



**The Big HSCN & SOPA Tea Break:
Ageing Well in the Highlands
Thursday 9th September 2021 11 a.m. – 12.30**

Leading up to 11 a.m.	Get your beverage of choice ready. Join before 11 if you can! A wee voluntary task : While people are arriving, think of a word you be proud to hear describing older people in the Highlands e.g. “involved”, “creative” “influential” “safe” “valued” “active” etc and pop it in the chat box.
11 – 11.10	Welcome In and Hellos from Ian McNamara, Chair, Highland Senior Citizens Network and Diana Findley, Chair, Scottish Older People’s Assembly
11.10 – 11.25	Dr Martin Wilson, Consultant Physician, Raigmore Hospital Positive actions for ageing well.
11.25 – 11.40	Questions/Comments for Martin
11.40 -11.50	Short comfort break. Please just stay signed in as you will be magically moved to your focus-group during the break.
11.50 – 12.20	Your Focus Group will be one of these: <ul style="list-style-type: none"> • Connect with other people • Be physically active • Learn new skills • Give to others • Pay attention to the present moment (Mindfulness) A chance to chat about what this means to you and discuss: 1) What positive actions are already happening to support this at local/regional/national level? 2) What positive actions need to happen to make this more accessible to all older people in Highland.
12.20 -12.30	Gathering Back Together – Short Feedback: One positive action from each group - and Goodbyes
12.30	Thanks for attending – time to go and do the washing up!