

**Booking for all workshops will take place on arrival at seminar on the 1<sup>st</sup> March**

**Workshop 1 - Partnership Pathways.....Supporting Recovery Oriented System of Care.**

Partnership Pathways (PaPa) is a simple method of sharing information about what services are available in our localities, what their delivery priorities are and how to contact them.

This new initiative which is being developed by the Argyll & Bute Alcohol & Drug Partnership in response to their need to establish a Recovery Oriented System of Care (ROSC). Join Craig McNally to learn the routes to involvement and how your organisation and service users can benefit from the Partnership Pathways (PaPa) initiative.

**Workshop 2 Art Journals - DIY Arts - How to resource – Yennie Van Oostende**

“I use art journaling to express myself, take time out, record things that I want to remember, work through a problem, write things down or just have fun and play with colours and shapes.”

Have you ever wanted to try some creative workshops with your service users? Feel you don't have the skills to inspire others? Let Yennie steer you in the right direction with this fun packed taster using art journals.

**Workshop 3 Positive Partnerships- James Hilder**

Building ideas across all sectors is no easy task. Public services + enterprises + charities working together often means breaking down barriers and understanding the different sectors.

Do you understand the term social enterprise? Have you considered partnerships to delivery services? Delve into the ingredients needed to develop your ideas and gain insights on how to build positive partnerships to support community resilience.

**Workshop 4 Building resilience in ourselves and others led by Simon Malzer and Duncan Wallace**

We are working at a time of unprecedented change and uncertainty and our work requires us to support our colleagues and our service users. This in turn can impact on our own health and wellbeing. Building personal resilience is as important as building organisational and team resilience.

**AM session How resilient are you?**

The morning workshop will introduce the four key elements of resilience and give you a chance to reflect on your own resilience and think about changes you can make.

**PM session How to help others to bounce back**

Building resilience in others – at work or at home – creates strong teams and strong communities. This workshop will offer the chance to put creative resilience into practice, working with participants' own experiences and current issues.

**Workshop 5 Mindfulness approach - Come and try session with Mairi Fleck – North Argyll Carer Centre  
AM workshop ONLY**

It is easy to race through life without much regard for our surroundings. Paying more attention to the present moment -to your thoughts & feelings, and to the world around you- can improve wellbeing.

**Workshop 6 Circus Skills - PM session only**

Juggling your diary is maybe easier than this? Join Alan Robertson, CLD Youth Services with a fun introduction to Circus skills in this come and try session.