

# Annual networking conference 2014



community  
food and health  
(scotland)



Wednesday 29 October 2014,  
Grand Central Hotel, Glasgow,



# A national networking conference hosted by Community Food and Health (Scotland) – **a unique opportunity to network with community food colleagues.**

The conference will be an opportunity for people to come together, learn from each other and share experience, evidence, hopes and concerns on all aspects of food, inequality and social justice.

Delegates will have the opportunity to learn about and discuss national activity as well as local practice.

The underlying theme of the event will be tackling health inequalities and promoting social justice through the medium of food. We aim to provide a valuable experience for those involved in community food activity.

## Keeping up to date

Visit our website, subscribe to our free newsletter or sign up for our e-bulletin. You can also find us on Facebook or follow us on Twitter.

**[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)**  
**[nhs.HealthScotland-CFHS@nhs.net](mailto:nhs.HealthScotland-CFHS@nhs.net)**



# Conference programme

Venue: **The Grand Room**

09:30	Registration and refreshments
10:15	<b>Chair's welcome and setting the scene</b> Ian Shankland, Manager, Lanarkshire Community Food and Health Partnership
10:30	Table discussion – an opportunity for introductions
10:45	<b>Food poverty now: how can we get to a more just food society?</b> Liz Dowler, Professor in Food and Social Policy, University of Warwick
11:20	<b>An appetite for life: encouraging eating well as we age</b> Michelle McCrindle and Richard Lyall from Scotland's Older People's Food Task Force
11:40	<b>The work of North Glasgow Community Food Initiative</b> Greig Sandilands, Manager, North Glasgow Community Food Initiative
12:00	Lunch
12:45	Marketplace – explore, learn and share
13:30	Breakout session(s) – see pages 2–5 for details
15:15	<b>Healthy eating social marketing programme 2015 – sustainability and links with community food initiatives</b> Susan Solomon, Public Health Social Marketing and Research Coordinator, Scottish Government
15:30	<b>Conference closing remarks by the Chair</b> Ian Shankland, Manager, Lanarkshire Community Food and Health Partnership
15:40	Conference ends with tea, coffee and refreshments

# Breakout session 1 13:30–14:20

## Session A: **Evaluation**

Venue: **Buchanan**

Learn about a recent Healthier Scotland Cooking Bus evaluation exploring how the delivery of practical cooking classes and cooking leader training can improve school pupils' and community members' nutritional knowledge, confidence in their cooking skills and knowledge of food safety and hygiene. There will also be an opportunity to look at different methods of evaluation in relation to your own work.

## Session B: **Social media**

Venue: **Great Western**

You will have the opportunity to discuss three key elements of social media: figuring out your social media objectives, identifying your audience and defining your message. Novices and experts are all welcome! The workshop will be an opportunity to look at different methods of using social media for your own work.

## Session C: **Black and minority ethnic (BME) community work**

Venue: **The Clyde**

Hear from REACH Community Health Project and Scotia Clubhouse about how they were able to engage with BME community groups and individuals, in particular women. Both organisations aimed to explore participants' understanding of a healthy diet and healthy cooking, increase knowledge about nutritious ingredients and introduce healthier recipes.

# Breakout session 1 13:30–14:20

## Session D: **Cooking skills**

Venue: **The Clyde II**

The theme of this interactive session will be the recently launched REHIS Elementary Cooking Skills course, developed in partnership with REHIS and NHS Forth Valley, and will focus on the practicalities of running such a course. Course presenters from local community groups/organisations will share their experiences of running cooking classes.

## Session E: **Health inequalities and food poverty**

Venue: **The Grand Room**

An opportunity to hear about two pieces of research in relation to health inequalities and food poverty. Aberdeen University has been working with young people at the Foyer, an Aberdeen-based community project, to look at food choices and address inequalities through community-based interventions. You will also hear about the research recently commissioned by Community Food and Health (Scotland) to explore the wider context of food poverty in Scotland.

## Session F: **Community growing**

Venue: **Wellington**

Sprouting and windowsill growing are two excellent methods for any community setting – no garden or prior experience necessary! We will combine practical tips and hands-on practice with a short presentation and discussion on Scotland's growing community garden network and how you can use growing and eating food as a fun and engaging tool.

# Breakout session 2 14:25–15:15

## Session A: **Community cafés**

Venue: **Buchanan**

This workshop will be a chance for you to learn about and discuss many aspects in relation to community cafés. Topics covered will include running a café, the benefits of the healthy living award and the importance of networking with café colleagues.

## Session B: **Engagement and partnership working in a rural setting**

Venue: **Great Western**

An opportunity to hear about projects based in the Borders and the Western Isles that have successfully engaged with hard-to-reach groups and also worked in partnership with other services. Colleagues from the Western Isles will talk about the Pointers young mums group, which has worked with a local community worker on many issues, including cooking. Colleagues from NHS Borders will discuss a new approach to supporting women with multiple and complex needs who may be at risk of offending. The approach includes work around a healthy lifestyle and healthy eating.

# Breakout session 2 14:25–15:15

## Session C: **Engagement and partnership working with vulnerable groups**

Venue: **The Clyde**

An opportunity to hear from projects that have successfully engaged and worked with vulnerable groups. One of these is Cyrenians, a project encouraging people to enjoy all that food can offer, make independent choices and take ownership of their diet. You will look at the development of Cyrenians' pictorial recipe book to support individuals with learning difficulties and poor literacy skills. You will also learn about a weight management programme aimed at those with learning disabilities, their families and carers. This work is hosted by a Borders charity organisation and is a joint initiative between the NHS and the Learning Disability Service. The programme incorporates the health behaviour change model.

## Session D: **Cooking skills**

Venue: **The Clyde II**

The theme of this interactive session will be the recently launched REHIS Elementary Cooking Skills course, developed in partnership with REHIS and NHS Forth Valley, and will focus on the practicalities of running such a course. Course presenters from local community groups/organisations will share their experiences of running cooking classes.

# Breakout session 2 14:25–15:15

## Session E: **Health inequalities and food poverty**

Venue: **The Grand Room**

An opportunity to hear about two pieces of research in relation to health inequalities and food poverty. Aberdeen University has been working with young people at the Foyer, an Aberdeen-based community project, to look at food choices and address inequalities through community-based interventions. You will also hear about the research recently commissioned by Community Food and Health (Scotland) to explore the wider context of food poverty in Scotland.

## Session F: **Community growing**

Venue: **Wellington**

Sprouting and windowsill growing are two excellent methods for any community setting – no garden or prior experience necessary! We will combine practical tips and hands-on practice with a short presentation and discussion on Scotland's growing community garden network and how you can use growing and eating food as a fun and engaging tool.