

# Healthy Meetings Showcase



We have had some wonderful feedback from our recent SCPN annual conference. We started to wonder whether it was the fab programme (which included the Cabinet Secretary for Health, Wellbeing & Sport), or the healthy day out that lead us to a full conference with a waiting list. Lots of our supporters and ambassadors were in attendance including the newly formed Obesity Action Scotland (@obesityactionsc), Directors of Public Health and Dr Andrew Murray (@docandrewmurray).

The event was organised by the SCPN (@thescpn), and held in The Merchants' Hall (@Merchants\_Venue) in central Edinburgh, with catering provided by Saltire Hospitality (@saltirefood). We changed things a bit from last year, making sure water was available at the back of the room at all times, we staggered lunch to allow everyone to get a 10 minute walking break and we had a voting system for our Communications Prize that meant everyone had to get up and move to the counting desks. The Chairpeople (and some speakers) encourage, stretching and movin, and the food fitted perfectly into the scorecard requirements. We have started planning for next years conference (including a secret menu change) on Friday 3<sup>rd</sup> February.

## Great to see: Healthy Food Options



### Wholemeal penne

“#SCPN2016 delicious healthy lunch as part of the Healthy Meetings initiative.”

“Healthy food should be normal at events and conferences. Brilliant food today at @thescpn #HealthyMeetings #SCPN2016”



### Fruit skewers and low calorie dessert

“Who needs bikkies? 😊 Health promotion in action at #SCPN2016 @thescpn”



### Ratatouille with herb crumble



### Healthy salad selection (Including green, greek, mixed bean, beetroot & onion salads and wholewheat cous cous.)



### Wholemeal bread

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## Great to see: Being Active & Less Inactive

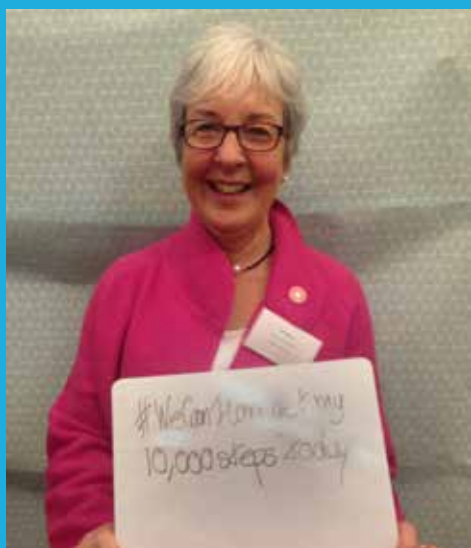
### Walking prompts

11:50 **Managing cancer risk in the genetic**  
Dr Jonathan Berg

12:15 **Transformational change in cancer intelligence** Dr Aileen Keel CBE

12:45 **Ministerial address** Shona Robison MSP  
Secretary for Health, Wellbeing & Sport

**13:00 Lunch and walk**



### Directions for active travel

**THE MERCHANTS' HALL**

**BY RAIL - AND FOOT!**  
Trains into Edinburgh stop at Waverley Station (approximately a 5 minute walk), or Haymarket (approximately a 20 minute walk from the Hall)

**BY BUS - AND FOOT!**  
Many bus routes pass the Merchants' Hall, including - 23, 27, 28, 41, 42, 45  
Numerous buses have stops along Princes Street - why not get off a few stops early and walk the rest of the way?

**BY BIKES**  
See our location map with bike racks on the next page

**BY ROAD**  
Routes to the City Centre are clearly marked on signs leading into Edinburgh. The Merchants' Hall is located near Princes Street, at the foot of the Mound. Street parking nearest to the Merchants' Hall can be found on George Street, however it is metered and often busy. The nearest NCP car park is St James Centre just off York Place (which is an easterly continuation of Queen Street), to the north of

### Physical voting for our communications prize!



### SCPN frisbee



### PowerPoint encouragements



### Cycle parking map surrounding venue



“Overall, a good conference, and I really like the emphasis on making it healthy.”

Remember to complete a scorecard after your meetings so we can collate more examples of good practice.

[Get more scorecards](#)

**Healthy Meetings - score the following categories**

- providing feedback (your scorecard) to the organiser of meetings
- sharing your experiences of good practice with the SCPN
- helping us to promote, disseminate and reward examples of good practice

Please tell us about your experience of any meetings lasting over 4 hours and encompassing lunch:

Name of meeting:

Venue:

Date:

Healthy Meetings - score the following categories	Yes	No
1. Fresh drinking water available at all times		
2. Fruit available for all to enjoy to eat or drink		
3. Vegetables available for all to enjoy to eat or drink		
4. Breads, grains, rice, pasta etc. (mostly in wholegrain form)		
5. No pastries, deep-fried items, creamy sauces or dips		
6. Low calorie desserts (<100 calories e.g. VERY SMALL portions of traditional desserts or yoghurts and/or fruit)		
7. No sweets or savoury snacks (e.g. crisps)		
8. Directions to the meeting promoting ACTIVE travel (e.g. walking, cycling)		
9. Opportunities for hourly brief "stretch breaks" (for standing, stretching)		
10. Chair encouragement to move, stand and/or stretch during the meeting (where feasible, not too disruptive and in keeping with participants' abilities and disabilities)		
Comments:		

Score:

Comments:

Your name:

Your email address:

Please return this form to:  
SCPN, Woburn 7, Level 9,  
Newcastle Hospital & Medical School,  
Doncaster, DN1 1SA  
Email: [healthymeetings@scpn.org.uk](mailto:healthymeetings@scpn.org.uk)



Scottish Cancer  
Prevention Network

[www.cancerpreventionscotland.org.uk](http://www.cancerpreventionscotland.org.uk) | Search for 'thescpn'

#HealthyMeetings

