

# **Food, Health and Homelessness in Scotland – Mapping Practice, Progress and Impact**

## **Community Food and Health (Scotland)**

Appendix 3: Health Board Reports

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## 1 NHS Ayrshire and Arran Health Board

### Name of Health and Homelessness Action Plan and timescale

NHS Ayrshire and Arran Health and Homeless Action Plan 2008 - 2011

### When was the Action Plan last updated?

April 2008. This document is currently a draft.

### Is food, health and homelessness considered in the Action Plan?

No, the Action Plan does not mention specific health issues other than addiction and mental health. However, each Local Authority area has a food initiative which includes elements relating to food, health and homelessness.

Detailed action points on health and homelessness are incorporated into the Homelessness Strategies for each of the three Local Authorities.

According to the NHS Health Board representative, each Local Authority area either has a food initiative or is looking at developing one.

The Cookwell project (part of NHS Ayrshire and Arran) responded to our survey. The organisation provides advice and information, accommodation-based food provision, and strategic development and consultancy in relation to food, health and homelessness, along with practical cooking sessions. However Cookwell has no further funding and is postponing its sessions in hostels (some will be provided by a women's refuge). The survey also identified Allies, another organisation in the area which delivers a food, health and homelessness programme.

Other projects that responded to our survey were:

- Fab Pad which is based in Glasgow but also works with vulnerable young people at risk of losing their tenancy in North Ayrshire and other local authority areas. The project supports young people to learn interior design skills and make items for their home. The programme provides a lunch for service users, which the project staff use as an opportunity to discuss healthy eating with service users, including advice and information on: budgeting for food; meal planning; raising self-esteem; and shopping.
- South Ayrshire Community Health Partnership's Care and Share project. Currently, volunteers from a local church prepare and serve a meal once a week to homeless people or people who are at risk of becoming homeless. In Autumn 2008 the project will deliver classes in cooking and practical life skills for homeless people.
- Blue Triangle Housing Association which provides resettlement support for single homeless people, including support with budgeting, shopping, preparing and cooking healthy, nutritious and affordable food.
- South Ayrshire Council, which funds breakfast provision for homeless people living in homeless hostels.



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- Riverside Church, which provides emergency food parcels and a weekly lunch club.
- Ayr Baptist Church holds a weekly lunch club.

## **Who are the main partners? Who is the lead for implementation?**

The main partners are the NHS Health Board, the East Ayrshire Community Health Partnership, the North Ayrshire Community Health Partnership and the South Ayrshire Community Health Partnership and the Local Authority areas of East Ayrshire, North Ayrshire and South Ayrshire. The lead for implementation is the Local Authority in each area.

Cookwell works in collaboration with East Ayrshire Council the Women's Refuge and Blue Triangle Housing Association to deliver the project. Sessions carried out in the Women's Refuge are supported by the dental health team.

Fab Pab works with the Glasgow Food Initiative and the Healthy Living Centre to deliver its service.

South Ayrshire CHP and Blue Triangle Housing Association, Impact Arts, local churches and local food co-operatives (which provide food to Care and Share and Blue Triangle's project) are important partners in food, health and homelessness work.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

Dedicated public health nurses within each of the CHPs are to be funded with money from the Scottish Government.

Their remit will be to ensure that frontline staff have relevant competencies to work effectively with homeless people and are supported to acquire further competencies as required. The NHS board will support this through the development of a competency framework.

Cookwell and Fab Pad are staffed by both paid staff and homeless volunteers.

In South Ayrshire, paid staff, volunteers and homeless people deliver the local projects we identified through our survey.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

The Action Plan notes that dedicated public health nurses within the CHPs are to be funded.

The Action Plan contains an action point to ensure that frontline staff have relevant competencies to work effectively with homeless people and are supported to acquire further competencies as required. The NHS Board will support this through the development of a competency framework.

Cookwell received funding from CFHS, but has no further funding to continue the project.



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Fab Pad receives funding from several sources: Glasgow Community Planning, the Glasgow Housing Association, the Scottish Government, Fairer Scotland Fund, West Dumbartonshire Council, North Ayrshire Council, Clan, and Edinburgh Awards for All.

In South Ayrshire, CFHS has funded the Care and Share project to provide cookery training to homeless people. This project has also applied for funding from the local Alcohol and Drugs Action Team.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

A multi-agency Ayrshire-wide Health and Homelessness Action Plan Implementation Group has been set up. The Board plays a leading role in the partnership group comprising voluntary and statutory sector partners, focused around Community Health Partnerships, which drives the Board's activities in relation to health and homelessness.

## **How does the Action Plan link with other plans/strategies?**

The Action Plan notes that the health needs of homeless people are incorporated into the Board's Health Inequalities Strategy and all other relevant strategic planning frameworks, which also reflect the common aims of the Health and Homelessness Action Plan. Further, homelessness is integrated into EDIA and homelessness issues are included in Community Plans/JHIPs/CSPs.

The Action Plan has an action point that CHPs are effectively engaged in the implementation and delivery of Local Authorities' Homelessness Strategies'. A further point is to develop and implement draft information sharing protocol between NHS Ayrshire and Arran and Local Authorities.

The NHS Health Board representative noted that CHPs are engaged in the implementation and delivery of each of the Local Authorities' Homelessness Strategies.

