



**The Power of Body Positivity – Challenging the “ideal”
Tuesday 1st December, 12pm – 1.30pm**

SPEAKER BIOGRAPHIES

Julie Cameron
Associate Director, Mental Health Foundation

Julie Cameron is Associate Director with the Mental Health Foundation (MHF) where she leads a large and specialised staff team to deliver our strategy in Scotland and Northern Ireland. The Mental Health Foundation has been the UK’s leading charity for everyone’s mental health. With prevention at the heart of what they do, they aim to find and address the sources of mental health problems so that people and communities can thrive. Julie has over 20 years’ experience in public mental health including as a Youth Worker, a Children’s Mental Health Advocate, Health Improvement Practitioner and Research Consultant. Julie was the co-chair of the Scottish Government Advisory Group on Good Body Image where her unique experience and commitment to social justice brought an inclusive approach to the group meetings and a desire to ensure that the recommendations were informed by a wide range of perspectives.

Con Lafferty
Mental Health Nurse/Blood-borne Virus Prevention Worker, NHS
Lothian Harm Reduction Team

I have worked within my current role for over 7 years. For the past 4 years, I have led on the -development of the Lothian Steroid Clinic. Within this clinic, I work alongside those using image and performance enhancing drugs from within a harm reduction model. Most of the people I engage with are male, and a large portion of them can live with often debilitating body image issues such as body dysmorphic disorder. I also play a part in educating others by working alongside other health professionals to help them understand the needs of this client group.



Assa Samaké-Roman
French Freelance Journalist

Assa Samaké-Roman is a French freelance journalist covering politics, culture, society and travel in Scotland for Radio France Internationale, le Figaro, Slate.fr, Mediapart and Politis. Her work has also featured in the Sunday National's comment pages. Her first book, *Ecosse : Hadrien et la licorne* (Nevicata editions), will be released in November. She is also the co-creator of *Ecosse Toujours*, a podcast in French in which she and her co-host share their knowledge of Scotland's history, politics and culture, as well as their experience of living as EU citizens in the country. She recently featured on the National Advisory Council of Women and Girls' website with an article on race and body image, two topics she has been exploring while working with feminists organisations (such as the Georgette Sand collective in France) and occasionally modelling for inclusive fashion brand Snag Tights.



Kara Wilson
Young Person, Girlguiding Scotland

I am age 22, and I am from Lanark. I have been in Girlguiding since I was 6. I started in Rainbows and now I am an Assistant Leader for a Brownie unit in Law. I am also a 'Speak Out' champion for Girlguiding Scotland. When I am not guiding, I am studying for my final year of interior environmental design. In my free time, I enjoy running, baking and painting.

