



**The food we eat is fundamentally important for our well being and the quality of our lives.**

Food brings together people who may be suffering from isolation and loneliness. Learning to cook and enjoying good food provides skills that can improve life opportunities. Understanding how to make good food choices allows individuals to take control in what may otherwise be chaotic lives.

The **fab!** programme, run by Food Matters, is committed to helping individuals and community organisations recognise the value of food and the positive role it can play in helping address the mental health problems suffered by so many at the margins of society.

**fab!** is a flexible programme of workshops, training and resources for delivery in a variety of community settings. It provides tools, skills and knowledge to help manage mood and behaviour through improved diet.

The **fab!** programme offers a range of services, including

**Introductory half day awareness raising workshop**

**Six week training programme for use with client group**

**Training the trainers programme**

**Bespoke training and advice service**

**food  
matters**  
creating sustainable, equitable food systems

Contact Food Matters on **01273 431707**  
or email: **fab@foodmatters.org**  
or visit **www.foodmatters.org**  
for more information.