****We’re Here Too  
  
 **24th** **October  
 Eastwood House,   
 Eastwood Toll,   
 East Renfrewshire**

*******Information on public transport is on our website***: http://otbds.org/projects/were-here-too/

**10 – 10.30: Coffee and registration**

**Morning session**

Welcome and introduction

People living in care homes being part of their communities

* Presentations on what some care homes are doing to make links and invite community activities in
* Example of community activities welcoming people who live in local care homes

******Discussion: What helps people who need extra support be part of their communities?

Being active - walks, belly dancing and more

**Lunch**

Demonstration/practice of belly dancing for people who want to do this.



**Afternoon session**

Support that is right for each person



* Examples of support for minority ethnic people and their families
* Inspection Volunteers – bringing lived experience into Care Inspectorate inspections

Discussion: What supports older people’s well-being?

Taking things forward

**3.30: Home**