

Second Helpings

A CFHS national learning exchange on food, mental health and wellbeing

Wednesday March 5

10.00 – 3.45

Discovery Point, Dundee

Programme

- 10.00 Arrive, coffee and meeting up.
- 10.30 Welcome and introduction to the session.
- 10.45 **Sharing our practice:**
 Jennifer Cairns Turning Point Scotland
 Robert Nesbitt Scottish Association for Mental Health
 Kevin Bruce Scottish Association for Mental Health
- 11.45 **Evaluating the impact of what we do**
 Michele Mason The Stafford Centre
 Kate Bovill The Breast Feeding Network
- 12.45 Lunch, catching up and information sharing
- 1.45 **Some useful evaluation tools**
 Paula Thomson NHS Tayside
 Jenny Roberts Birchwood Highland Recovery Centre
 Emma Pattinson Edinburgh Community Food
 Alex Hodgson Stepping Out (tbc)
- 2.45 **What is the evidence telling us about the impact work involving food can have on mental health and wellbeing?**
 Michelle Estrade SCPHRP
 Heather Cameron CHANGES Community Health Project
- 3.15 **Next steps?**
- 3.45 Close, tea and visit the ship