

**Trellis Networking Seminar:  
Creating, engaging, and using gardening & green health opportunities to  
support wellbeing in your community**

30<sup>th</sup> September 2022  
10:00 - 15:30

10:00 - 12:00 Badenoch & Strathspey Community Hospital Therapy Garden, Cairnview Road, Silverglades, Aviemore, PH22 1AJ	
10:00	Introduction & Tea/Coffee, Networking opportunities
10.30	Garden Tour and Talk
12:00	Move to St Andrews Church Hall
12:00 - 15:30 St Andrews Church Hall, Grampian Road, Aviemore, PH22 1RH	
12: 30	Lunch
13: 00	Trellis AGM
14:00	<b>Speakers &amp; Discussion Session</b> <b>‘Creating, engaging, and using gardening &amp; green health opportunities to support wellbeing in your community’</b>  14:00 Jen Barrett -Project Manager, Badenoch and Strathspey Therapy Gardens 14:15 Dan Jenkins, (NHS Highland) Cairngorms 2030: People and Nature Thriving Together 14:30 Ailsa Villegas, Senior Development Officer - Green Health NHS Highland 14:45 Beverley Green, Health Improvement Specialist, Public Health Directorate, NHS Highland 15:00 Q&A/Discussion
15.30	Close of Day