**Highland Self Management Forum**

**Anxiety & Stress**

**9th September 2021**

**Microsoft Teams**

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| **AGENDA** | | |
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| 1400 - 1405 | Welcome and Housekeeping | Kirsteen Campbell  LGOWIT Development Officer |
| 1405 - 1415 | Alliance Update | Margaret McKeith, Assistant Director |
| 1415 - 1430 | Empowering you to overcome the challenges you face | Kirsteen Adams, senior coordinator Support in Mind (Distress Brief Intervention) & Mhairi Dingwall from Support in Mind (Distress Brief intervention team) |
| 1430 - 1445 | How to have a healthy older age | Anne Macdonald, coordinator for Highland Senior Citizens Network |
| 1445 - 1450 | Refreshment break |  |
| 1450 - 1505 | Lived experience Q&A session | Susan Sutherland, lived experience and Kay Nicolson from CVG |
| 1505 - 1520 | Using stitch craft | Sarah Berry Tutor from Rag Tag, Small charity which runs textile crafts workshops for mental wellbeing |
| 1520 - 1530 | Lived experience video | Luke Eveling |
| 1530 - 1545 | About Mikey’s Line | Emily Stokes CEO & Emilie Roy support worker from Mikey’s Line |
| 1545 - 1550 | Introduction of new Animation | Spike Setch |
| 1550 – 1600 | Q & A session |  |
| 1600 | Thank you for coming & close | Kirsteen Campbell |