

Highland Self-Management Forum

Resilience

8th September 2022

Microsoft Teams

AGENDA		
1400 - 1405	Welcome and Housekeeping	Kirsteen Campbell LGOWIT Development Officer
1405 - 1415	Alliance Update	Margaret McKeith Assistant Director
1415 - 1430	The Highland Resilience Network	Kirsty Laura Henderson HTSI Development Officer for Governance & Resilience
1430 - 1445	Empowerment	Emma Fraser Deputy Manager CASWA (Caithness and Sutherland Women's Aid)
1445 - 1500	Self-management your wellbeing	Kirsteen Campbell LGOWIT Development officer
1500 - 1505	Break	
1505 - 1520	Are you winter ready?	Claire Derwin Senior Health Improvement Specialist Public Health NHS Highland
1520 - 1525	What keeps you well Animation	Spike Setch LGOWIT E-learning Development Officer
1525 - 1530	Go Digital Highland	Spike Setch LGOWIT E-learning Development Officer
1530 - 1550	Worried about your Energy Usage? Tips & advice	Dean Wigglesworth Team Manager Home Energy Scotland
1555 - 1600	Thank You & Close	Kirsteen Campbell LGOWIT Development Officer



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