

Background

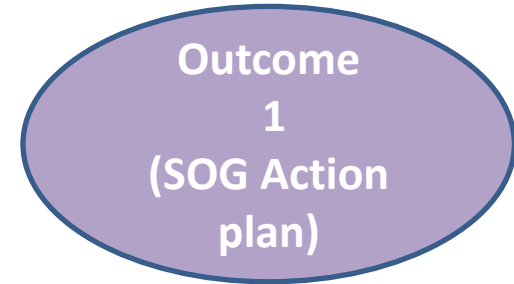
Craigavon Locality Planning Group (LPG) was established in 2014. Membership of the group include a range of community, statutory and voluntary organisations with a remit for children and young people in the area. The group aims to improve the well-being of children and young people through a multiagency planning approach.

The group set their six priority areas for 2015-2017; one of them being Keeping Safe by equipping volunteers and staff with the awareness they need on being healthy.

The group decided that they wanted to have a follow on workshop on the most popular topic – Mood and Food to increase knowledge of the relationship of food.

The outcome of the workshop was to:

1. Increase knowledge on relationship of food.
2. Update knowledge of issues in basic nutrition and relevance to mental health.



Children and young people will have the best start in life and enjoy good health and wellbeing.



How much did we do?

- In total, 22 attended the training
- Full day training session

How well did we do It?

- Community and Statutory Agencies attended
- 22 attendees increased their knowledge of the relation between food and mental health

Is anyone better off?

Most useful topic/what would you change in your practice;

- Useful topics: Concentrate on mindfulness
- Take into account parents eating habits
- Recognising the role of diet on mood
- Low sugar symptoms can be misdiagnosed as depression
- I will change my approach to eating
- Nutritional benefits of food
- I will observe my own eating habits and how it is affecting my mood

21
completed
evaluations
out of 22
attendees

How would you rate your knowledge of today's subject before and after training?

