NHS FV Dental Wellbeing Month – Cameron’s Story

On Tues 26 April at Inchyra Grange, Grangemouth, the inaugural event of NHS Forth Valley’s Dental Wellbeing Month took place.

The first event in a series of six planned until 21 May, both online and in person, 45 people attended to hear Cameron’s Story.

Although it was very nice to be able to have a face to face meeting with friends and colleagues, the reason we gathered was heart-breaking. By the same token and for the same reason, the importance of hearing Cameron’s story cannot be underestimated

Professor John Gibson is well known across our profession. A quick run through of his CV shows that he has held high positions in within our profession both in oral medicine and for dental education over the last 30 years.

For those who have had the pleasure of attending any of his lectures in the past will be aware that Professor Gibson is an excellent, extremely knowledgeable and very engaging guest to have speaking

However last Tuesday evening, we had the privileged to have Professor Gibson talk to us about his son Cameron who, was lost to suicide on 20 October 2019. It was a huge honour for us to welcome Professor Gibson and for him to agree to share Cameron’s story with NHS FV dental colleagues, to raise awareness of suicide, to reach out to others who may be struggling and allow us into a small part of his personal grief.

Nobody left the room without being profoundly touched by listening to Professor Gibson speak so honestly and openly. The statistics shared and the realisation of just how close suicide is to all of us, was a sobering to say the least.

I am sure I speak for everyone who attended by saying that were deeply indebted to the strength, humility and compassion Professor Gibson showed in agreeing to share Cameron’s story

The Gibson family have established a charity, “The Canmore Trust” (SC 051511) to act in suicide prevention and also in suicide post-vention with the aims of raining awareness, establishing safe places for families affected by suicide, fund research, establish a group of counsellors and to work with other charities to unify the action against suicide

The first major fund-raising event will be a walk from Land’s End to John O’Groats in the summer of 2022 by John and Isobel Gibson, with a support team of close friends.

The walk starts on **13 June 2022** and will pass, east to west, through Forth Valley in early August. It is anticipated that this walk will raise significant public interest for suicide awareness with the hope that many family members, friends and colleagues will join them on the walk.

<https://www.facebook.com/hashtag/onemanwalkingamilliontalking>

Instagram – johngibson\_1200

These are the dates when John will be coming through Scotland;

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| **Weeks 7-9** |
| Day 50 | Monday  | 01/08/2022  | Byrness to Jedburgh  | 19 miles | 01/08/2022  |
| 51 | Tuesday  | 02/08/2022  | Jedburgh to Melrose  | 18  | 02/08/2022  |
| 52 | Wednesday  | 03/08/2022  | Melrose to Traquair  | 18  | 03/08/2022  |
| 53 | Thursday  | 04/08/2022  | Traquair to West Linton  | 22  | 04/08/2022  |
| 54 | Friday  | 05/08/2022  | West Linton to Linlithgow  | 27  | 05/08/2022  |
| 55 | Saturday  | 06/08/2022  | EDINBURGH MEET & GREET  | -  | 06/08/2022  |
| 56 | Sunday  | 07/08/2022  | REST DAY (104 miles)  | -  | 07/08/2022  |
| 57 | Monday  | 08/08/2022  | Linlithgow to Kilsyth  | 20  | 08/08/2022  |
| 58 | Tuesday  | 09/08/2022  | Kilsyth to Drymen  | 24  | 09/08/2022  |
| 59 | Wednesday  | 10/08/2022  | Drymen to Callander  | 20.6  | 10/08/2022  |
| 60 | Thursday  | 11/08/2022  | Drymen to Inversnaid  | 22.4  | 11/08/2022  |
| 61 | Friday  | 12/08/2022  | Inversnaid to Bridge of Orchy  | 26.5  | 12/08/2022  |
| 62 | Saturday  | 13/08/2022  | Bridge of Orchy to Kinlochleven  | 21  | 13/08/2022  |
| 63 | Sunday  | 14/08/2022  | REST DAY  | -  | 14/08/2022  |

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| **Weeks 10-11** |
| Day 64 | Monday  | 15/08/2022  | Kinlochleven to Fort William  | 15 miles  | 15/08/2022  |
| 65 | Tuesday  | 16/08/2022  | Fort William to Laggan Locks  | 23.3  | 16/08/2022  |
| 66 | Wednesday  | 17/08/2022  | Laggan Locks to Invermoriston  | 21.3  | 17/08/2022  |
| 67 | Thursday  | 18/08/2022  | Inermoriston to Drumnadrochit  | 14.3  | 18/08/2022  |
| 68 | Friday  | 19/08/2022  | Drumnadrochit to Inverness  | 19.88  | 19/08/2022  |
| 69 | Saturday  | 20/08/2022  | Inverness to Alness  | 21.6  | 20/08/2022  |
| 70 | Sunday  | 21/08/2022  | REST DAY (121 miles)  | -  | 21/08/2022  |
| 71 | Monday  | 22/08/2022  | Alness to Dornoch  | 23.2  | 22/08/2022  |
| 72 | Tuesday  | 23/08/2022  | Dornoch to Brora  | 20  | 23/08/2022  |
| 73 | Wednesday  | 24/08/2022  | Brora to Berriedale  | 21.7  | 24/08/2022  |
| 74 | Thursday  | 25/08/2022  | Berriedale to Lybster  | 14.4  | 25/08/2022  |
| 75 | Friday  | 26/08/2022  | Lybster to Wick  | 18  | 26/08/2022  |
| 76 | Saturday  | 27/08/2022  | Wick to John O' Groats  | 26.1  | 27/08/2022  |
| 77 | Sunday  | 28/08/2022  | REST DAY  |  | 28/08/2022  |

The links below are to donate to the *The Canmore Trust* and for the other charities John championed during the evening;

<https://www.justgiving.com/fundraising/lejog-john-gibson>

<https://uksobs.org/>

<https://www.papyrus-uk.org>

Books & Resources Prof Gibson Referenced;

* *Managing mental health crises in dental practice* - [Clare Yates](https://www.nature.com/articles/s41415-022-3936-0#auth-Clare-Yates) & [Vivek Furtado](https://www.nature.com/articles/s41415-022-3936-0%22%20%5Cl%20%22auth-Vivek-Furtado) [*British Dental Journal*](https://www.nature.com/bdj) volume 232, pages375–378 (2022)

<https://www.nature.com/articles/s41415-022-3936-0>

* *When It Is Darkest: Why People Die by Suicide and What We Can Do to Prevent It* – Prof Rory O’Connor. Publisher: Vermilion (6 May 2021)

*ISBN-10 ‏ : ‎ 1785043439. ISBN-13 ‏ : ‎ 978-1785043437*

* <https://www.cultofpedagogy.com/suicide-prevention/>
* <https://www.cultofpedagogy.com/pod/episode-176/>

“*Dead people receive more flowers than the living because regret is stronger than gratitude”*

Anne Frank