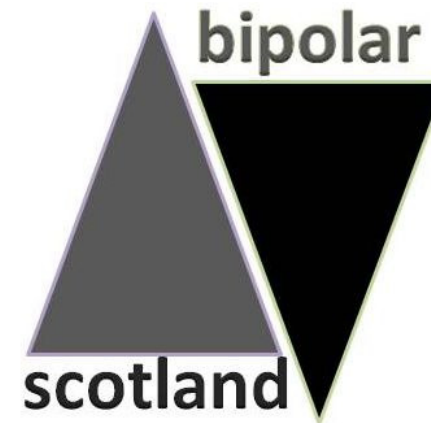


*If you would like any further information about Bipolar Scotland's Conference or Annual General Meeting please contact the office at the following address:-*



**with you through the highs and lows**

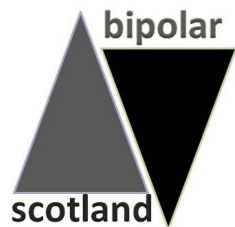
# **CONFERENCE**

**Preceded by AGM**

**Saturday 18th September 2010  
10.00am-3.45pm**

**Celebrating Self Help**

**Menzies Hotel  
27 Washington Street  
Glasgow G3 8AZ**



**with you through the highs and lows**

***Bipolar Scotland  
Mile End Mill  
Studio 1015  
Abbey Mill Business Centre  
Seedhill Road  
Paisley PA1 1TJ***

***Telephone: 0141 560 2050  
E-mail: [info@bipolarscotland.org.uk](mailto:info@bipolarscotland.org.uk)***

# PROGRAMME

- 9.30am**                      **Coffee and Registration**
- 10.00 am-10.45am**        **Members Annual General Meeting**
- 10.50am-10.55am**        **Introduction to conference**  
*Alison Cairns, Chief Executive Bipolar Scotland*
- 10.55-11.10 am**            **“Buddy Beat” - Drumming Energiser**
- 11.10am-11.45am**        **Caring Too Much: The Difficulties of caring for a loved one with bipolar.**  
*Will Lyons, Journalist with The Wall Street Journal relays his experiences and difficulties of living with his wife Kate’s Bipolar*
- 11.45am-12.30pm**        **Laurence Wilson Keynote Talk**  
**Self Help Groups—The Story So Far**  
*Alan Douglas and Aileen Bell, Bipolar Scotland*
- \*\*LUNCH\*\***
- 1.30pm-3.00pm**            **Workshops**
- Universal Comedy** (*15 places; members only*)  
**Welfare Reform—Which Way Now?** *With Chris White, Policy Officer SAMH*  
**Self Help Groups– Do they work?**  
(This workshop is open to people who attend or have attended self help groups) *with Alan Douglas & Aileen Bell*  
**Tai Chi** *with Derek Daly*
- 3.00pm-3.15pm**            **Tea/Coffee Break**
- 3.15pm-3.40pm**            **Question Time**  
*Ask the Panel of Staff & Directors of Bipolar Scotland*



*Please book me a place at the Bipolar Scotland Conference on 18th September 2010 :*

**Name:** .....

**Address:** .....

.....

.....

**Telephone:** .....

**Member**                      **Free**                     

**Individual non member**    **£20**                     

**Voluntary Sector**            **£30**                     

**Statutory Sector**            **£50**                     

**Or Invoice to:** .....

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*N.B. Entry to conference is free to members of BS. To join BS, please contact the office at the address overleaf.*

*Please make cheques payable to Bipolar Fellowship Scotland*