



## REHIS Food & Health and Cooking Skills Presenters' Seminar

Thursday 9 May 2019

The Lesser Hall, Albert Halls, Stirling

### Programme

#### 09.00 – 09.15 Registration

09.15	Welcome	Jackie McCabe REHIS
09.20	Refresh of dietary advice and key messages	Laura Wilson Food Standards Scotland
09.50	Promoting the Work of Cyrenians	Sue O'Neill-Berest & Pamela Timms - Cyrenians
10.20	REHIS Food and Health and Cooking Skills Course Updates	Dr Jane Bunting REHIS
<b>10.30</b>	<b>Break</b>	
11.00	Food and Nutrition for Carers	Dena McKay Jobs in Business Glasgow
11.30	Eat Well Age Well Project Update	Laura Cairns EWAW
12.00	How to Run a Cooking Group	Lyndsay Clark Fife Health & Social Care Partnership
12.15	Round Table Discussion	All
12.30	Lunch and Networking	All
<b>13.30</b>	<b>Finish</b>	
13.30 – 16.00	<i>Community Food and Health Scotland Cooking Skills - <b>Invitation only</b></i>	<i>Kim Newstead</i>