

## Workshops

### **Turning knowledge into action : measurement that makes a difference.**

This workshop is an opportunity to share research plans and report on progress. It is intended to ensure that not only do we gain the best possible understanding of food poverty but also that this learning is useful to those seeking change, from local initiatives to national policy makers. The session will be kicked off by updates and insights into research currently underway as well as the proposals and aspirations of government, public bodies, major civil society stakeholders and community initiatives.

### **Community development**

Community development as a value based and well established approach to building stronger, connected communities is increasingly pivotal to many policy aspirations locally and nationally from the take up of the Community Empowerment Act to the implementation of the Place Standard. This interactive session is an opportunity to find out more about the approach from CHEX and the Scottish Community Development Centre, listen to the experience of communities practicing it, and be part of piloting a new glossary of its language. Your views, ideas and learning will be captured and fed into Health Scotland's ongoing engagement process for its developing strategic plan, so your input will have an impact way beyond the workshop.

### **Critically appraising your cooking skills courses – tips and ideas.**

Do some people on your cooking courses respond to course activities/ recipes etc in a way you didn't expect? Why do some course activities seem to work for some people more than others? What can you do about it? Come and hear how members of the CFHS cooking skills study group have been exploring what activities might work for whom and why. Discuss in small groups some of the finer details of course activities and why they might, or might not work. Share your own tips and ideas on what you think makes a cooking course successful. This workshop is aimed at those who already run cooking courses or who would like to explore cooking course activities in more detail.

### **Cooking skills courses for parents and children, and children with autism**

Fiona Matthew (NHS Grampian) and Jane Verity (Aberdeenshire Council) describe what they have learned from running cooking skills courses for primary school aged boys with Autism and courses for primary school aged children and their parents where the children are encouraged to influence the

course and learn alongside their parents. This workshop will be suitable for those new to running cooking courses for these groups as well as those looking for new ideas. There will also be time to discuss and share your own tips and ideas with your colleagues in small groups.

### **Collaborative working**

CFHS recently commissioned research on the issues affecting the sustainability of community retailers. The research includes a number of recommendations around community retailers working more collaboratively. This workshop will explore the concept of collaborate working for community food initiatives, and include examples where the concept has been put into practice.

### **Community-led research**

This workshop will introduce delegates to the concept of and processes involved in carrying out a piece of community led research. It will be based on recent work with partners in the field and resources added to the CFHS website. The workshop format will be a mix of formal input and participatory activity, depending on the interests of delegates.