

Befriending Networks

Annual Edinburgh Conference and AGM

6 November 2019

Spotlight on Health & Wellbeing



Provisional Programme

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| 9:30-10:00 | Registration and Coffee |
| 10:00-10:05 | Welcome from Befriending Networks
Gillian Frame, Conference and Befriending Networks Chair |
| 10:05-10:35 | Update on ‘A Connected Scotland’, the Scottish Social Isolation and Loneliness Strategy |
| 10:35-11:05 | Keynote <i>Social prescribing to reduce health inequalities in deprived area – what can we realistically hope for?</i>
Stewart Mercer, Professor of Primary Care and Multimorbidity, University of Edinburgh |
| 11:05-11:20 | Break |
| 11:20-12:10 | Keynote <i>“The Health and Wellbeing Benefits of Volunteering”</i>
Matthew Linning, Strategic Performance Manager, Volunteer Scotland |
| 12:15-13:10 | Workshop |
| 13:10-14:00 | Networking Lunch |
| 13:45-14:00 | Befriending Networks AGM |
| 14:05-15:00 | Workshop |
| 15:00-15:15 | Break |
| 15:15-15:45 | Keynote <i>Speaker to be confirmed</i> |
| 15:45-16:00 | Befriending Networks Presentations & Closing Remarks |
| 16:00 | Close |

Conference Venue: St Paul's and St George's Church, York Place, Edinburgh EH1 3RH
Conference Hashtag: #befriendingwell