## **Are there timescales for completing actions?**

Yes. The Action Plan is currently in its draft version but lists actions to be completed by March 2009.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

There are performance outcomes for each of the action points. However, how these will be achieved is still being developed. The Action Plan has an action point to update and monitor the plan on an annual basis and that there is a clear reporting structure within the Board for updating and monitoring the Action Plan.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The Board's procedures aim to ensure that no one who is subject to a planned discharge is discharged into a situation of homelessness. This will necessitate good joint working with other agencies.



The Board aims to ensure homeless people receive appropriate continuity of care which takes account of their circumstances.

Preventative work is taking place primarily through the "Care and Share" initiative throughout the NHS Board area. This is a series of practical life skills courses in partnership with local colleges which are aimed at homeless people and those who are potentially at risk of homelessness.

### **Comments**

The Health Board representative noted that regarding lower level action points, responsibility is devolved to each of the CHPs, which are co-terminous with the Local Authorities. Their Action Plans are incorporated into the authorities' Homelessness Strategies.



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## 2 NHS Scottish Borders Health Board

### **Name of Health and Homelessness Action Plan and timescale**

Elements of a Health and Homelessness Action Plan are incorporated into the Scottish Borders Council Interim Service Plan 2007-2010 and other documents.

### **When was the Action Plan last updated?**

June 2007

### **Is food, health and homelessness considered in the Action Plan?**

It is not specified within the document.

Our survey identified one initiative that operates in Scottish Borders. Impact Arts' Fab Pad, an interior design project, works with vulnerable people at risk of losing their tenancy, and discusses healthy eating and budgeting issues over lunch. The project is based in Glasgow but also operates in other Local Authority areas including Scottish Borders.

### **Who are the main partners? Who is the lead for implementation?**

Scottish Borders Council and NHS Borders, representatives of Borders Housing Network, representatives from Shelter, Citizen Advice Bureau, Lothian and Borders Police, SAMH, Community Justice and private sector landlords. The lead for implementation appears to be Scottish Borders Council.

### **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

There was a nine month pilot project for a dedicated Community Health Nurse for Health and Homelessness issues. Diet is one of the lifestyle issues examined by the nurse.

### **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

This investment (for the community nurse pilot project) came from the NHS Multiple and Complex Needs Budget, stemming from Scottish Executive funding from the Closing the Gap initiative.

### **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The voluntary sector is involved in providing support services to people who experience homelessness. The private rented sector is a significant provider of housing, and the Local Authority's Strategy plans to open up this sector to homeless and potentially homeless people.

### **How does the Action Plan link with other plans/strategies?**

The Strategy links in with the Borders Food and Nutrition Strategy, which is a partnership with local organisations to implement a local food Action Plan to improve the



diet of the whole of the Borders population focusing on areas of inequalities including homelessness.

**Are there timescales for completing actions?**

Yes, but these are not specific to food, health and homelessness

**Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

It is not specified within the document.

**Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

There are a number of preventative action points which are the responsibility of the Local Authority.

**Comments**

The Health Board representative noted that documents support the wider homelessness agenda in Scottish Borders and is overseen by the health homelessness strategic partnership. NHS Borders sits on this partnership.



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## 3 NHS Dumfries and Galloway Health Board

### Name of Health and Homelessness Action Plan and timescale

Dumfries and Galloway NHS Board Healthcare Governance Committee Health and Homelessness Standards

Specific Action Plans are devolved to four localities within the health board area. The timescale for these Action Plans are for the period 2007-08.

Annandale and Eskdale Local Health Partnership (LHP) - Action Planning for Health and Homelessness

Wigtownshire Local Health Partnership (LHP) Draft Action Plan for Health & Homelessness

Nithsdale Health and Homeless LIVE Action Plan October 06

Stewartry Health and Homelessness Action Plan 2007-2008

Our survey received responses from six organisations that work in the area of food, health and homelessness in the area: Nithsdale Local Health Partnership (LHP); NHS Dumfries and Galloway; Dumfries and Galloway Substance Misuse Project (Turning Point Scotland); Kate's Kitchen; the Food and Homelessness Project; and Wigtown LHP. These provide a range of services including training for trainers in nutrition and cooking skills, advice and information and independent living skills development, food packs, soup kitchens/drop-in centres, and food as part of recovery from substance misuse.

Kate's Kitchen notes that its service has tapped into the needs of local people who are vulnerable and difficult to reach, and that the initiative has been hugely successful. The Food and Homelessness Project notes that it is new and in the process of development, but has future plans to establish food parcels and a food voucher system for temporary accommodation (no further details on the plans were given).

### When was the Action Plan last updated?

The plans were last updated between 2006 and 2008

### Is food, health and homelessness considered in the Action Plan?

The Action Plans are specified at a locality level.

The Annandale and Eskdale Health and Homelessness Action Plan has an action point to improve access to cheap and nutritious food for homeless people.

The Nithsdale Health and Homelessness Action Plan also has an action point to improve access to cheap nutritious food and provide healthy cooking skills and notes that funds have been secured by the Nithsdale Local Health Partnership to deliver cooking courses through Dumfries Women's Aid.

The Stewartry Health and Homelessness Action Plan has an action point to undertake consultation to identify issues in relation to health and homelessness in the Stewartry.



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## **Who are the main partners? Who is the lead for implementation?**

The Annandale and Eskdale Health & Homelessness Action Plan does not specify members but states that Health and Homelessness Action Planning Group for Annandale and Eskdale is the lead for implementation.

