

Building Age Friendly Communities



Highland Senior Citizens Network
Nothing about us without us



Rock: HSCN



Soil: Co-ordinators

A photograph of a forest with many gnarled, twisted tree trunks. The trunks are dark brown and have a rough, textured bark. They are scattered across a forest floor covered in brown pine needles and some green moss. The background shows more trees and a slightly hazy sky.

Trunks: Older People's Get-togethers



Older People's Get-Togethers Spring 2019

Age Friendly Communities

We have been arranging these gatherings across the Highlands for the last 2 years; to give **older people, organisers and members of older people's groups, and services and organisations supporting older people**, the opportunity to **come together informally, discuss common issues, share information** about their groups and local services.

To link in with the HSCN Annual Conference on the 24th April we will be looking at Age Friendly Communities; talking about intergenerational activities, dementia friendly communities, keeping active and accessibility issues – and continuing with our Safe, Well, Active and Connected themes.

Skye & Lochalsh	Monday 4 th March	Aros Centre, Portree	11 – 3.30
Easter Ross	Monday 11 th March	Kensal Hall, Aness	11 - 2.30
Wester Ross	Wednesday 13 th March	The GALE Centre, Gairloch	11 - 2
Nairn & Surrounds	Wednesday 27 th March	Nairn Community & Arts Centre, Nairn	10.30 - 2
Mid Ross	Friday March 29 th	The Muir Hub, Muir of Ord	10.30 - 2
Caithness	Tuesday 2 nd April	The Pentland Hotel, Thurso	10.30 - 2
Sutherland	Wednesday 3 rd April	Invershin Hall, Lairg	10.30 – 2
"Still Game" Men's Event	Tuesday 16 th April	Highland Folk Museum, Newtonmore	10.30 – 3.30

A photograph of a forest path. The path is made of brown leaves and dirt, winding through a lush green forest. Large rocks along the path are covered in vibrant green moss. The trees have dense green foliage, and the overall atmosphere is serene and natural.

**Leaves: Making a
good community
for people of all
ages?**



Someone to care



Something to do

A photograph of a large, old tree trunk in a forest. The tree's roots are extensively exposed, spreading out across the forest floor in a complex, web-like pattern. The roots are thick and gnarled, with a greyish-brown color. The forest floor is covered in brown leaves and soil. In the background, other trees and green foliage are visible, suggesting a dense forest environment.

Putting down roots

The Power of a Highland Hello



The



The future...