



## **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 10<sup>th</sup> 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