

BREAKOUT SESSION 1

Session A Using the Scottish Government's national Eat Better Feel Better campaign locally

The Eat Better Feel Better team will feedback to the audience about the recent campaign and provide information about its impact. The audience will also hear from people who utilised the campaign locally and will have the chance to share their own experiences.

Session B Cyrenians Good Food Programme

This workshop will centre on a FareShare redistribution scheme based in Edinburgh alongside cooking at home classes and food safety training. Supporting vulnerable volunteers will be a focus of the session.

Session C The benefits of community gardening

Two organisations will share information about community gardening and growing. Lifestyle changes through working practice as well as promoting a healthier and happier life will be covered.

Session D Interactive Cooking Workshop

Interactive cooking workshop, with discussion and activities. The session will focus on looking at the barriers for people achieving a balanced diet and how organisations can integrate food activities into their work.

Session E Cooking on a budget

Two organisations will share information about cooking on a budget. The session will include examples on meeting the needs of vulnerable groups and using simple meal ideas from a store cupboard or food bank.

Session F Human Rights Approaches to Food Poverty discussion

A discussion on human rights approaches to food poverty led by Flora Douglas from Aberdeen University. Flora was one of the authors of the recent research commissioned by Community Food and Health (Scotland) – The nature and extent of food poverty/insecurity in Scotland.

BREAKOUT SESSION 2

Session A Using the Scottish Government's national Eat Better Feel Better campaign locally

The Eat Better Feel Better team will feedback to the audience about the recent campaign and will provide information about its impact. The audience will also hear from people who have utilised the campaign and will have the chance to share their own experiences.

Session B Community food and recovery in mental health

Information and interactive discussion/group exercises in relation to the role of growing, cooking, eating, sharing and selling food in the recovery, discharge and well-being of hospital patients and people receiving community support.

Session C Developing the capacity of partner organisations and working with food champions

Two organisations sharing information about their work. The session will focus on Community Food Champion training and a Borders wide health inequalities project to support access to healthy lifestyle for adults with learning disabilities.

Session D Urban Roots – food hub and creative food ideas

Food hub and creative ideas workshop. The theme of the workshop will be 'playing with your vegetables' with the aim of introducing ideas of creative things to do to engage interest.

Session E Families cooking and eating together

Two organisations sharing information about their work. The session will be about a homework and family meal club and a social meals project set up to alleviate food poverty and isolation.

Session F Community café workshop

A community café will speak about their work with a local project working together with several charities in their area and NHS Involvement. This workshop will also include information about the healthy living award.