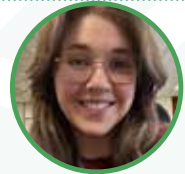


I am keen to support my colleagues by providing a safe space to share their thoughts – judgement free! It is important that people feel they can reach out for support when in a time of need. For this reason, I will always make myself available to support colleagues in difficult situations. I would be happy to take video calls, emails or Teams messages; whatever you are most comfortable with.

Erin Boyle

Single Access Point Supervisor

Erin.Boyle@dumgal.gov.uk



I have volunteered as a Wellbeing Champion as I know that it can be difficult (particularly for Neurodivergent people) to navigate the working environment while experiencing issues with mental health. I'm very passionate about helping people and know that even just having an empathetic ear can make all the difference. I have a background in Fitness & Health (I'm a qualified Personal Trainer), meaning I'm knowledgeable in the links between physical and mental health. I'm also a keen hiker in my spare time and would always recommend this to people who are able - the fresh air in the region is hard to beat!

Evan Trayner

Physical Activities Coach

Leisure, Culture and Wellbeing

Evan.Trayner@dumgal.gov.uk



Here to support colleagues, listen without judgement, and help make work feel a little lighter. If you ever need a chat, I'm always happy to talk.

Fay Hannaford

Contact Centre Advisor

fay.hannaford@dumgal.gov.uk



I'm committed to helping create a workplace culture where people feel safe to speak openly, where stigma is reduced, and where colleagues know they're not facing challenges alone. Through my own experiences as a trauma survivor and someone who has navigated mental health difficulties, I've seen firsthand how powerful empathy and connection can be. These experiences motivate me to ensure others feel seen, heard, and supported. By becoming a Mental Health Champion, I hope to contribute to a kinder, more compassionate workplace - one where wellbeing is a shared priority and everyone has access to the help they need.

Fiona Hemmings

Education

gw23hemmingsfiona@ea.dumgal.sch.uk



Fiona Hemmings, is a Retired Clinical (RNMH). My journey evolved to palliative care, telemedicine, research/author , community and school nursing (mental health/wellbeing) and is well acquainted in the demands of everyday life. However, it didn't just stop there though! Currently in education, the health and wellbeing of children, health/ social care and education/support staff may need assistance at some time. I can provide a level of support through crisis engaging in supportive conversations to enable you to navigate through difficult decisions/emotions. No one is immune to the challenges life brings and talking about it may be the bridge to a focused resolution. In my spare time, I devote time to community engagement projects, swimming, and enjoy being a mum to 4!

Gemma Sammon

ASN Teacher, St. Joseph's College, Dumfries.

Gw10sammongemma@ea.dumgal.sch.uk

Mon—Fri (term time only)

Gillian Renwick

Team Lead—Education Hub

Gillian.renwick@dumgal.gov.uk

Mon-Fri (term time only)

Gordon Halliday

Community Assets Supervisor

Streetscene and Community Assets

Gordon.Halliday@dumgal.gov.uk



I work as a Community Assets Supervisor, based at Kirkcudbright. I have worked in grounds maintenance with the council for over 36 years, before that I worked as a fisherman and before that on a farm. I retired last year from the Fire service after 30 years as a retained firefighter. I wanted to be a wellbeing champion because, having been a Retained Firefighter for over 30 years, I have witnessed the effects of dealing with traumatic experiences, both on people involved in incidents and on responders.

I have been involved with gravedigging since joining the council over 36 years ago and don't feel uncomfortable in talking to people who have suffered a bereavement, so I might be suitable to help others dealing with bereavement.

Regards, Gordon

Hayley Stevenson

Care Experienced Support Officer, Dumfries Academy.

Hayley.stevenson@dumgal.gov.uk or 07725065444

Mon—Fri



I am now proudly a wellbeing champion, what does that mean? I want everyone I come across in our workplace to be well. At times it feels impossible to be well, physically, financially, emotionally, mentally and no one is 100% of the time, so when things are tough we need to stand together and feel as if people are standing by us and if it's not people I have my wee dug Tara (she hugs a lot of staff and young people for me).

