Scottish Interfaith Week

8-15 November 2026

Wellbeing

www.scottishinterfaithweek.org

One month to go until Scottish Interfaith Week 2026 🎉

We're gearing up for a week of celebrating Scotland's religious and cultural diversity with you!

This year's events programme is already filling up, you can find events near you by visiting the festival website at scottishinterfaithweek.org/event

Got a question for us? 👋 Don't forget you can get in touch at info@scottishinterfaithweek.org

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Submit your event soon ⏳

If you want your event to be included in the festival programme, submit it through the Scottish Interfaith Week website as soon as possible!

What you'll need:

- event name
- short description
- date, time, location
- contact details for event host (group/organisation)

➡️ Now you're ready to submit your event!

Missed the latest resources for Scottish Interfaith Week?

You have access to over a dozen new resources to help you:

- 💡 Plan your event
- 📰 Invite local media
- 🔄 Share your event on socials
- 🖼️ Design a poster
- 💬 Facilitate a dialogue on health and wellbeing
- 🪷 Facilitate an interfaith meditation
- 📖 Start an interfaith book club
- 📚 Create a book display
- 🎓 Run an interfaith activity on campus
- 🏆 Take part in school competition

➡️ Download resources from scottishinterfaithweek.org/resources

Interfaith Scotland's festival events

We wanted to share Interfaith Scotland's offerings for Scottish Interfaith Week 2026 to get you excited for the festival.

You can join us for a wellbeing writing workshop, a training on navigating divisive topics, a dialogue on health and wellbeing in faith traditions, a death café, and a special edition of our interfaith book club.

Handling the Hot Stuff: Tools for Navigating Divisive, Emotive and Polarising Topics

Tragically our world feels more divided and fractured than ever, with polarisation occurring over multiple topics, and in multiple sectors of society.

At the national, community and individual levels we observe division, blame and dehumanisation. The ability to fully hear each other is urgently needed, yet very few of us feel confident in navigating heated discussions.

This training session explores tools and approaches to help participants navigate conversations where there is deep disagreement, and potentially high emotion. We will consider ways of supporting us to better hear each other and stay in connection, while authentically expressing our positions and beliefs.

📌 Monday 9th November (10am-1pm), online on Zoom, cost: £20.
⬇️ Please register for this event through **Eventbrite**. You will be sent the Zoom link after you register.

Writing for Wellbeing

Join Interfaith Scotland for a special writing workshop for Scottish Interfaith Week on the theme of Wellbeing.

Together we will explore our experiences of wellbeing through writing prompts and opportunities to share our writing aloud.

📌 Monday 9th November (7-8pm), online on Zoom.
⬇️ Please register for this event through **Eventbrite**. You will be sent the Zoom link after you register.

Health and Wellbeing in Faith Traditions Dialogue

Join us for a gentle dialogue on health and wellbeing from the perspective of different faith traditions.

Health and wellbeing can incorporate mental, emotional, physical and spiritual health. We will be looking at passages and quotes from religions and beliefs that include these different aspects to help us reflect upon what supports health and wellbeing from a faith perspective.

📌 Tuesday 10th November (2-4pm), Interfaith Scotland, Brook Street Business Hub, Glasgow G40 3AP
🔹 Places are limited. To book your place, please email frances@interfaithscotland.org

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Death Café: What If We Talked About Death?

Join us for a relaxed and welcoming Death Café, where we can openly explore thoughts, feelings, questions and experiences around death and dying.

There's no set agenda, no right or wrong answers, and no pressure to speak. Whether you come with questions, thoughts, or quiet curiosity, you are warmly welcome.

📌 Wednesday 11th November (2-4pm), Interfaith Scotland, Brook Street Business Hub, Glasgow G40 3AP
⬇️ Please register for this event through **Eventbrite**

Interfaith Scotland Book Club

The Interfaith Scotland Book Club will read The Well-Gardened Mind by Sue Stuart-Smith for the next meet-up.

This will be a particularly special meeting as it takes place during Scottish

Interfaith Week. The Club will meet on the Lower Ground of Waterstones on Sauchiehall Street.

📌 Wednesday 11th November (5.30 - 6.30pm), Lower Ground of Waterstones on Sauchiehall Street, Glasgow G2 3EW
⬇️ Please register for this event through **Eventbrite**

Wellbeing Walk

Join us for a scenic and atmospheric meander through ancient oak woodland, where trees arecloaked in velvety green lichens and the quiet beauty of the forest invites us to slow down andreconnect with nature.

Come ready to walk slowly, breathe deeply, notice what is around you, and allow the woodland to offer its own invitation to pause and reflect.

📌 Saturday 14th November (12.30 - 2.30pm), The Lodge Forest Visitor Centre Aberfoyle, Stirling, FK8 3SX
⬇️ Please register for this event through **Eventbrite**

Other ways to support the festival

If you can't host an event but would like to support Scottish Interfaith Week then there are many ways you can help:

- volunteer at an event near you
- promote the festival in a newsletter
- mention Scottish Interfaith Week in a community meeting
- think about your own networks – who could host an event?
- ask your local library or community hub to hold an event

#️⃣ Join us for the journey on Facebook and Instagram

Missed a newsletter?

If you missed one of our newsletters for Scottish Interfaith Week, you can read them all on our website.

➡️ Read newsletters

For updates on Scottish Interfaith Week follow us on:

Facebook Instagram

Scottish Interfaith Week in association with Interfaith Scotland.
Scottish Charitable Incorporated Organisation. Charity Number: SC029486.

Contact email: info@scottishinterfaithweek.org

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