

# cake (240p)

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## SUMMARY KEYWORDS

hamish, slices, cake, wellbeing, graphic design, natwest, storytelling, resource, tasks, queen, nursing, created, recent graduate, digital, macdonald, iconography, kath, bank, ness, margaret

## SPEAKERS

Jonathan Love, Hamish Hanna, Caroline Dixon, Kath MacDonald


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**K** Kath MacDonald 00:00  
CAKE stands for caring for each other, attending to what's important, keeping connected, and engaging and empowering.

**K** Kath MacDonald 00:08  
Hi there. My name is Kath MacDonald. I am the director of Listen Up Storytelling, which is a social enterprise that supports professionals who care for others to care for themselves, and I'm an honorary Lecturer in nursing Queen Margaret University.

**C** Caroline Dixon 00:23  
Hi, my name is Caroline Dixon. I'm a senior lecturer and researcher at Queen Margaret University, and I'm a fellow of the Queen's nursing Institute in Scotland. CAKE is an interactive resource, a digital resource that has eight slices, and its focus is on helping individual and team wellbeing and effectiveness. Its uniqueness is the use of storytelling, and the promotion of wellbeing for teams as well as individuals.

**H** Hamish Hanna 00:55  
The role I played in the creation of CAKE was initially the design of the physical copy and slices. This included the iconography, designing and creating nets having them printed off and cutting and sticking them together. For the interactive resource, I refined the slice iconography, Included some more for different tasks within slices, created an animation videos and design characters to help demonstrate some of the tasks, CAKEs to be launched in September. And the project overall has been a really great experience.



**J** Jonathan Love 01:24

I've had the opportunity to work with and meet great people I otherwise wouldn't have I wouldn't have had the chance to, I've used the opportunity to grow my consultant skills whilst also just using my expertise in digital learning and I've worked with a recent graduate from graphic design called Hamish and it was great to be involved in his process and using his inspiration and his can do ness, which helped reinvigorate some of my love into the graphic design where I do back and back in the bank.

**K** Kath MacDonald 01:53

We'd like to thank Sheena Hales from NatWest and Joanna Alan from the Scottish Tech Army for helping to coordinate the project. We'd also like to thank Bob Winton from Pine Scott film, Hamish Hanna, a graphic designer and Jonathan love from NatWest skills bank for bringing together the digital resource.

**C** Caroline Dixon 02:15

Our goal now is to share CAKE so that everyone can get a taste. Let's use it!