Hazel Kerr

Business Manager

Education Support Services

Dumfries

Hazel.Kerr@dumgal.gov.uk or 07917078862

Mon-Thur 08.30-17.30



I became a Wellbeing Champion as I believe I am an excellent listener, approachable and friendly. We must continue to break down the barriers and stigma that are quite often associated with mental health and wellbeing. We all have mental health, and the role of Wellbeing Champion is very important as it allows me to offer support and a listening ear to colleagues and friends when they need it most.

Ian Johnson

Learning and Development Officer,

Organisational Development

Ian.Johnson@dumgal.gov.uk or 07796255839

Tuesday, Wednesday & Thursdays.



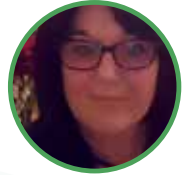
I chose to be a Wellbeing Champion as it is important to me to be in a position to be able to provide help and support which makes a positive impact in people's lives.

J'an Andrews

Branch Secretary, Unison, Buccleuch Street, Dumfries

[**Jan.andrews@unisondumfries.org.uk**](mailto:Jan.andrews@unisondumfries.org.uk)

Mon-Fri



My name is J'an Andrews. I have worked for the council, starting my employment in 2003. I am also a UNISON officer; I joined when I became a member of the local authority and have been involved in supporting many members of this council over the years, and now Branch Secretary. I have trained as a mental health champion and completed safe talk and trauma informed practice training. I am always contactable.

James McDowall

OD Manager, Carruthers House, Dumfries

[**james.mcdowall@dumgal.gov.uk**](mailto:james.mcdowall@dumgal.gov.uk) or **07709 467853**

Mon-Thurs



I care about mental health and wellbeing of others; I am proud to be a Wellbeing Champion where I can listen and support colleagues whenever they need help. I spend a lot of time with my family and friends especially being physically active as I find this helps me in my daily life. I am non-judgemental and will help in any way I can, no one should feel alone especially if times are particularly difficult.

Janet Drennan

Team Manager Children & Families

Children's Services

[**Janet.Drennan@dumgal.gov.uk**](mailto:Janet.Drennan@dumgal.gov.uk)



I put myself forward as a Wellbeing Champion because I genuinely care about the people I work with and believe that everyone should have the opportunity to feel supported, valued and happy at work. I am passionate about promoting mental health awareness and helping to create an environment where people feel comfortable to talk openly and seek support when they need it. I want to encourage a positive, inclusive culture where well-being is part of everyday conversation, and where we all play a part in looking after ourselves and each other.

Janice Jardine

Learning and Development Officer,
Organisational Development, Cargen Tower
and Remote

Janice.Jardine@dumgal.gov.uk

Jayne Howat

Business Improvement Officer
Business Intelligence
Jayne.Howat@dumgal.gov.uk



Jennifer Hargreaves

Supply Teacher
gw08hargreavesjennie@glow.sch.uk
Mon—Fri



Everyone should feel supported in their workplace, but life gets in the way. Sometimes people get in the way of enjoying what we do. You begin to feel isolated, alone, lost and don't know where to turn. That's when you need to talk to a wellbeing champion: someone who will listen, empathise and allow you space to share how you feel. Reach out, I'm waiting to hear from you.

Joanna Brotherston

Link Worker, Dumfries Activity Resource Centre
Joanna.Brotherston@dumgal.gov.uk
Mon—Fri

I chose to be a Wellbeing Champion as I am interested in Health and Wellbeing. I have been in a caring role for over 30 years, and I nursed for 16 years. I am passionate about this field and am hoping to be of support and help throughout this role. I believe the key to this role includes being non-judgemental and having the ability to listen. My hobbies include swimming, Pilates, hill walking and spending time with loved ones.

Joanne Russell

Central Primary Inclusion Teacher

gw10smithjoanne8@ea.dumgal.sch.uk

or 01387 265 679

Wednesday, Thursday & Friday.



I chose to be a Wellbeing Champion as I already currently support staff within schools alongside parents and carers. Wellbeing is a huge part of my role and I have also recently completed a mental health and exercise course virtually through the MHEC Gym in Stirling. I enjoy spending time with my family and friends in the outdoors or making memories in different areas.

