



Workshop session 1 (75 mins)

1. Sharing an enthusiasm for cooking skills

Findings will be shared from the realist evaluation of cooking skills courses which CFHS has been carrying out over the last 2 years involving 8 partner organisations running cooking skills courses. Following a short Q&A on these the session will be opened up to provide an opportunity to have more general and practical small group discussions on areas of interest to workshop participants.

2. Community development: community-led health and power

The Community Empowerment Act is an important new piece of Scottish legislation with opportunities to reduce health inequalities through the redistribution of power – but that depends on us really understanding what power is, where power lies and how this relates to health. This workshop will provide participants with answers to these questions before providing the opportunity for small group discussions on what community organisations are currently doing to influence power, and where opportunities exist to help communities be more powerful.

3. Common grounds on community cafes

Following an update on the work CFHS is doing with seven community café partners on self-evaluation, the session will be opened up to provide an opportunity to have more general and practical small group discussions on areas of interest to workshop participants.

4. Good food nation: a growing response

This interactive workshop from The Federation of City Farms and Community Gardens will cover a brief introduction to how community gardening contributes to a good food nation, highlighting examples of good practice and discussing simple, fun and effective approaches that garden projects, irrespective of size, can take to work with the food and health agenda. Amy Alcorn from Peebles CAN will share lessons learned from their Grow Kids, Cook Kids project. There will be plenty of opportunity for discussion, questions and good practice sharing and further signposting to our mentoring programme for bespoke support.

5. A new diet and obesity strategy for Scotland

Led by Scottish Government officials, this workshop is an opportunity to hear what is contained in the proposed Diet and Obesity Strategy and discuss it from your perspective.

6: Partnership for procurement (P4P)

This workshop will enable you to explore what's involved in building a strong consortia in order to compete for tenders and secure investment from procurement spend. You will hear about the support available, how you can achieve much more by working together to bid for investment and collectively take on contracts. If you want to find out more about using collaborative technologies and building trading relationships; then this workshop is for you. (This workshop will be interactive and include a mix of presentation and audience participation).

Workshop session 2 (45 mins)

1. Partnership working

Join the team from Giraffe Trading, and find out about their history, their enterprise and their partnerships.

Giraffe predominately supports people experiencing mental ill-health, autism and learning disabilities across its organisation, and is currently running two plant centres, two cafes and a training kitchen. Its impact and sustainability comes from the numerous partnerships it manages with similar organisations locally and the enterprising approach it takes to everything it does.

2. Patter spot

This is a facilitated networking activity. It will involve participants in a series of short conversations with two or three other participants. Our aim is to provide a relaxed and fun opportunity to make connections with other conference participants.

3. Menu for Change: Cash, rights, food

This recently launched project, run by Oxfam, the Poverty Alliance, Child Poverty Action Group and Nourish, encourages a shift away from emergency food aid as a solution towards preventative and rights-based measures which increase the incomes of people facing crises and supports them to access food in a dignified manner.

Menu for Change staff will give a presentation on their planned work, both in designated pilot areas and across the country, followed by a Q&A session.

4. Growing your social media presence

Ian Grimwade, Head of Business Development and Marketing at Cyrenians, will talk about their experience using social media, including the AskAlex 'bot' campaign to raise awareness around homelessness and conflict at home. Followed by opportunities for questions and discussion.

5. SugarSmart UK

North Glasgow Community Food Initiative (NGCFI) in partnership with the Glasgow Food Policy Partnership (GFPP) benefited from a grant from SugarSmart UK, funded by the Jamie Oliver Foundation.

Hear how NGCFI propose to raise the profile of the danger to sugar in our diet and how we can reduce its intake in local communities. It will also touch on how the GFPP may influence its main partners strategically.

6. Older people and food

Meal Makers, the food sharing project for older people, run by the Food Train, has now been in operation for three years. Emma Black will present on their work and where they are now, and will also give an update on the wider Food Train work, including an introduction to their latest project Eat Well Age Well. Followed by opportunities for questions and discussion.