



# FOOD FOR THOUGHT

## Additional Support

Food is at the very heart of all aspects of care. In many ways, the practices around food and experiences of choosing, preparing and eating food resonate with our earliest relationship experiences; are our needs being noticed and met? Food is a powerful way of 'doing' care and also of creating and sustaining relationships. Food can also be a vehicle for control, exercising power and resistance.

The *Food for Thought* partnership have developed a suite of resources that can be used by individual residential workers, foster carers, support staff and managers to reflect on the food practices being used by adults and children.

Whilst all of these resources are free to download from the *Food for Thought* website ([www.foodforthoughtproject.info](http://www.foodforthoughtproject.info)), some organisations have asked for some additional support in embedding food based practice.

Support is available in the following forms:

### Trainer the Trainer events

These three, one day, train the trainer workshops aim to support representatives from care organisations to experience a Reflective Workshop and to think about how they might run it in their workplace. Dates of these events are overleaf. They are free of charge. Places will be allocated on a first come first served basis.

### Reflective Workshops

Individuals who cannot access training in their workplace or organisations which do not wish to run these workshops can choose to send representatives to a one day Reflective Workshop. Here, attenders will hear more about the Food for Thought project and think together about how this might apply to their setting. This one day training is at a cost of £80. Again places are limited to 12 in each group.

### Hosted Reflective Workshops

Organisations can opt to fund a member of the Food for Thought team to deliver a one day workshop to their staff or foster carers. Numbers at a workshop are capped at 12 and the organisation is responsible for arranging the venue and the attenders. The cost of this is £400.

### Peer Support Groups

Once staff or carers have attended a workshop, the Food for Thought project recommends that they have the opportunity to discuss their own experiences/issues relating to care and food. In order to support this, a member of the Food for Thought Team can co-facilitate a group as a means of supporting future facilitators. There is currently no charge for this.

**If you would like any information about these support options please contact Ruth Emond at the School of Applied Social Science, University of Stirling, [h.r.emond@stir.ac.uk](mailto:h.r.emond@stir.ac.uk) or tel 01786 467704.**

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