

The Caroline Walker Trust
Improving public health through good food

21 September 2016

Caroline Walker Trust Lecture



17.00 – 17.30

Refreshments

A chance to meet the speakers



17.30 – 17.40

Professor Tim Lang, President, Caroline Walker Trust

President's opening remarks



17.40 – 18.10

Alison Tedstone, Public Health England

Whole system approach to tackle childhood obesity: highlights of Public Health England's childhood obesity strategy



18.10 – 18.40

Dr Angela Jones, Research Associate, Newcastle University

How can we help parents recognise unhealthy body weight in their children to enable behaviour change?



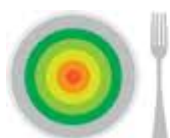
18.40 – 19.10

Robert Smith, Food School Co-founder

Setting up a food school

19.10 – 19.15

President's closing remarks



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2016 Lecture Speakers



Alison Tedstone is Deputy Director with responsibility for diet, nutrition and obesity in the Health and Wellbeing Directorate of Public Health England. Her teams work across areas including the National Diet and Nutrition Survey, nutrient composition of foods, scientific advice on nutrition (including the Scientific Advisory Committee on Nutrition), messaging on nutrition, dietary improvement and a programme of work to tackle the nation's obesity problem.

Alison worked in the Department of Health and the Food Standards Agency (FSA) prior to her current position. Before joining the FSA in 2001, Alison was an academic at the London School of Hygiene and Tropical Medicine. Alison completed post doctorate research in Oxford and is a registered public health nutritionist.



Dr Angela Jones is a Research Associate with the Faculty of Medical Science, Institute of Health and Society at Newcastle University. Her main research interests are in nutrition and childhood obesity along with identifying strategies for prevention of weight gain and obesity in children.

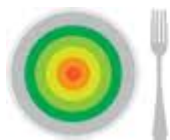
Her current research is aimed at helping parents recognise unhealthy body weight in their children with a view to testing and creating tools to improve parental recognition and understanding of increased body weight in children.

She is also interested in the relationship between wholegrain consumption and health. Her PhD focussed on exploring the wholegrain content in food and developed a novel method for assessing wholegrain intake.



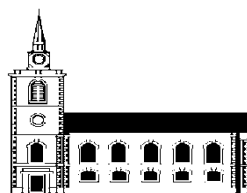
Robert Smith was a management consultant for 25 years with PricewaterhouseCoopers. He enjoyed a varied career including time as a specialist in industry restructuring in Eastern Europe in the wake of market liberalisation. Latterly he worked in the UK directing a number of PwC public sector accounts in the Midlands. He therefore understands both international and national government policy and how to effect change in complex environments.

In 2010 he met Shaleen Meelu who ran Healthy Futures, a public health consultancy. He acted as an adviser to the company and a consultant on major projects. In 2013 Shaleen and Robert founded the Harborne Food School in Birmingham. This provides cooking classes, demonstrations, events and training across the public, private and third sectors to promote health and wellbeing through good nutrition and an appreciation of food.



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2016 Lecture – How to find us



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roomhire@sjp.org.uk

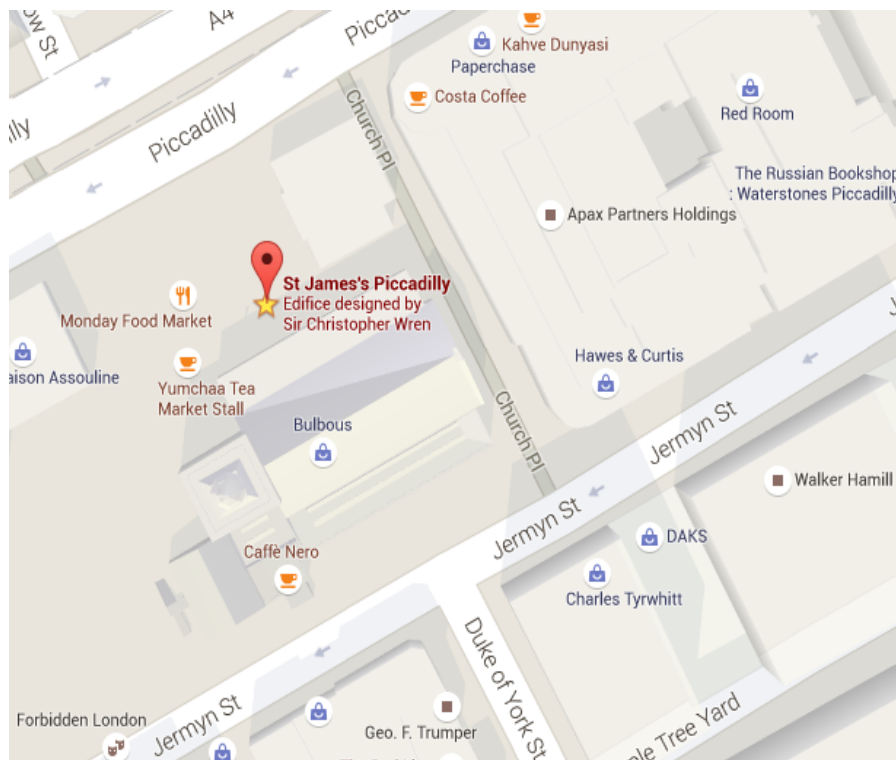
www.sjp.org.uk

HOW TO FIND US

The **Meeting Room** and **Conference Room** are situated in the basement of the Rectory Building (not in the Church). The entrance to the rooms can be found on **Church Place**, which runs between Piccadilly and Jermyn Street (opposite Costa Coffee). In case of difficulty, please do not ring the bell of the flat marked PRIVATE but go to the Rectory reception on the other side of the building.

Please access the rooms down the staircases on Church Place.

St James's Church itself is located between Waterstones bookshop and Fortnum & Mason 150m from Piccadilly Circus.



TRANSPORT INFORMATION

Rail: Nearest stations are Charing Cross or Victoria

Underground: Piccadilly Circus on the Bakerloo and Piccadilly lines. Green Park on the Jubilee, Piccadilly and Victoria lines.

Bus: Buses 14, 19, 22, 38, 98 and 159 will drop you off either in or very close to Piccadilly.

Car Parking: NCP car parks on Brewer Street, 02077 34 9497 or Westminster Council, Cockspur Street / Spring Gardens, 0800 243 348.



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