INVITATION - FOOD FOR THOUGHT REFLECTIVE WORKSHOP

Dear Residential Care Workers, [please amend as required]

* Do you ever worry about how your child uses food?
* Would you like the change to learn more about the social and symbolic meaning of food for children and adults?

You are invited you to attend the next *Food for Thought Reflective Workshop*, to be held in [venue] on [date] from 10am – 3pm [amend times or mention that this is the first of a two half-days workshop].

Please indicate your interest in attending by emailing [add name - sender or other]

Lunch will be provided. Please also let us know about any dietary requirements you have (e.g. vegetarian, vegan, lactose/gluten free and so on) so that we can cater for your needs. [Optional, but please see suggested meal Activity 5]

What is a Food for Thought Reflective Workshop?

The *Reflective Workshops* aim to raise awareness of the role food can play in the everyday care of looked-after children and young people. At the workshops we explore what happens around food beyond nutrition: its symbolic meaning in relation to the values, interactions and communications that take place between adults and looked-after children.

Why should I attend a Food for Thought Reflective Workshop?

You will learn how powerful food can be as a means of communicating and you may start to see food differently. The workshops will give you an opportunity to build on existing knowledge and explore with others how food is used in varied contexts and with different carers.

What have other people said about the Reflective Workshops?

The workshops have been designed to be participatory, helpful and thought-provoking. All previous participants who cared directly for looked-after children said that they would recommend the Workshops to others:



* *Enjoyed all the activities as it was very interactive and fun*
* *Excellent, very enjoyable as well as informative*
* *Would like my whole team to experience this training together*
* *Enjoyed working with different people and hearing about/learning from their experiences*
* *It helped participants to discuss emotive areas in an objective way and explore strategies in supporting young people*

The *Reflective Workshops* were developed as part of the *Food for Thought Project* in which foster carers, residential workers and Stirling University worked together to produce a range of resources aimed at helping those who work directly with looked-after children and young people. To watch a short video go to [www.foodforthoughtproject.info](http://www.foodforthoughtproject.info).

Sounds interesting? Simply email [sender] to book your place