



RCOP Highland



North of Scotland Summit Reshaping Care for Older People Inverness, 13th February 2015

(FRINGE EVENT, 2PM, 12TH FEBRUARY)

What Next? Community based workers and strategic decision makers are invited to a North of Scotland Summit to discuss and consider progress to date and how we will maintain focus on the RCOP agenda during a time of broadening integration and diminishing resources.

Speakers include Ian Welsh and Jaqui Reed from the Alliance, Calum Irving from Voluntary Action Scotland, Alan Michael - a celebrated community activist, Jane Russell from Aberdeen CVO and more.

The Summit will be preceded by a fringe event on the afternoon and evening of the 12th of February which provides an opportunity for onsite visits to local venues and a networking dinner in the evening.

The summit is free to attend but a charge to cover actual costs for attendance at the Fringe Event is applicable. Accommodation can also be arranged if requested at point of booking.

Booking deadline—3rd February 2015.

Summit Programme

- 1000 Registration and refreshments
- 1030 Welcome and purpose of today
- 1040 Opening reflection – Ian Welsh, The Alliance
- 1100 Learning exchange workshops.
- 1200 Networking Lunch
- 1250 Alan Michael - RCOP from the perspective of an older person
- 1310 Learning exchange workshops.
- 1410 Tea and Coffee break
- 1430 What Next—Group discussions
- 1530 Panel discussion – *How do we keep sight of RCOP in the midst of reducing resource and increased integration?*
- 1615 closing remarks
- 1630 Summit Closed.

Book you place here!

If you have any questions or queries about the event please get in touch as we are very happy to help.

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The RCOP Highland Project is a cross sector project hosted within the Highland Third Sector Interface. The Highland Third Sector Interface is a registered Scottish charity SC043521



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North of Scotland RCOP Summit Fringe Event

An opportunity for onsite interaction and learning followed by an informal networking dinner. *(Please note charges may apply).*

The Fringe Event kicks off at 2pm in the **Dunbar Centre, Church Street, Inverness**. Open 5 days a week the Dunbar Centre is a hub of activity for older people and has a very friendly atmosphere. They provide daily activities and hot food at a low cost. The Dunbar Centre is part of Friendship Services Inverness and run entirely by volunteers.

At 2.30pm we will transport participants to the onsite visit of your choice:

Inverness Men's Shed: "Men don't talk face to face - They work Shoulder to shoulder" The Inverness Men's Shed was set up with the recognition that there are very few activities in the area designed to keep men healthy and active. The Shed has a range of activities and projects for any interest and get involved in local community projects.

Avoch Rowing Club 'Skifties' Group: A genuine community led project which started out looking to increase opportunities for exercise and social activity but also created an organic Men's Shed and community focal point. Run entirely by volunteers this project offers a different insight into opportunities around physical activity out of the gym and in the community.

Scottish Fire and Rescue Service: An overview of the services and activities that the SFRS undertake to keep older people safer in their homes. Discussion on how links with community work can support that and opportunities for further development. Finishing with a visit and looksee round the station itself.

A networking dinner will take place in the Mercure Hotel on Church Street from 7pm with a reception from 6.30pm. **Accommodation can be arranged at the time of booking.**