We’re Here Too

**15th November  
 Forth Valley Sensory Centre,  
 Falkirk**

***Information on public transport is our website***: http://otbds.org/projects/were-here-too/ ***and on the Sensory Centre website*** http://fvsensory.jimbyrne.co.uk/  
  
**10 – 10.30: Coffee and registration**

**Morning session**

Welcome and introduction

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

Being active - walks, belly dancing and more

* Work by Care Inspectorate to share what works
* ******Practical examples of how people are enabling people who need extra support to be more active



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

**Lunch**

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



**Afternoon session**

New approaches to community-based support

* Examples of micro enterprises and what makes them work well

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



Taking things forward

**3.30: Home**

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