

Highland Community Care Forum Annual Conference – Living Your Life

Friday 6th September 2002
Inverness Caledonian Thistle F.C. Stadium, East Longman, Inverness

CONFERENCE PROGRAMME

- 10.30 *Registration and refreshments*
- 11.00 **Introduction and Welcome**
Isabel Moore - Chair, Highland Community Care Forum
- 11.10 **Joint Futures: How Joint? Whose Future?**
Colin Mair - Director, Scottish Local Authorities Management Centre,
Strathclyde University
- 11.40 **Helping people to get connected**
Sheena Munro - Executive Director, Highland Community Care Forum
- 12.20 **Highland Conversations - Beyond the Rhetoric**
Philomena de Lima - Lecturer/Researcher, Inverness College
- 1.00 *Lunch - an opportunity for networking and browsing*
- 1.45 **Parallel workshop sessions**
1. **Living Your Life**
Colin Mair, Director Scottish Local Authorities Management Centre,
Strathclyde University
 2. **Silent Voices**
Philomena de Lima, Lecturer/Researcher, Inverness College
 3. **Roads to Recovery**
Gregor Henderson, Director, National Programme to Improve Mental
Health and Wellbeing
 4. **Getting a Window on Your Life**
Brian Hill, Connecting Communities Project, HCCF
 5. **Getting People Involved in Improving their own Health in the
Highlands**
Moira Paton, Head of Community Care & Community Development,
Highland Health Board
- 3.15 *Refreshments*
- 3.30 **Life Beyond Services – Getting the Best from Services to fit your Life**
Gregor Henderson, Director, National Programme to Improve Mental Health
and Wellbeing
- 4.00 **Close**