Julie Jewell

Senior Care Coordinator, Dumfries

Julie.Jewell@dumgal.gov.uk

Mon-Fri



I am passionate about mental health and wellbeing especially in the workplace where we all spend a lot of time. I currently work in Mental health Social Work and have recently completed a degree in Psychology; people's wellbeing is at the core of all that I do. I believe that talking about problems help lighten the load and I am happy to listen and help anyone who is feeling they need support.

Julie White

Discretionary Budgets Officer,

Carruthers House, Dumfries.

Julie.White@dumgal.gov.uk

Mon-Fri



I have a varied background including working in a hotel in Belgium, as an office worker in Jersey and as a mortgage underwriter in London. Since returning to Dumfries around 11 years ago I have volunteered with the Food Train and Citizens Advice Bureau. I have also attended a counselling course in London. I am a grandmother, mother and daughter and as such have had lots of life experience. I am very much looking forward to promoting wellbeing within the Council.

Kathryn Millar
Administrative Officer
Business Support Service
Kathryn.Millar@dumgal.gov.uk



I volunteered to become a Wellbeing Champion as I bring empathy, understanding, and a deep commitment to mental health and wellbeing into everything I do. Mental health is a subject close to my heart, and I believe that with the right support, everyone has the potential to thrive. Colleagues describe me as a good listener, caring, and approachable—qualities I strive to embody every day. I am passionate about creating safe spaces where people feel heard, valued, and supported. Whether someone needs a quiet moment to talk or a helping hand to navigate challenges, I am here to offer that support without judgement. I believe that breaking down the stigma around mental health is essential, and I am proud to champion open conversations, promote wellbeing, and help others find the best in themselves.

Katrina Bennett
Social Worker/Mental Health Officer
Statutory Mental Health Team
Katrina.Bennett@dumgal.gov.uk

Kerry Ward
Attendance Team Leader
Kerry.Ward@dumgal.gov.uk

As a wellbeing champion, I believe that small acts of kindness and respect can make a real difference. We never truly know what someone else is carrying, whether it's the person walking past us, driving alongside us, or even someone who always appears happy and cheerful, everyone benefits from a listening ear with no judgement or solutions, just being heard can sometimes be enough. That understanding shapes how I approach both my work and everyday interactions. Creating a supportive and compassionate culture where people feel seen and valued is something I'm proud to play a small part in, helping to encourage wellbeing across our local authority.

Lauren Taylor

Business Improvement Officer

Lauren.Taylor@dumgal.gov.uk

Mon-Fri

Being a Wellbeing Champion to me means being able to support those around me by positively promoting mental wellbeing and improving this where possible. I always try to have, and to promote, a positive outlook on things and would like to support my colleagues to be able to do the same and being a Wellbeing Champion provides an opportunity to promote and share different events and opportunities. In my free time I enjoy spending time with friends and family and being outside in the fresh air.

Lee Seton

Leisure, Culture & Wellbeing Manager

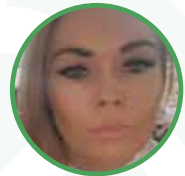
lee.seton@dumgal.gov.uk

Leeanne Hall

Admin Hub Manager, Cargen Tower / HQ Campus

Leeanne.Hall@dumgal.gov.uk or 01387 271 106

Mon-Fri



I became a Wellbeing Champion because I am passionate about promoting positive mental health and wellbeing across our workforce. I am regularly told by colleagues that if I ever give up the day job I should become a counsellor! I spend half my spare time in the gym and the other half at the side of a football pitch cheering on my boys at football.

Linda Richardson

Public Transport Officer on behalf of SWestrans

Linda.richardson@dumgal.gov.uk

07425729710 - 07557054364

Tuesday to Friday



Everyone deserves to feel happy. At some points in our lives if we don't, there is always help out there you just have to ask. If you fancy a walk so you can chat freely or just sit and have a coffee with someone who listens, then please get in touch.

Lindsay Drysdale

Administrator, Militia House, Dumfries.

