

Dear Friends and Colleagues

I hope you have had a good summer. Here is the latest update on happenings at CWT.

**Caroline Walker Trust Lecture & Maggie Sanderson Student Award 2012
Wednesday 21st November 2012 - Kensington Town Hall, W8 7NX**

Kath Dalmeny is the Policy Director for Sustain: The alliance for better food and farming, where she helps to develop and run food policy activities and campaigns in support of a healthy and sustainable food system. She will be giving the Lecture entitled:

***“Socks and Sausages:
We’ve come a long way on food policy,
but it isn’t far enough!”***



Kath will look back at food policy wins in the decades since Caroline Walker and her colleagues started raising the importance of food for our health and the sustainability of the food system on which we depend. She will reflect on how hard those wins have been, how much of what has been achieved is now under threat, and discuss the lessons we can learn for keeping healthy food firmly on the political and policy agenda.



form below.

We are extremely pleased to announce that this lecture has received a CPD endorsement and [tickets are now available to purchase online](#) or print the



The lecture will be followed by the **Maggie Sanderson Student Award**, given in memory of Joyce Doughty, whose family and friends have generously donated the £500 prize money for the winning essay:

“How should the Government ensure that vulnerable pregnant women are supported to eat well?”

Application for Tickets to the Lecture & Awards to:

Pauline Styles, The Caroline Walker Trust, 22 Kindersley Way, Abbots Langley, Herts WD5 0DQ

Please send me tickets for the Caroline Walker Lecture & Awards at The Kensington Town Hall at 6.30 pm on **Wednesday 21st November 2012.**

I enclose a cheque made out to The Caroline Walker Trust for £..... £20 per ticket, OR

I am a full-time student at
Studying

.....
please send me a student ticket at £10 per ticket

Name.....

Address.....

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Email.....

Telephone Number (in case of query)

Projects

New 2012: Eating well for Adults: Balanced meals photo resource



This new resource will be available at the Lecture & Awards evening on 21st November.

The package is a versatile, culturally appropriate, value for money photo resource that can easily be adapted for your own needs. It contains a folder of PowerPoint files with photos and notes of various meals (breakfast, lunch and main meals including vegetarian), snacks and desserts as well as a Word document file containing over 100 recipes.

[Download an example PDF](#)

Suggestions for use:

- Patient education groups to illustrate normal eating for Adults with Eating Disorders to help normalise their eating (photos without the notes recommended)
- Adults with Mental Health problems to help with cooking skills, simple meal ideas and education on balanced diets
- Healthy meal ideas for Catering outlets, such as Workplace canteens & youth clubs
- General public health events, such as Workplace health fairs, as the photos can be transformed into A4 size posters
- Healthy recipe ideas for Cookery Classes for adults and young people

Funding is being sought to cover the first production costs and we welcome [donations](#).

Trustees – current and potential

Our Trustees are investigating ways that CWT might evolve as it moves towards its 25th year in 2013. To complement the nutritionists in the team we would like to recruit a Trustee as Treasurer, and people with fundraising, IT, web design or marketing skills. Please send your CV and short outline of what you feel you can offer to info@cwt.org.uk.

Best wishes, and I look forward to seeing you at what promises to be a highly stimulating evening on 21st November.



Juliet Walker

CHAIR