The Wigtownshire Draft Action Plan for Health and Homelessness aims to set up a multi-agency Health & Homelessness Forum to be led by a Health Improvement Officer.

The Nithsdale Health and Homelessness Action Plan notes the Council's Social Services, local police, NHS Dumfries and Galloway and the Nithsdale Local Health Partnership as partners with leads for different action points.

The Stewartry Health and Homelessness Action Plan lists a number of different partners, including the NHS homelessness officer, the Council's homeless Strategy officer, local housing associations, the Dumfries and Galloway Homelessness Partnership, volunteer organisations such as First Base and others.

In our survey we identified several other partners that organisations work with to deliver services. The Substance Misuse Project notes that it has received training from Apex Scotland on food hygiene and oral health promotion. Wigtown LHP works with Women's Aid, Apex Scotland, SACRO, Social Services, Alcohol and Drug Support, Turning Point Scotland, and Loreburn Housing Support Services.

Kate's Kitchen collaborates with several partners to deliver their services: Dumfries and Galloway Council; local churches; NHS Dumfries and Galloway; housing providers; mental health teams; local benefits agencies; homelessness officers; district nurses; health visitors; and The Salvation Army.

The Nithsdale LHP works with many agencies through its "training for trainers" programme, and has access to a local network through a newsletter and events.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

A range of local Health and Homelessness leads have been established such as Health Improvement Officers, Health Improvement Teams, LHP, Salvation Army, and a Health & Homelessness Forum.

NHS Dumfries and Galloway has employed a consultant to deliver training on a range of health and homelessness issues, including nutrition, to NHS staff.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

The Health and Homelessness Action Plans do not specify any details of funding relating to food, health and homelessness.

Kate's Kitchen notes that ongoing funding is sought and comes from a variety of sources, including Dumfries and Galloway Council, NHS Dumfries and Galloway, churches, donations, and local charities.



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## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The Wigtownshire Health and Homelessness Action Plan has an action point to support development of a multi-agency drop-in facility in Stranraer for homeless people through working with other agencies such as the Salvation Army and the Health and Homelessness Forum.

The Annandale and Eskdale Health and Homelessness Action Plan has an action point to pilot a drop-in facility initially in Annan, utilising local churches and volunteers from multi-agencies.

Other organisations which deliver food, health and homelessness services were identified in the survey: Dumfries Christian Care for the Homeless, Whitesands, Dumfries Salvation Army (drop-in with food), FirstBase Agency, and Dumfries Food Parcels.

## **How does the Action Plan link with other plans/strategies?**

This is not specified in any of the Health and Homelessness Action Plans.

## **Are there timescales for completing actions?**

Yes - over the period of the Action Plans and range from 2006 to 2008.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

None of the Health and Homelessness Action Plans specify outcomes relating to food, health and homelessness.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

Preventing people from becoming homeless is the first objective for each of the locality Action Plans. None of these refer to specific actions relating to food, health and homelessness.

## **Comments**

According to the NHS Health Board representative, the NHS Board commissioned a consultant to undertake a Strategic Review of the Health and Homelessness Action Plan with particular focus on identifying the information and advice requirements of homeless people and the agencies that support them. This review will lead to a revised Action Plan.



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## 4 Bòrd SSN nan Eilean Siar

### Name of Health and Homelessness Action Plan and timescale

Western Isles Community Wellbeing Forum Health and Homelessness Action Plan 2005-07

### When was the Action Plan last updated?

2005. According to the NHS Health Board representative, a new version of this document is currently being drafted.

### Is food, health and homelessness considered in the Action Plan?

The Action Plans mention fourteen action teams to be established and to report to the Community Wellbeing Forum. Food is one of these teams. Poor nutrition is recognised as one of the areas of significance in assessing the health needs of homeless people.

The document states that the Board has agreed to set up strategic planning groups for the major national and local priority areas: cancers, coronary artery disease, mental health, children and young people plus alcohol, drugs and smoking. Issues relating to homeless people will be addressed through these individual planning groups as they become established.

The NHS Health Board representative stated that the Health Board is currently running a food voucher system for homeless people that can be exchanged for health meals at the hospital in Stornoway.

The Salvation Army, which provides a Breakfast Club, Lunch Club and Friday Night Social Club, was the only service in the area that responded to our survey. The services provided are a soup kitchen/drop in centre as well as advice and information in relation to food, health and homelessness.

### Who are the main partners? Who is the lead for implementation?

The partners within the Community Wellbeing Forum include - L.A. Directors of Social Work, Housing, Education, Sustainable Communities, Transportation, LA Health Improvement Officer, Voluntary Sector, UHI, LEC, Health Promotion Manager, Community Police Representative, Procurator Fiscal, CHP. The lead organisation appears to be the Local Authority.

The main lead is the Health and Homelessness Steering Group, which comprises several members from the Health Board and from the Council, as well as several voluntary organisations.

### Workforce to support delivery - are staff attached to the work? Have new posts been created?

There are no dedicated staff but the Health Promotions officer is training frontline staff involved in food delivery, for example on recognising issues and engaging with homeless people.



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## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

According to the NHS Health Board representative, the hospital food voucher scheme and training is provided through NHS public health improvement funding. There is also Fairer Scotland Funding for a project to provide healthy food to the Cairns Mens Health Project.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The plan links in with the Community Planning Partnership through the Community Wellbeing Forum, which includes members from the voluntary sector.

