

Befriending Networks

Annual Edinburgh Conference and AGM

6 November 2019

Spotlight on Health & Wellbeing



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>"Tackling Loneliness and improving wellbeing in Ayrshire and Arran"</i> Fiona Smith, Senior Health Improvement Programme Officer
15:45-16:00	Befriending Networks Presentations & Closing Remarks