We’re Here Too

**2nd December  
Smithton Free Church,   
Inverness**

***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

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

* ******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 from innovative projects



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

Taking things forward

**3.30: Home**

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