

Better food for all: promoting well-being through community-led food projects

Tuesday March 17th 2009 9.30am - 12.45pm including lunch

Awellnet event - the Well London learning network

Agenda

9 - 9.30 Registration and Refreshments

9.30 Welcome and Introductions – Jane Mulholland, London Sustainability Exchange

9.35 **Presentations:**

- *Setting the Scene* - Claire Pritchard, Greenwich Cooperative Development Agency
- *Guide to East London Food Projects* - Sarah Williams, Newham Food Access
- *Well London and Well London Eatwell and Buywell projects* - Hannah Williams, Sustain and Afsheen Rashid, London Sustainability Exchange

10.10 Break

10.30 **Workshops**

- Setting up Healthy Eating Champions
- Creating and Running Cook & Eat Courses – Andrea Redwood, Greenwich Cooperative Development Agency
- Setting up a Food Coop - Claire Pritchard / Hannah Williams

A workshop note taker will record the key points for distribution at a later date

11.30 **Speed-networking Session** –opportunity to find out more about the work of other delegates and how projects can be better joined up

A workshop note taker will record the key points for distribution at a later date

12 15 Lunch and meeting other delegates

Wellnet is a new learning network funded by the BIG Lottery Programme. The Network is for communities and professionals across London to share what works in delivering community-led interventions to increase health and well-being. For more information contact Jane Mulholland j.mulholland@lsx.org.uk / 020 7234 9403