## **How does the Action Plan link with other plans/strategies?**

The Action Plan states that it links into the Western Isles NHS Board's Local Health Plan as well as the Board's Health Inequality Strategy. The document further notes that strategically all will be drawn together under the Local Health Plan and the Joint Health Improvement Plan - under the umbrella of Community Planning.

## **Are there timescales for completing actions?**

Yes, though in many cases these dates require to be updated. Furthermore, these timescales do not specifically relate to food, health and homelessness objectives.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

This is not specified in the document. According to the NHS Health Board representative, these are currently being updated. The Action Plan notes that it is intended to review and update the Action Plan annually.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The Health and Homelessness Action Plan includes a ten point plan for prevention, including the promotion of healthy eating within schools. Healthy eating is promoted throughout the area.

The NHS Board representative stated that they are undertaking cooking classes and healthy eating education at the Cairns Men's Health Project for those who are homeless or at risk of homelessness.

## **Comments**

The NHS Western Isles representative stated that they are having a seminar on food, health and homelessness soon which CFHS will attend. They recognise this is an issue and they are looking to develop closer links with the Council and the Hebridean Housing Partnership.

The Health Board is currently running a food voucher system for homeless people that can be exchanged for health meals at the hospital in Stornoway.



Due to the size of the area and the respective organisations, there appears to be good partnership working between agencies.

## 5 NHS Fife Health Board

### Comments

Health and Homelessness Action Plan is not currently available at time of writing. This is partly due to the fact that the lead officer had recently retired and has only just been replaced. An NHS Health Board representative stated that they're in the process of producing a new Plan, as they feel that the old one is way out of date, and has been superseded by many changes to the key issues for homeless people in relation to health, eg the previous Plan focussed on young people, and, whilst that can still be an issue, the main group for which they now have concerns is older men.

They have stated that they will send the revised Health and Homelessness Action Plan as soon as possible.

### Is food, health and homelessness considered in the Strategy?

We received six survey responses from projects involved in the delivery of food, health and homelessness services in Fife:

- The Bethany Christian Trust operates drop-in services in Leven and Dunfermline. These provide advice, information and soup kitchens, accommodation-based food provision, food packs and independent living skills development. The services have different objectives. For example some of the drop-ins are primarily aimed at meeting the primary needs of homeless people and provide food shelter and start a process of learning activity. Other services are offered too such as a food course which looks at eating habits, cooking, health and food and in some groups there is an emphasis on promoting healthy eating.
- CHANT is part of NHS Fife Addiction Service. They provide access to treatment for drug and alcohol misuse and distribute food parcels to clients at Christmas. Future plans for the service are to continue to evidence the need for funding and to respond to service users' needs in service delivery and design.
- The Gilven Employability Project provides a drop in centre, accommodation-based food provision (cookery classes and Sunday Lunches) and independent living skills development. They run weekly cookery classes in different homeless accommodation units and community centres. In future the project would like to reach clients on a Fife-wide basis, by linking with Bethany Christian Trust and recruiting more volunteers to carry out the work.
- Another project operating in Fife (which also works across other local authorities) is Fab Pad, part of Impact Arts. The organisation provides advice and information, art-based workshops, practical demonstrations and visits to local allotments.
- Neither Frontline Fife or East Fife Women's Aid provided any details on services they provide in relation to food, health and homelessness.



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Our survey also identified other organisations delivering food, health and homelessness services in Fife. Local churches provide the Gravy Train Project and the Bethany Christian Trust also runs a Toastie Club.

## **Who are the main partners? Who is the lead for implementation?**

Bethany Christian Trust work with Crisis Fareshare to provide food for their drop-in groups.

Fab Pab works with the Glasgow Food Initiative and the Healthy Living Centre to deliver its service.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

Fab Pad and Bethany Christian Trust are staffed by both paid employees and homeless volunteers.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

Fab Pad receives funding from several sources: Glasgow Community Planning, the Glasgow Housing Association, the Scottish Government, Fairer Scotland Fund, West Dumbartonshire Council, North Ayrshire Council, Clan, and Edinburgh Awards for All.

CHANT is funded by the Scottish Government.



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## 6 NHS Forth Valley Health Board

### Name of Health and Homelessness Action Plan and timescale

Forth Valley Health and Homelessness Action Plan - Draft 2007

This document is currently a draft.

### When was the Action Plan last updated?

The Health and Homelessness Action Plan is currently under review. It appears to have last been updated in October 2007.

### Is food, health and homelessness considered in the Action Plan?

The Health and Homelessness Action Plan notes that Diet and nutrition is one of nine strategic and operational areas in health and health services that are to be addressed.

An NHS Health Board representative stated that the Community Planning Partnership recently held a Health and Homelessness conference called Opening Doors. At this conference, organisations in the area highlighted diet and nutrition as one of the priority issues for further action. The representative noted that as the NHS does not have the resources to deliver activities directly to service users, they are acting in a facilitation role by providing training and resources to staff from other organisations.

