

FAWCO Region 1 Meeting

Friday 6 October - Sunday 8 October 2023

Stirling Highland Hotel, Stirling UK

Agenda

Friday 6 October

9am – 6pm Spa Treatments at Stirling Highland Hotel.

[Pre-booking required](#) in advance with the hotel by individual guests.

3pm – 6pm Meet and Greet at Stirling Highland Hotel

Margie O'Rourke, FAWCO Representative for [American Women's Club of Dublin](#) and Nancy Lynner, Board Member for the of American Women's Club of Central Scotland will welcome you with our Environmentally themed Welcome bag and collect and label any Silent Auction Items you've brought to donate. And remember to bid throughout the Meeting on our Silent Auction. The funds raised will be donated evenly to FAWCO Target Project Awesome Blossoms and AWCCS club charity.

7pm – 10pm Dinner at Fletchers (optional)

78 Upper Craigs, Stirling FK8 2DT
Includes 3 course menu with a drink

Agenda

Saturday 7 October

7am – 9am Breakfast at Stirling Highland Hotel

Breakfast at the Highland. Help yourself to the breakfast buffet which is included in your Highland hotel room package. Or if staying somewhere else or coming for the day, purchase a breakfast.

8am – 9am Registration

9:00am Conference Opens, Welcomes and Introductions

Cynthia Holden, AWCCS President

Candace Silvera, AWCCS FAWCO Rep

9:30am Ice Breaker

Environmental People Bingo – Find people about whom the following statements are true. When you find someone who matches a square ask their name and write it in the square. You may only ask each person one question before moving to another person. You may come back and ask another question later. Your goal is to fill each square with a name, and you cannot use yourself. You only have a few minutes to complete this task. All of the questions centre around Climate Action at a personal level. What do you and the people around you do with sustainability in mind? First to find someone in the room for all the questions wins a Sustainable changes Collection of toiletries and home products.

9:45am FAWCO

Ann Marie Morrow, FAWCO President

Kanika Holloway, FAWCO 2nd Vice President

10:35am Refreshment Break

10:55am FAWCO Target Project & Update

Amanda Drollinger – Target Project Chair

11:30am FAWCO Youth Cultural Volunteers Program

Jack Cuffley, [Scottish Seabird Centre](#) is a marine conservation and education charity with a visitor centre, in the beautiful coastal town of North Berwick. Jack will be speaking about the conservation work and the climate impact on the seabird populations of Bass Rock and other breeding areas.



FAWCO

Inspiring Women Worldwide

Everyone, Everywhere, Altogether!

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11:40am One Climate Action, Communicate Effectively Climate Change

Tammy Mayer, Founder of One Climate Action. During this workshop, participants will learn the principals of communicating in ways that bring others towards supporting climate solutions. The principles are based in climate psychology and research about influencing and persuasion. Participants will leave with their own personal action plan for creating communications materials that they can use within their clubs.

12:30pm Lunch

1:30pm Breakout Session & Discussion

What you don't know can hurt you. I bet you didn't know...An opportunity to exchange ideas about life, living abroad, children, partners, pets, membership, philanthropy, technology, sponsorship and more!

2:15pm Trees for life and the Rewilding Centre in Dundreggan

Sarah Kent. Trees For Life vision is of a revitalised wild forest in the Scottish Highlands, providing space for wildlife to flourish and communities to thrive. For over 25 year Trees have sought to bring innovation to conservation and the Dundreggan Rewilding Centre which opened in April 2023 is the most recent instalment. The Rewilding Centre enables us to share the forest with everyone. Where people can experience ancient pinewood and unique juniper forest, discover centuries of Gaelic history and connect with a landscape undergoing transformation through rewilding.

2:55pm Refreshment Break

3:15pm The FAWCO Foundation

Angie Aebersold, The FAWCO Foundation Vice President Fundraising

4:00pm Scottish Women's Folklore

Eileen Budd, Travelling Folk Museum

A Scottish author, artist and storyteller with over 20 years experience working with national museums. Raised in Perthshire in a family with a tradition of maintaining oral storytelling practises, she specialises in traditional Scottish folklore, folk traditions, folk objects, origin stories and ancient Scottish legends.

4:30pm Gentle Yoga (30mins)

Relaxing and restorative gentle yoga session will get you into the right frame of mind for our Meeting. No need to change clothes. The breathing and movement posters are for everyone of all abilities. Look out for a gift certificate for a future class in our Silent Auction lead by Angie Lake of [Lila Yoga Edinburgh](#)

7:00pm Dinner at Stirling Highland Hotel

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Sunday 8 October

10:30am – 12pm Walking Tour

Walking Tour of the historic city centre, meet at Stirling Highland Hotel (1.5hrs). Included in the cost of your weekend ticket.

12pm – 3:30pm Stirling Castle

Stirling Castle lunch at the Unicorn Café followed by a Guided Tour / Castle Visit. Pay for your lunch at the [Unicorn Café](#). Purchase your [castle ticket in advance](#) for the best rate.