



ASO North West Regional Meeting in association with N8 AgriFood

Food Poverty, Mental Health and Obesity:

Understanding the interplay to tackle health inequalities.

The Brain Charity, Norton Street, Liverpool L3 8LR

Thursday 10th May 2018

Programme

9.30 Registration

9.50 Welcome and Introduction - Dr Charlotte Hardman and Dr Louise Thompson, ASO North West regional co-ordinators.

10.00 **Dr Charlotte Hardman**, Lecturer in Appetite and Obesity, University of Liverpool.
Socio-economic disadvantage and obesity: Do stress and eating behaviours play a role?

10.30 **Lucy Antal**, Sustainable Food Adviser, The Food Domain and Project Manager, Regional Food Economy NW.
The bigger picture: Addressing issues of fresh food access.

11.00 Refreshments and networking.

11.30 **Ben Pearson**, Empowerment Programme Officer, Food Power.
Exploring the role of empowerment in tackling food poverty: How can the experts with lived experience of food poverty, mental health and obesity have influence?

12.00 **Robbie Davison**, Director, Can Cook.
Good Food Areas – How to stop food poverty.

12.30 **Networking Lunch**

13.00 Meeting Close