Our survey found that NHS Forth Valley has a team of three Community Food Development Workers that work across Forth Valley focusing on vulnerable groups and areas of deprivation. These workers work with Local Authorities and voluntary sector organisations to provide:

- advice and information;
- soup kitchens and drop-in centres;
- strategic development and consultancy;
- cafes;
- independent living skills development, including:
  - budgeting for food;
  - meal planning;
  - food hygiene and safety awareness;
  - shopping; and
  - food and cooking.



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Responses to our survey identified the following food, health and homeless initiatives in the Forth Valley area:

- The Salvation Army runs a drop in centre which provides food packs and a soup kitchen.
- Edinburgh Cyrenians run the Good Food in Tackling Homelessness Programme, which operates in the area and provides advice, information, accommodation-based food provision, food packs and independent living skills development. Future aspirations for the organisation include developing the project with emphasis on training and work placements for people who have experienced homelessness and more social enterprise activities to contribute to the income stream.
- Community Food Development is part of NHS Forth Valley. It provides the following services in relation to food, health and homelessness: advice and information; soup kitchen/drop in centre; strategic development and consultancy; a café; and independent living skills development. In future, the organisation plans to provide more training and support to local projects working with homeless people, the development of practical resources, and to raise the profile of work with Forth Valley Health and Homelessness Strategy.
- The Bridge is coordinated in partnership by Stirling Council's Throughcare and Aftercare team and Loretto Care, a subsidiary of Loretto Housing Association. This project provides health promotion information and housing support including cooking skills, budgeting and supervised shopping to young homeless people aged 16-25 to prepare them for their own tenancy in supported accommodation. The Bridge receives food packs from Start-up, a church-based organisation that provides emergency food packs for people who have just become homeless, and a start-up food pack for homeless people moving into a tenancy. The Bridge has produced a DVD on homelessness recently and hopes to screen this to secondary school children as a preventative measure. The project recognises the importance of supporting young people to develop independent living skills and to develop young people's employment and training prospects.
- Impact Arts' Fab Pad, an interior design project, works with vulnerable people at risk of losing their tenancy, and discusses healthy eating and budgeting issues over lunch. The project is based in Glasgow but also operates in other Local Authority areas, including Stirling.

## **Who are the main partners? Who is the lead for implementation?**

NHS Forth Valley Health and Homelessness Steering Group is the main partnership through which health and homelessness issues are addressed. There are also three health and homelessness sub-groups set up to facilitate implementation through the CHPs.

The survey respondents from the area work with a range of organisations to deliver their services. For example, Community Food Development works with CFHS, the Health Promotion Department, public health practitioners, and other local projects such as the



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Salvation Army, Alloa Soup Pot and Local Volunteer Services. The Drop In Centre works with NHS Forth Valley, Signpost, Alcohol Link and Caledonian Youth, and Edinburgh Cyrenians works with over 40 different organisations (not specified).

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

There are Community Food Workers in each of the three Local Authority areas. They have a remit of working in deprived areas and have a wide range of target groups. The NHS Health Board representative suggested that the workers could work more with homeless people but that there was not necessarily the capacity for this.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

The Community Food Workers are currently funded through a combination of Fairer Scotland Fund funding and NHS Oral Health monies. One position is full time whilst the other two are funded for the next two years.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The Health and Homelessness Action Plan states that it is informed by Forth Valley Health and Homelessness Needs Assessment (2006).

## **How does the Action Plan link with other plans/strategies?**

The NHS Forth Valley Health and Homelessness Steering Group continues to be the main partnership through which health issues relating to homelessness are addressed. The necessary improvements and service developments are being specified in this Action Plan. In addition, three health and homelessness sub-groups have been set up to facilitate implementation through the CHPs.

In addition to accountability to the Scottish Executive, the Health and Homelessness Steering Group also needs to feed in to the NHS Board. This may be through the new Health Strategic Planning Group or the overarching Adult Health Strategic Planning Group - but these connections need to be specified and agreed.

NHS Forth Valley is committed to health improvement and reducing health inequalities, and a framework outlining the scope of these areas for the NHS Board is currently in development.

## **Are there timescales for completing actions?**

Timescales are not specified with the current draft of the Action Plan, though an NHS Health Board representative stated that these are currently being developed.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

Processes for review are not specified within the draft Health and Homelessness Action Plan. According to the NHS Health Board representative, these are currently being developed. However, the representative noted that within the NHS, staff delivering food lessons to homeless people are undertaking pre and post learning evaluation to assess



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changes in diet and readiness to move into an independent tenancy through develop of skills such as cooking, food hygiene, shopping and budgeting.

**Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The document recognises the need to move towards a preventative focus, and a more holistic approach with homeless people. It does not detail specific actions to take with respect to food, health and homelessness.

## Comments

One example of good practice was NHS dieticians working closely with the health promotion department to provide lessons in food skills as part of the Street Sport programme for young homeless men. These men have now been trained to deliver food-related learning to other homeless people.



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## 7 NHS Grampian Health Board

### Name of Health and Homelessness Action Plan and timescale

NHS Grampian Health and Homelessness Action Plan 2004 - 2007.

An updated version of this plan is currently being drafted.

### When was the Action Plan last updated?

2004

### Is food, health and homelessness considered in the Action Plan?

The Health and Homelessness Action Plan does not specify any action points relating to food, health and homelessness.

There are overall objectives to: Increase understanding of, and support for, health and homelessness; and Ensure health improvement is integral to provision for homeless people.

