

<b>9:45-10:15</b>	Registration	
<b>10:15-10:25</b>	Welcome and Housekeeping – Katie Gowing, Student Health Project Consultant NUS Scotland	
<b>10:25-10:35</b>	Sharing a personal experience - Manon Wells-Jesus	
<b>10:35-11:00</b>	Networking activity	
<b>11:00-11:20</b>	<b>Sharing Progress</b>	
	<b>Healthy Body Health Mind</b> <b>Fife College</b> Gloria Laurini – Student Engagement Coordinator <b>Main room</b>	<b>Student Mental Health Agreements</b> <b>Royal Conservatoire</b> Jasmine Munns – Student Association President <b>Workshop room 1</b>
<b>11:20-11:40</b>	<b>BREAK</b>	
<b>11:40-12:00</b>	<b>Sharing Progress</b>	
	<b>Healthy Body Healthy Mind</b> <b>Stirling University</b> Astrid Smallembroek – Student Union President <b>Main room</b>	<b>Student Mental Health Agreements</b> <b>Heriot Watt University</b> Jane Benson – Sports Union President <b>Workshop room 1</b>
<b>12:00-12:50</b>	<b>Workshops Block A</b>	
	<b>Smoking Prevention and Cessation: Endgame Strategies</b> As we're approaching the second half of the 2018/19 HBHM Awards, this workshop will give us an opportunity to reflect on progress so far and discuss ideas and strategies for meeting planned outcomes. Beverley Scheepers – ASH Scotland <b>Main room</b>	<b>Running a local mental health campaign</b> In this workshop we'll explore some the tools and skills you need to lead a successful mental health campaign. We'll use NUS Scotland's Charter of Student Rights on Mental Health to work out what support is lacking at your institution, and how we can work together to change that. Jack Ferguson – NUS Scotland <b>Workshop room 1</b>
<b>12:50-1:20</b>	<b>Lunch, networking and information stalls</b>	
<b>1:20-2:10</b>	<b>Workshops Block B</b>	
	<b>Sports and physical activity</b>  Do you need some ideas on how to develop sports and physical activity at your campus? This workshop is a great place to start! Megan Richardson– SSS <b>Main Room</b>	<b>An Experiential Introduction to Mindfulness</b>  In this workshop, you will explore the concept of mindfulness, the positive benefits it can have on our mental wellbeing, and demonstrate some example exercises. CDN – Sandy MacLean <b>Workshop room 1</b>
<b>2:10-3:00</b>	<b>Workshops Block C</b>	
	<b>Write to Recovery taster session</b> This session will include an overview of the Write to Recovery project and its impact over the past 4 and a half years and the chance to take part in story sharing activities. Scottish Recovery Network - Emma & Christine <b>Main room</b>	<b>#4000NoMore</b> – Using our universal psychoeducational digital resources we will explore and reflect on the importance of understanding our body/mind connection, emotions and coping strategies. Participants will have the opportunity to engage with and discuss the digital resources and how these are helping young people and families across Scotland deal with conflict and form nurturing relationships. Scottish Centre for Conflict resolution - Diane Marr and Sarah Hussain <b>Workshop room 1</b>
<b>3:00-3:20</b>	<b>Sharing Progress</b>	
	<b>Healthy Body Healthy Mind</b> Highlands and the Islands Student Association Allie Scott, Emma Robson & Lyndsay MacColl <b>Main room</b>	<b>Student Mental Health Agreements</b> Forth Valley College Alice Smith – Wellbeing and Support Officer <b>Workshop room 1</b>
<b>3:20-3:25</b>	Social media – Reena Staves, Student Health Project Coordinator, NUS Scotland	
<b>3:25-3:40</b>	Mental health and Outcome Agreements – Fiona Burns, Scottish Funding Council	
<b>3:40-3:50</b>	Mental Health in Scotland - Gemma Jones, VP Education NUS Scotland	
<b>3:50-3:55</b>	Closing remarks	
<b>4:00</b>	Feedback forms	