[**Lindsay.Drysdale@dumgal.gov.uk**](mailto:Lindsay.Drysdale@dumgal.gov.uk)

Mon-Fri



Having been through many hard life experiences, and feeling I had no one to turn to, I know how essential it is to have someone to talk to. I'm happy to lend a friendly and non-judgemental ear to whatever issues you are going through. Let's have a cuppa and talk it out!

Lindsay Greene

Principal Officer, Health & Wellbeing,
Education Resources, Militia House, Dumfries.

[**Lindsay.Greene@dumgal.gov.uk**](mailto:Lindsay.Greene@dumgal.gov.uk) or **07557079497**



I have a keen interest in the area of wellbeing and what we can all do to keep ourselves well. In the role of Wellbeing Champion I hope to be able to support colleagues and provide a listening ear. If you need any support or would like a chat please feel free to contact me.

Lisa Henderson

Principal Teacher Inclusive Practice Quality Improvement

[**Lisa.Henderson@dumgal.gov.uk**](mailto:Lisa.Henderson@dumgal.gov.uk)

Lorraine Roxburgh

Primary Teacher, Loreburn Primary, Dumfries.

[**gw08roxburghlorrain2@glow.sch.uk**](mailto:gw08roxburghlorrain2@glow.sch.uk)

Wednesday, Thursday & Friday



My background lies in education over the last 17+ years, having previously studied Psychology. More recently I have undertaken a diploma 3 in counselling skills. I am keen to support and build ways to promote wellbeing for anyone I am involved with in a work or personal capacity.

Lynne Russell

Teacher (Social Subjects and History), Annan Academy.

gw08russelllynne@glow.sch.uk

Mon-Fri (term time only)

Lynsey Lightfoot

Senior Practitioner Occupational Therapist

Garden Hill Primary Care Centre

Lynsey.Lightfoot@dumgal.gov.uk

Mon & Fri 0900 - 1830, Tue & Thur 0915-1515



I'm an Occupational Therapist with a passion for trauma informed practice. I chose to be a Wellbeing Champion as I believe resilience is not just within us but between us, everyone should have someone they can connect with who can offer a listening ear and to support them to live the life they choose. Outside of work I am a mum of two and enjoy spending time with friends, family, cooking, baking, running and walking usually listening to a good audiobook.

Madeline Jamieson

Housing Options & Homeless Assessment

Assistant, Carruthers House, Dumfries

Madeline.Jamieson@dumgal.gov.uk



I'm Maddie, a Housing Options and Homeless Assessment Assistant with the Housing Options and Homeless Service. I have a BSc in Psychology and a MSc in Psychological Research Methods from the University of Dundee. Mental wellbeing in the workplace is hugely important to me.

Maria McIntyre

HR Business Partner

Human Resources

Maria.McIntyre@dumgal.gov.uk



With a strong interest in women's health, emotional wellbeing, and resilience, I can support you to build self-awareness, confidence and connection to resources which may help with personal and relationship challenges. I am proud to be part of a network that prioritises wellbeing at the heart of our Council. Please contact me by email, telephone, or message me on Microsoft Teams for a confidential chat.

Marjory Baird

Clerical Administration,

Kirkcudbright Academy.

gw08bairdmarjory@ea.dumgal.sch.uk

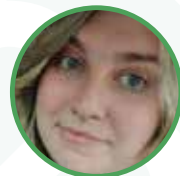
Mon-Fri

Megan Widdowson

Finance Officer

Treasury, Capital and Pensions Fund Investment

Megan.Widdowson@dumgal.gov.uk



Wellbeing to me means taking some time out of your day to relax and feel like a person again. I know how hard it can be to reach out and ask for help when you're struggling. I wanted to become a wellbeing champion so that anyone that is having a hard time can talk to someone that might be able to understand what they are going through.