Within the Health and Homelessness Action Plan section of the Aberdeen City Homelessness Strategy, there are further action points to: ensure health improvement is integral to all health and wellbeing provision for homeless people. Objective 5.2: Secure partnership funding to support the development of evidence based initiatives to: promote well being and life style changes tailored to the needs of homeless people (cf strategic plans for cancer and coronary heart disease); improve the health of vulnerable young people; improve the health of the population of travellers. Diet and nutrition are one of four agreed priorities.

Our survey identified initiatives from the charity/voluntary sector in Aberdeen City which use food as part of their engagement with homeless people. Four organisations, which responded to our previous survey, continue to operate in the area: Aberdeen Foyer and Aberdeen Cyrenians (which are also referred to in the Local Authority Strategy); VSA Richmondhill House; and the Instant Neighbour Charity Aberdeen. These offer a range of services, such as cafes, food packs, independent living skills development (an example of which is the "confidence to cook" course), soup kitchens/drop in centres, and emergency food parcels.

From information gathered from new respondents to the survey, we see that NHS Grampian Marywell Healthcare Centre provides fruit for clients who attend daily and to rough sleepers (less regularly). The organisation notes that the fruit provided is promoted as a healthy alternative food source which raises client awareness of the importance and benefit of having fruit in their daily diet, and a visiting dietician attends once a month.

The two responses to our survey in Moray both came from NHS Grampian. One questionnaire was completed by the Food Access, Health and Homelessness Events team, which provide networking and information opportunities for local agencies working with homeless people. The events team hope that a Grampian-wide forum will be established in future to grow the network and share information. Another questionnaire was completed on behalf of NHS Grampian's Moray Food and Health Group, which run



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"confidence to cook" – a food skills course which provides multi-agency training for front line personnel.

## **Who are the main partners? Who is the lead for implementation?**

A number of partners are specified such as CHPs, the respective local authorities, the Homelessness Strategy Group, Community Planning Partnership Fora, Aberdeen Foyer, Aberdeen Healthy Living Network, Public Health Direct Services - 'Now you're cooking'. A Lead for implementation is not specified.

From our survey, it can be seen that voluntary providers work with other organisations in a number of ways, such as by receiving referrals from agencies and statutory bodies including Housing and Social Work, through contact with local health visitors and community dietitians, and through contact with CFHS, CFine, and NHS Grampian.

Moray Food and Health Group works with Community Food Initiatives North East. The events team works with Aberdeen Foyer, Aberdeen CFINE and CFHS.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

It is noted that Aberdeen Foyer secured external funding for a full-time Community Health Worker post.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

There appears to be short-term funding from partners. Aberdeen Healthy Living Network has funded starter packs for homeless families (food packs for babies and children). Also, public health funded training for hostel staff to improve the health improvement skills and knowledge of hostel residents.

In its survey response the Instant Neighbour Charity Aberdeen notes it receives support through a combination of charitable donations (food and financial), along with funding from Aberdeen City Council, Aberdeenshire Council and Local Housing Authorities. NHS Grampian Marywell Healthcare Centre notes that the project was funded for one year by Grampian's Health Improvement Fund, and is not able to get further funding from that source so will seek private sector sponsorship in order to continue. Kaimhill Community Centre has been given money and funding "in kind". Saint Vincent de Paul receives donations from the Cathedral's congregation.

The Instant Neighbour Charity Aberdeen has received a grant from CFHS for training. Staff have used the training fund to develop skills for clients in areas such as food budgeting, preparation and cooking. The charity notes that it anticipates an increase in numbers of people seeking help with food this winter, due to the credit crunch and Council cutbacks.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

There is evidence of partnership working; for example through The Aberdeen Healthy Living Network and the Health Improvement Fund.



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## **How does the Action Plan link with other plans/strategies?**

The Health and Homelessness Action Plan is incorporated into the Homelessness Strategies of the three Local Authorities.

NHS Grampian noted in its survey response that it organises Food Access, Health and Homelessness events to provide a networking and information opportunity for local agencies working with homeless people.

## **Are there timescales for completing actions?**

Yes, however these require updating.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

The Health and Homelessness Action Plan states that progress is to be measured in relation to agreed priorities: diet and nutrition, clothing and footwear, wellbeing, smoking. It is not indicated how this will be measured.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The Action Plan notes that partners must sustain support for evolving Homelessness Strategy Groups; particularly in relation to accommodation, recognition of those at risk, and prevention of homelessness.

## **Comments**

NHS Grampian and Aberdeen Foyer, together with CFHS, have held a series of food, health and homelessness seminars across the Grampian region. The seminars brought together organisations from across the region to explore how food could be integrated into their work.



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## 8 Greater Glasgow and Clyde Health Board

### Name of Health and Homelessness Action Plan and timescale

Glasgow City-Wide Health and Homelessness Action Plan 2006-2008 - Draft

This Action Plan is a Summary of Action Plans for the Glasgow Homelessness Partnership and the CHCPs in East Dunbartonshire, East Renfrewshire, Inverclyde, Renfrewshire and West Dunbartonshire.

### When was the Action Plan last updated?

2006

### Is food, health and homelessness considered in the Action Plan?

The overall Health and Homelessness Action Plan does not have any action points specifically relating to food, health and homelessness. However, it lists a number of objectives such as identifying critical action points to support CH(C)Ps to effectively plan and deliver accessible and appropriate services to people affected by homelessness.

