

Culture, Health and Wellbeing in Rural Scotland

Briefing and Discussion Event

11- 15.00, 26 March 2019

An Lochran, Inverness Campus, Inverness, IV2 5NA



AGENDA

- 11-11:30** Registration and refreshments on arrival
- 11:30- 11:40** Welcome and Introduction
Claire Stevens, Chief Executive, Voluntary Health Scotland
- 11:40-11:50** Background and Purpose
Karen O'Hanlon, Business Development Manager, Scottish Rural Health Partnership
- 11:50-12:10** Delivering health and wellbeing through the voluntary and third sectors in rural areas
Dr Sarah-Anne Munoz, Reader and Senior Lecturer in Rural Health, University of the Highlands and Islands, Division of Rural Health and Wellbeing
- 12:10-12:30** The Health Benefits of art: improving outcomes of people in Scotland
Margaret O'Connor, Chief Executive, Art in Healthcare
- 12:30-12.40** Discussion and questions
- 12.40 - 13:20** Networking Lunch
- 13:20-14.10** Discussion session led by:
- Cathy Steer, Head of Health Improvement, NHS Highland**
Duncan MacInnes MBE, Creative Director, SEALL (Skye Events for All)
Robert Livingston, Director, Regional Screen Scotland
- How can we better link up art, culture and health?
 - How do we strengthen connections in rural Scotland?
 - How can we improve health and wellbeing through arts?

- 14:10-14:30** Art therapy in the digital world: opportunities for remote communities
Dr Ania Zubala, Research Fellow, University of the Highlands and Islands, Division of Rural Health and Wellbeing
- 14:30- 14:50 Deploying Digital Narrative Arts and Professional Creative Practice in Mental Health Interventions
Dr Mark Grindle, Senior Lecturer in Digital Health, University of the Highlands and Islands, Division of Rural Health and Wellbeing
- 14:50-15:00 Questions
- 15:00-15:10 Closing remarks and Next Steps
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We welcome new members from all sectors – [join us now.](http://www.vhscotland.org.uk)
www.vhscotland.org.uk/get-involved

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