



FOOD FOR THOUGHT

FOOD BASED TRAINING, ASSESSMENT AND INTERVENTION TOOLS FOR CARERS OF LOOKED AFTER CHILDREN AND YOUNG PEOPLE

Are you interested in using food to reflect on the care you are giving to your child?

Are you keen to introduce your staff or carers to how reflecting on food can help deepen their understanding of care and of the children they are caring for?

The *Food for Thought* team at the University of Stirling would like to invite you to a free one day 'train the trainer' event.

This one day event aims to support potential trainers who are interested in delivering workshops that raise awareness about how food can be used symbolically in the care, assessment and intervention of looked after children and young people. By participating in the 'train the trainer' event you will also learn how the other *Food for Thought* resources can be used in your organisation.

Places are limited to 12 in each group so book early to prevent disappointment.

TRAIN THE TRAINER DATES:

Wednesday 29th January 2014

or

Friday 28th February 2014

or

Tuesday 25th March 2014

All events will be held in the School of Applied Social Science, University of Stirling, Stirling. Time 9.30am – 4.30pm. To find out more about the project and the resources on offer go to www.foodforthoughtproject.info

Book your place by sending an email to: h.r.emond@stir.ac.uk If you have any queries contact Ruth Emond on 01786 467704. We hope to see you there!