Michael Hilferty

Senior Operative Waste, Culhorn Depot

Michael.hilferty@dumgal.gov.uk

Moirá Baird

Depute Head Teacher, Rephad Primary School

gw08bairdmoira@glow.sch.uk

Tuesday-Friday (term time only)

Nicola J Brown

Depute Head Teacher, Moffat Academy

Gw08brownnicola11@ea.dumgal.sch.uk

Mon-Fri



I am mum to two grown up children, a granddaughter and 3 cats. I am a bit of a dabbler and dip in and out of various interests like piano, reading, gardening, art and concerts. I know how easily mental health conditions and illness, trauma, stress and bullying, can tip one's actions, behaviour and health from positive to negative. One of the hardest things is to recognise this has happened to you. The next hardest is knowing what to do. I use all my experience and training to keep the balance right for me. I am here to help you too, you just need to ask.

Nicola Kerr

Principal Teacher Additional Support for Learning

gw08kerrnicola3@ea.dumgal.sch.uk

Nicola McCulloch

Care Experienced Education Team Lead

Support Officer, Douglas Ewart High School

Nicola.McCulloch@dumgal.gov.uk or 07824300239

Mon-Fri



My name is Nicola, I have been with the Council for over 20 years in a variety of roles, the most recent being Care Experienced Team Lead Support Officer. I appreciate life can be challenging both in and out of work and sometimes we all need a bit of support.

Nicole Halliday

Transactional Improvement Officer,
Carruthers House, Dumfries

Nicole.Halliday@dumgal.gov.uk or 65514

Mon-Fri



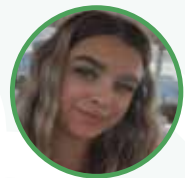
I am a kind and trustworthy individual who believes talking about your struggles can make such a difference. I decided to become a Wellbeing Champion to provide a friendly, non-judgemental ear to anyone who may be struggling, and to offer to help by signposting and raising awareness of resources on offer. I am passionate about promoting mental health and creating a positive work environment for my colleagues. To maintain my own mental health I like to go on long walks with my dog, take time out to spend time with friends and family.

Nicole MacLeod

gw24kerrnicole@glow.sch.uk

Technical Teacher

Mon - Fri (term time only)



As a Technical Teacher, I am passionate about creating a safe, supportive, and inclusive learning environment where young people feel valued and heard. I encourage pupils to build confidence, resilience, and problem-solving skills that extend beyond the classroom. As a Wellbeing Champion, I am committed to promoting open conversations around mental health, reducing stigma, and supporting both pupils and staff in fostering positive wellbeing across our whole school community.

Nyree Gibson

Chemistry Teacher

gw24gibsonnyree@ea.dumgal.sch.uk



I'm pleased to be supporting the council as a Wellbeing Champion. I'm committed to helping foster a positive and inclusive working environment by promoting wellbeing initiatives, sharing resources, and encouraging open conversations around mental and physical health.

Olly Driver

Team Leader

Lifelong Learning

Oliver.Driver@dumgal.gov.uk

Patricia Riley

Principal Officer Partnership Support,

Remote Working

Patricia.Riley@dumgal.gov.uk

Mon-Fri



Throughout my life I have been fortunate to have been helped along the way by people who knew things I didn't, who had experiences from which I could learn and insights they wanted to share so becoming a Wellbeing Champion just seemed a natural way of paying back. Issues of relevance to me are domestic abuse, bereavement, carers issues and long-term workplace bullying. My personal wellbeing is improved by doing arty crafty things, growing things, engaging with nature, and trying to be a kind human being by being both human and kind.

Patricia Geirnaert

Physical Activities Coach

Leisure, Culture and Wellbeing

Patricia.Geirnaert@dumgal.gov.uk

Paul Rae

Learning & Development Officer,

Cargen Tower, Dumfries

Paul.Rae@dumgal.gov.uk or 07979147099

Mon-Fri



I became a wellbeing champion because I see lots of different departments through my job and hopefully through knowing myself they can speak to me. Mental health is really important to me, as a fire fighter I have seen the struggles many people have went through. Being there to listen can be a massive help to someone struggling and that's what I hope I can do.

Paula Kirkpatrick

Fairer Futures (Child Poverty) Key Worker
Employability, Skills and Partnerships

[**Paula.Kirkpatrick@dumgal.gov.uk**](mailto:Paula.Kirkpatrick@dumgal.gov.uk)



I became a wellbeing champion because I love helping people. I'm a compassionate and understanding person who likes nothing more than to sit down with a cup of tea and talk things through. I've worked with teenagers for over 15 years and as a dedicated mum so can provide a listening ear and a friendly face.

