

RGPAS Conference Programme – 2019*



At the Craigmorie Hotel, Inverness.

Hotel info - delegates to contact the [Craigmorie Hotel](#), 9, Annfield Road, Inverness

“Keeping our heads above water” - programme (subject to any last minute changes)*

Thursday 7th November

Friday 8th November

Saturday 9th November

Time	Title	Speaker
12:30 – 13:00	Arrival and registration	
13:00 – 13:15	Introduction to conference and explanation of importance of the “wellbeing theme”	Dr Alida MacGregor, Rural GP and Chair of RGPAS
13:15 – 14:00	Childhood determinants of adult health	Professor Philip Wilson, Professor of General Practice
14:00 – 15:00	GP Mentoring scheme	Mr Russell Mullen Consultant Surgeon
15:00 – 15:30	Tea/coffee	
15:30 – 16:25	Management of psychiatric emergencies in the community	Dr Idris Thomas, Consultant Psychiatrist
16:30 – 18:00	AGM	Dr Alida MacGregor, Chair of RGPAS
19.30	Conference dinner	

Time	Title	Speaker
09:00 – 09:55	“Cairngorms to Chitambo and back”	Paul Gowens, Lead Consultant Paramedic
10:00 – 11:00	RCGP wellbeing proposal	Dr Kirsten Woolley, RCGP
11:00 – 11:15	Coffee break	
11:15 – 11:30	Rural Group update	Professor Sir Lewis Ritchie, Chair of the Rural Working Group
11:30 – 12:30	The new GP contract in remote & rural areas +joint Q&A	Dr Patricia Moultrie, Deputy Chair of SGPC
12:30 – 14:00	Lunch	
14:00 – 14:55	Wellbeing for emergency responders	Gillian Moreton, Rivers Centre for Traumatic Stress, Edinburgh
15:00 – 15:30	Tea/coffee	
15:30 – 16:00	SRMC update	Martine Scott, Programme Manager, SRMC
16:00 – 18:00	Mindfulness Taster session	Dr Peter Wilkes / Dr Sarah Donald
19:00	Curry/Chinese Meal	

Time	Title	Speaker
09:00 – 12:00	Screening of “Resilience” film followed by facilitated discussion TBC	Sally Amor children’s services commissioner for Highland
12:30	Conference closes	

Welcome from the Chair, Dr Alida MacGregor.

Welcome to our annual conference! We are delighted to see RGPAS members congregate in Inverness again this year, and we hope that our programme theme on well-being is helpful as well as offer time to reflect and provide/receive support and ideas from fellow RGPAS members.

This is coming to the end of my first year as RGPAS Chair. I offer my sincere thanks for your support.

With all good wishes,

Alida



#RGPAS19