



**Scottish Older People's
Assembly
Perth Concert Hall
Wednesday 5th October
2022**



Programme

10.30 Registration and refreshments

11.00 Diana Findley, Chair of Scottish Older People's Assembly [SOPA], Welcome

Anne Rizzo, International Relations Manager, Age Friendly Ireland & Sheena Fontana
SOPA Project Officer, Age-friendly Communities

Councillor Elaine Thornton-Nicol, Older People's Champion & Catriona Melville, Age
Scotland

Frank Gribben, Co-ordinator, Unforgotten Forces, Age Scotland & David Paterson,
Trustee of SOPA

12.30 Lunch, Networking & Stalls

13.30 Themed workshops

- 1) Age-friendly Communities
- 2) How small interventions at a local level can make a big impact
- 3) SOPA's focus – our aims, objectives & priorities
- 4) Loneliness & isolation -the impact on older people's health & wellbeing

15.00 Action Points from Workshops

15.15 Closing Speaker - Professor Russel Griggs OBE, Chair South of Scotland Enterprise

15.40 Diana Findley - Assembly Close and Thanks

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