Rachael McGhie

Depute Headteacher
Education

[**gw18mcghierachael@ea.dumgal.sch.uk**](mailto:gw18mcghierachael@ea.dumgal.sch.uk)



What wellbeing means to me: Feeling healthy, alert, positive and able to face whatever the world has to throw at me. In my own time I like to spend time with my two miniature goldendoodles Reggie and Ronnie.

Rebecca Aldridge

Social Work Services Senior Operational Manager
Adult Social Work Services

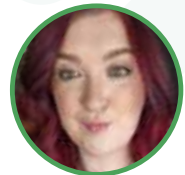
[**rebecca.aldridge@dumgal.gov.uk**](mailto:rebecca.aldridge@dumgal.gov.uk)

Rebecca Brown

INSPIRE Graduate Organisational Development

[**Rebecca.brown@dumgal.gov.uk**](mailto:Rebecca.brown@dumgal.gov.uk)

Mon-Fri 9:00-17:00



I volunteered to become a Wellbeing Champion because mental health has always been a priority for me, and my background in psychology means I understand how important it is to feel supported. I want colleagues to know they can always reach out for a chat and never feel they're dealing with things alone.

Robert Wilson

Roads and Infrastructure Storeperson

Robert.Wilson@dumgal.gov.uk



I chose to be a Wellbeing Champion. Due to suffering mental health myself and knowing how difficult this illness is and living in silence for almost 2 decades, this role has helped me develop skills as well as my own experience and knowledge of this illness hopefully can give people confidence to come out and talk help others move forward.

Ross Fraser

Pension Fund Investment and Accounting Officer

ross.fraser@dumgal.gov.uk or 07917514047

Mon-Fri



I volunteered to be a Wellbeing Champion as both living through, and coming out of, the pandemic mental health and wellbeing has grown in importance. As this importance grew the stigma has lessened and more people, including men, are talking about their mental health/wellbeing. Through this role I hope to be able to offer support and be a sounding board for anyone who wants to have a chat. In my spare time I golf, go to the gym, enjoy walking and spending time with family and friends.

Ruth Donnelly

Health and Wellbeing Officer, Education.

Ruth.Donnelly@dumgal.gov.uk

Mon-Fri

Sally Fingland

Team Leader – Leisure Facilities, DG1, Dumfries.

Sally.Fingland@dumgal.gov.uk

Mon-Fri



I have worked in leisure and sport for over 20 years and have always had a keen interest in working with and supporting people. I've become a Wellbeing Champion to hopefully help anyone who needs it and just to be better equipped to listen and help those find support. Outside of work I have an interest in exercise, mainly jogging, and believe that being physically active greatly helps clear the mind. I'm also kept busy with 2 children and like to bake when I have the time.

Sara Weightman

Project Coordinator, Militia House, Dumfries.

Sara.Weightman@dumgal.gov.uk or 07342705886

Mon-Fri



I initially joined the Wellbeing Team as I was new to the area and Council, but now I am a positive and active member who is proud of where we are in this Wellbeing journey so far... I care deeply about others I have natural empathy and a desire to support my colleagues' mental, emotional, and physical wellbeing.

- I like that I can promote a positive culture
- I'm helping create a workplace where people feel safe, supported, and encouraged to thrive. I'd like to think I am approachable and trusted
- I hope people feel comfortable coming to me for advice or just to talk, which is a huge asset within the Council. I lead by example
- I practice good wellbeing habits and encouraging others to do the same.
- But mostly I want to make a difference

I see the value in small actions that lead to big changes in morale and wellbeing. This is why I am a Wellbeing Champion and proud!! The picture I have sent is a recent one of me taking a dip in Kirk Loch in Lochmaben where I currently live. I am happy and it shows. I also recently swam 5k in September for Child Bereavement and raised £342.00. Life is all about positivity!