In the South East CHCP - A gap was identified for those at risk of homelessness through alcohol use as a result group work programme developed in SE CAT to provide support in maintaining tenancies/budgeting/nutrition.

Two projects operating in East Dunbartonshire responded to our survey. Homeless Health Service provides a dietician service, as well as advice, information and independent living skills development. Fab Pad, part of Impact Arts provides advice and information, art-based workshops, practical demonstrations and visits to local allotments.

In East Renfrewshire, three organisations working in the area of food, health and homelessness responded to our survey. Homeless Health Services provide advice and information, independent living skills development and a dietician service. They plan to continue to focus on health improvement and the well-being of clients. Loaves and Fishes provides food packs and cafes and aim to assist people supported by the charity to become self-sufficient. The Quarriers Stay Project provides advice and information and independent living skills development. In future the project plans to provide young people with the opportunity to attend an advanced food and hygiene course, and encourage them to use the skills they have learned on the course to eat at home on a day-to-day basis. The survey also identified other projects working in the area of food health and homelessness in East Renfrewshire: the Wayside Club Lodging House Mission, Open Door Trust, and City Mission.

Twenty-one organisations which operate in Glasgow City responded to our survey on food, health and homelessness. The projects are summarised below:

- The Lodging House Mission has a drop in centre with a cafe, which offers breakfast and lunch. The organisation also provides food packs and independent living skills development. In future the Mission would like to introduce more healthy eating options in the café.



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- Food for Thought Glasgow Ltd trains participants four days per week. The project provides advice and information, a café, independent living skills development and strategic development and consultancy. In future the project hopes to continue to provide training to disadvantaged groups, and deliver a catering business to the voluntary sector and manage a community café.
- Homeless Health Services provides a dietician, who helps clients to address health and dietary issues, and an occupational therapist, who supports clients planning to move to independent living. Both work on an individual basis with clients.
- Healthy Eating Café Service - Wayside Day Centre. The café is a non-profit making initiative which offers a range of affordable meals and snacks for people affected by homelessness and social exclusion. In 2008 the café ran successful courses on cooking, food and nutrition, and elementary hygiene and there are plans to run more courses on food, cookery and healthy lifestyles in future.
- Turning Point Scotland – responded to our survey on food, health and homelessness but did not provide any details about their activities.
- Move On – a Training and Development Allotment Project.
- SACRO, Glasgow provide a supported accommodation service that supports 60 individuals at any time to live independently. Individuals are encouraged to live healthy lifestyles through their diet, exercise and managing their overall health and wellbeing.
- Quarriers Stopover provides bed and breakfast accommodation for young people in crisis. Stopover provide clients with a breakfast and a light supper. They hope to continue to provide high quality crisis accommodation in the future.
- The Galloway Project (provided by the Blue Triangle Housing Association) provides home made food for service users. They hope to expand, taking the service to their outreach users in the future.
- Turning Point Scotland's Link Up Project is an accommodation-based food provider which sources food from local suppliers for a daily menu system that alternates over six week periods.
- North Glasgow Community Food Initiative is involved in developing a resource pack for those entering accommodation which will shortly be piloted. It includes information on independent living in terms of shopping and eating on a budget; healthy eating; planning for healthy eating and managing leftovers.
- Loaves and Fishes serves meals in the Oasis Café at Renfield St Stephen's Church Centre two nights per week. They give out meal vouchers to 30 people fortnightly and a bag of tins every Thursday. Their aim is to



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provide a means where people using their charity can move on to being self-sufficient.

- Kirkhaven – CrossReach is an accommodation-based food service, providing three meals a day from various local and company suppliers.
- Fab Pad (an Impact Arts project) is an interior design project working with vulnerable young people who are at risk of losing their tenancy. They offer the opportunity to learn new skills and work with an interior designer. Future plans include developing existing services and expanding to new geographical areas.
- The Coach House Trust grows their own vegetables in their market garden and uses them to cook a three course lunch every day for around 80 people, many of whom are homeless.
- Scottish Christian Alliance provides support to ensure clients are aware of healthy options in line with good budgeting practices.
- SAY Women, Buchanan Lodge, Acute Homeless Liaison Service, Cornerstone Community Care, Well-Being in Scotland and the James McLean Project responded to our survey but did not provide details about their activities in relation to food, health and homelessness.

In Inverclyde, the Fruit Barra community café, part of Craighend Resource Centre, responded to the survey. It provides fruit and vegetables to the community and healthy meals in the cafe. Fruit Barra currently trying to promote its services to the community and plans to develop its work further in the local area.

In Renfrewshire, our survey identified one food, health and homelessness initiative. Loaves and Fishes works in collaboration with Renfield St Stephen's Church Centre in Glasgow, to provide an evening meal for homeless people twice a week, along with food vouchers and food packs. This project aims to provide a means where people accessing the charity can move on to being self-sufficient.

In West Dunbartonshire, our survey of food, health and homelessness initiatives identified two projects. Impact Arts' Fab Pad, an interior design project, works with vulnerable people at risk of losing their tenancy, and discusses healthy eating and budgeting issues over lunch. The project is based in Glasgow but also operates in other local authority areas including West Dunbartonshire. NHS Homeless Health Services employs a dietician to work on a one-to-one basis with homeless clients experiencing health and dietary difficulties across the NHS Greater Glasgow and Clyde area. The dietician provides information on healthy eating and supports service users to develop independent living skills including cooking, menu planning, shopping, budgeting, food hygiene and safety, home management, and social skills.

