

### Quarterly Meetings

The islands Living Well Network quarterly meetings are planned to avoid the busy summer months when many Island residents are very busy.

May 25<sup>th</sup> 2021

At our first quarterly meeting on May 25<sup>th</sup> 2021 by Zoom, the Islands Network chose the following 3 priorities to focus on this year;-

Emotional and Mental Wellbeing

Education, prevention and early intervention on alcohol and drugs

Child Poverty

5<sup>th</sup> October 2021, 10am till 11am.

This will be a shared session between the Smoking Cessation team and Jackie Barron (Dietician) and will support the additional 2 priorities of Smoking Cessation and Healthy Weight.

18<sup>th</sup> January 2022, 11am till 12 noon.

Cancer Awareness presentation by Christine Campbell Senior Cancer Awareness Nurse Scotland and Darragh Casey. The presentation lasts 40 minutes with time for questions. The presentation includes a focus on smoking and healthy weight and Christine has agreed to pay particular attention to these as the networks 2 additional priorities.

March 2022, date and time to be arranged

Louise Hall from Pain Association Scotland will be speaking about the work they do including monthly virtual sessions that are available to Island residents.

Plus two more Network Partners to be confirmed to share information about how they can support our network priorities.

Information to Network Members

Information will continue to be forwarded from mainland based Network Partners to Island based Network Members in individual e-mails. This is the preference of Network Members.

In addition to this, five documents will be compiled, one for each priority, detailing support available and listing links to relevant support organisations, agencies, charities etc. These will be circulated around Island based Network Members.

Emotional and Mental Wellbeing

Education, prevention and early intervention on alcohol and drugs

Child Poverty

Healthy Weight

Smoking Cessation

Current Island Based Network Members = 83

Current Mainland Based Network Partners = 83

Please pass on my contact details to anyone on the Islands who might like to join the Islands Living Well Network (Mull and Iona, Tiree, Coll and Colonsay). Please also pass on to any potential, mainland based Network Partners who might like to share information across the Islands (Mull and Iona, Tiree, Coll and Colonsay). Moving forward we hope to increase the information sharing and networking opportunities and connect more people from the Islands with relevant support.

Many Thanks

Carol Flett

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