Sheree Brown

Team Leader, Business Support Services

Sheree.Brown@dumgal.gov.uk or 07955 888 955

Mon-Fri

I have volunteered to be a Wellbeing Champion because I am passionate about supporting and encouraging people to be the best version of themselves. It is vital that we provide safe, non-judgemental, confidential spaces where staff feel comfortable to relax, talk and be themselves. I am the person that people seem to gravitate towards naturally in times of crisis. I have a lot of lived experience; life tends to be a roller-coaster for most of us, I find it's how we react to life's challenges that is important, my experience is that it always helps to talk, it can give perspective to any situation.

Sharon Mitchell

Team leader Control, pay & Employment,
Remote working.

Sharon.mitchell@dumgal.gov.uk

Mon-Fri



As a mum of 4 I realise the importance of making time for myself. I was introduced to some mindfulness techniques and use these and make time to do things I enjoy such as walking, swimming, going for a coffee etc. After supporting a family member who struggled with their mental health and accompanying them to appointments this inspired me to learn more about health and wellbeing. I think it's really important to reach out if you are struggling, supporting someone else or feeling overwhelmed. You are never alone.

Steven Templeton

Teacher of Mathematics & Science (Physics),
Kirkcudbright Academy.

Gw08templetonsteven@ea.dumgal.sch.uk

Mon-Fri (term time only)



I have been a secondary teacher within Dumfries and Galloway for almost 20 years, being well aware of the current pressures in the workplace. I am passionate about wellbeing and believe it is critical to long term sustainable performance at work. Outside of work I have 2 children, and like to spend time outdoors, cycling, running and fishing.

Stuart Fair

Health & Safety Support Officer, Carruthers
House, Dumfries / Remote working.

Stuart.Fair@dumgal.gov.uk

Mon-Fri



I believe we often focus on Health and Safety and not enough on wellbeing, so a while back I decided to join the Council wellbeing strategy group focusing on mental health and have been a mental health champion since its inception. Outside work I enjoy the gym, outdoor swimming, listening to music and follow Queen of the South (though at the moment that is not good for anxiety levels!) Look forward to chatting should you ever need to.

Stuart McColm

Principal Officer, Contact Centre

Stuart.McColm@dumgal.gov.uk

Mon-Fri

I was previously a mental health champion and benefited greatly from this as it has allowed me to speak confidently to colleagues regarding difficult subjects and given me the skills to help listen when colleagues have issues. I feel it is a vital role within a large organisation and would like to continue supporting anyone who needs assistance.

Tamara McCallie
Area Manager Care & Support
Care and Support Services
tamara.mccallie@dumgal.gov.uk



Tina Lockhart
Team Leader, Health & Wellbeing,
Remote working
Tina.Lockhart@dumgal.gov.uk or 07921038688
Mon-Fri



My job centres on physical wellbeing of adults and older adults and I am passionate about ensuring that we get it right for people in our communities. I am mum to 2 children (who are 21 years apart). From being a very young mum to a much older mum, I have experienced a lot of 'learning' over these past 30 years. I have also recently had breast cancer and attend support groups to help others going through this. In my spare time I love going to gigs and festivals and spending quality time with family and friends.

Victoria Findlater
Legal Assistant, Legal Services,
Remote working.
Victoria.Findlater@dumgal.gov.uk or 01387 245 941



I put myself forward to be a Wellbeing Champion as I believe good mental health and wellbeing are essential for everyone no matter what age you are or job you do. To promote my own wellbeing I enjoy spending time with horses, walking and visiting the beach.

Victoria Hastie
Principal teacher, Sanquhar Primary School.
gw08hastievictoria@ea.dumgal.sch.uk
Mon-Fri (term time only)

Vikki Binnie

Community Justice Manager

Public Protection

vikki.binnie@dumgal.gov.uk



CONNECT | Wellbeing Champions



Glow | Wellbeing Champions



Dumfries & Galloway Council is committed to supporting employee health and wellbeing and providing ongoing support to our Wellbeing Champions following a support conversation. Following a conversation Champions are asked to record information on this form:

<https://forms.office.com/e/sh0CdsW8Bj>

The information recorded should not include any identifiers for the person requesting a supportive conversation.

wellbeing@dumgal.gov.uk

