



On Wednesday 27 May 2026 the Centre for Rural Health Sciences hosted a one day event focusing on Rural and green health and Dementia in collaboration with the NHS Education Scotland National Centre for Remote and Rural Health Care (NCRRHHC).

Around 70 delegates registered for the event and 30 attended in-person at the Life Sciences Innovation Centre in Inverness. The day began with a lived experience panel where people living with dementia and their care partners shared what it was like to live with dementia in the Scottish Highlands and the groups and activities that support them to live well with dementia.



The day progressed with four short presentations showcasing research undertaken by UHI researchers. Dr Anna Terje presented on behalf of the NATURED dementia project team funded by the NCRRHHC, Dr Megan Dickson presented on behalf of the project team working with the Inverness Botanic Gardens Grow Project, Mason McLeod presented on her early work for her UHI funded PhD studies exploring green health opportunities for people living with dementia in the Highlands and Professor Anthea Innes presented on behalf of the project team on a recently completed Residential Rewilding Experience for people living with dementia pilot study conducted in collaboration with the Dundreggan Rewilding Centre.



PARTNERSHIP WITH DUNDREGGAN REWILDING CENTRE (TREES FOR LIFE)



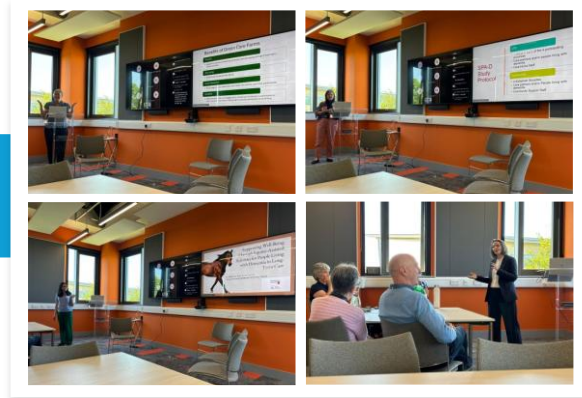
Delegates then had the opportunity to choose one of two interactive workshops. Adrian Clark shared the work of the Evanton Community Woods dementia group, Kenny Wright and Gillian Councill shared the work of the Alzheimer Scotland Outdoor Resource Centre and Lesley Mackay and Alan Fleming from the UHI NWH Centre for Golf shared the work they are doing around golf for residents in a Dornoch care home.



After lunch we learnt about Canadian based research, including green health initiatives in Canada. Professor Sharon Kaasalainen presented research with farmers in Ontario, Dr Marie-Lee Youse shared equestrian based research, also in Ontario, both Sharon and Marie-Lee work at McMaster University. Professor Genevieve Thompson, from the University of Manitoba, shared ongoing work on palliative care approaches and Dr

Paulette Hunter from St Thomas Moore College, University of Saskatchewan shared a recently started realist review exploring green health approaches to support people living with dementia.

Visiting
Canadian
Researchers



The day closed with a discussion about the exciting work shared, the connections green health can create to promote wellbeing, and how we might extend the reach of green health opportunities to benefit more people living with dementia and their care partners.