



Scottish Spring Meeting

Friday 24th October 2008
Perth Royal Infirmary
Steele Seminar Rooms

Active and Able- the Role of Leisure in Health Promotion

- 9.30 -10.00am** REGISTRATION & COFFEE
- 10.00 -10:30** *The Scottish Context: Facts and Figures on Scottish Public Health*
Dr. Matt Lowther, National Physical Activity Policy Coordinator, Public Health and Wellbeing Directorate, St. Andrews House.
- 10:30-11:00** *Rheumatology Context: Health Issues and Rheumatic Disease*
Professor Chak Lau, Professor of Rheumatology, Dundee University Medical School, Ninewells Hospital. Dundee
- 11.00-11.20** COFFEE
- 11.20 -12.00** *Patient Experience - Leisure and Arthritis*
Member of NRAS
- 12:00-12:30** *Panel: To discuss issues raised by the morning's topics*
- 12:30-1:15** LUNCH (provided)
- 1:15- 1:45** *The Dundee Exercise Referral Scheme*
Angela Millar, Senior Physiotherapist/ Pathways Coordinator, Directorate of Public Health Royal Victoria Hospital, Dundee
- 1:45-2:15** *Trellis: The use of gardening to improve the health, wellbeing and life opportunities for all.*
- 2:15-2:45** *Fife Case Study: Janet Harkess, Rheumatology OT, Fife*
- 2:45-3:00** *What's available in my area? Karen Ainslie, Rheumatology OT ,Perth*
- 3:00-3:30** *Feedback from COT SS-Rheumatology*

Preferably please email confirmation of attendance to christineduncan@nhs.net
If no access to email please tear off and return to Christine Duncan, OT Department, Ninewells Hospital, Dundee DD1 9SY

I shall/shall not be able to attend the study day on Friday October 24th 2008 (please print)
Name
Address
Tel.no and email.....
Names of others wishing to attend

Fee payable on the day – cash preferable. Please tick as appropriate.
Members (£20) Non-members (£25) Students (£10)

