



Roots to Health:
6th November 2009
9.30am to 4.30pm
Highland Council Head Quarters,
Glenurquhart Road, Inverness

DRAFT

- 9.30** Registration and Coffee
- 10:00** **Councillor Ian Ross** Chair, Highland & Islands Forestry Forum
Introduction to the day
- 10:20** **Dan Jenkins** NHS Highland
The Big Questions: What is the role of Government: to intervene, or to facilitate choice?
And what is the primary role of NHS: to promote positive behaviour or to pick up the pieces from our poor lifestyle choices?
- 10:50** **speaker to be confirmed**
The Evidence Base: What do we know, what do we need to know?
- 11:20** **Coffee Break**
- 11.40** **Hugh Fife** Woods for All : Hospital Ground projects Blarbuie;
A partnership project helping people with mental health issues and physical disabilities to engage with woodland management in the Hospital grounds.
- 12:00** **Hugh McNish:** Branching out : Working with Psychiatric patients
- 12:20** **Alan Melrose** Health Walks Co-ordinator, Cairngorms Outdoor Access Trust:
Walking groups – socialising exercise
- 12.40** **Hilary Quick** Scottish Orienteering Association
Using sport to engage kids and inspire healthy living
- 13:00** **Lunch time session**
- 14:15** **Workshop Sessions**
Workshop 1: Who's in the woods today? Ideas for widening woodland user groups.
Workshop 2: From mental illness to mental health for all - how do we mainstream wellbeing?
Workshop 3: How do we pay for this, and can we afford not to?
- 15:45** **Coffee**
- 16:00** **Plenary Session & Roundup**
- 16.30** **Close**

