



ASPIRE Conference 3rd of March 2017 Programme

9.30 : *Welcome and introduction to the conference.*

Dr Lucy Gamble, Consultant Clinical Psychologist, NES Mindfulness Lead for GG&C NHS

9.40: *Is there a role for mindfulness in reducing health inequalities in Scotland?*

Sir Harry Burns, Professor, University of Strathclyde, Former Chief Medical Officer for Scotland

10.10: *Implementation of MBCT across the UK – the ASPIRE Study*

Professor Stewart Mercer Professor of Primary Care Research, University of Glasgow

10.35: *Findings from the ASPIRE study and implications for the future of provision of MBCT on the NHS*

Helled Owen Griffiths ASPIRE Project Researcher

11.00: - *Tea break*

11.30: *Mindfulness in the Scottish NHS - how did we get here and where are we going?*

Neil Rothwell, NHS Education for Scotland (NES) National Mindfulness Lead

11.50: Panel discussion