## **Who are the main partners? Who is the lead for implementation?**

The main partners listed are Community Health and Care Partnerships (CHCPs), Community Planning Partnerships (CPPs), Locality Development Coordinators (LDCs), Housing Forums, Glasgow Homeless Partnership (GHP), Glasgow Homelessness Network (GHN), Mental Health Partnership



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The overall Health and Homelessness Action Plan notes that whilst NHS Boards hold strategic responsibility for the Health and Homelessness Standards, delivery in the main will be through CH(C)Ps.

Within the Greater Glasgow area, we identified a range of networks which our survey respondents operate within:

- The Lodging House Mission works with the Adelphi Centre and/or Glasgow Nautical College.
- Homeless Health Services work with a range of health and social services.
- Healthy Eating Café Service work with a range of providers, which include Food for Thought Ltd and Enable.
- SACRO work in collaboration with many agencies based in Glasgow, the main ones being Criminal Justice Social Work, Glasgow Homelessness Partnership and Housing Services.
- Quarriers Stopover works with Learning Development initiatives and health and social work services.
- North Glasgow Community Food Initiative works with the Homelessness Partnership in North Glasgow.

In Inverclyde, the Fruit Barra is staffed by volunteers.

The survey respondents from East Renfrewshire work with various organisations to deliver their services. Loaves and Fishes works with Renfield St Stephen and Homeless Health Services works with a range of health and social services that support individual clients.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

The overall Health and Homelessness Action Plan does not specify a workforce in relation to food, health and homelessness.

In our survey we discovered that organisations involved in the delivery of services in Glasgow which involve food, health and homelessness are staffed in a variety of ways. Organisations are staffed through a combination of paid employees, volunteers and homeless people.

Fab Pad staff are both paid employees and homeless volunteers.

Loaves and Fishes is staffed by volunteers, and both Quarriers Stay Project and Homeless Health Services are staffed by paid employees.



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## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

Funding for action points is not specified in relation to food, health and homelessness.

Our survey findings also identified sources of funding for work involving food, health and homelessness:

- The Lodging House Mission has received funding from CFHS. The Mission also receives donations from members of the public who provide food and other items, particularly around harvest time.
- The Healthy Eating Café Service receives funding from Glasgow City Council and the National Lottery.
- The Coach House Trust staff costs are met by NHS or Social Work.

Fab Pad receives funding from several sources: Glasgow Community Planning, the Glasgow Housing Association, the Scottish Government, Fairer Scotland Fund, West Dumbartonshire Council, North Ayrshire Council, Clan, and Edinburgh Awards for All.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The Action Plan notes that to prevent and alleviate homelessness and good partnerships should be in place to support complementary work across CH(C)Ps, Local Authorities and the voluntary sector.

It further notes that all CHCPs have representatives on each CPP who will attend Local Housing Forums and link into Homelessness Forums.

CHCPs are required to provide evidence that they have consulted with the range of voluntary and statutory sector agencies involved with people affected by or at risk of homelessness, as well as service users themselves, about perceptions of the health needs of people in supported accommodation in their area.

## **How does the Action Plan link with other plans/strategies?**

All CHPs within the area are required to show evidence that they are playing an active role in the further development of the Homelessness Strategy, including the prevention of homelessness.

All Health and Homelessness Action Plans are also required to provide evidence that they are contributing to their Local Health Plan and Joint Health Improvement Plan, as well as the Equality and Diversity Strategy.

## **Are there timescales for completing actions?**

Yes, the Health and Homelessness Action Plan contains timescales over the period 2006 - 2008 for achieving action points.



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**Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

Measurable outcomes are not specified. However, action points are required to be reviewed at least annually.

The document further notes that CHCPs will be required to set up a quarterly monitoring and review process within their own HHAP framework.

**Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The overall Health and Homelessness Action Plan contains an action point to demonstrate that CH(C)Ps are playing an active role in the further development of the Homelessness Strategy including the prevention of Homelessness.



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## 9 NHS Highland Health Board

### Name of Health and Homelessness Action Plan and timescale

NHS Highland Health and Homelessness Action Plan 2006 – 2009.

### When was the Action Plan last updated?

October 2007

### Is food, health and homelessness considered in the Action Plan?

Issues relating to food and nutrition are included in an action point to identify and address barriers to a full range of services for homeless people.

The Health and Homelessness Action Plan does state that it is a priority that NHS Highland understands the profile and health needs of homeless people and uses this knowledge to ensure its services are responsive. Further, it aims to develop actions to respond to the health needs of those particularly vulnerable to homelessness, including those leaving care or prison, women affected by domestic abuse, those with mental health issues and complex needs and those with addiction issues.

We received responses to our survey from the Homeless Day Centre in Inverness and the Albyn Housing Society. The Day Centre provides a soup kitchen/drop in centre, and the Albyn Housing Society provides advice and information and independent living skills development in relation to food, health and homelessness. The Albyn Housing Centre project is in its infancy, and currently provides healthy eating advice to clients and hopes to make more bids for funding as they believe they "have a great idea". The survey also identified another project which delivers programmes in relation to food health and homelessness – Janny's Hoose in Merkinch.

Two organisations in the Argyll and Bute area responded to our survey. These are Oban Outreach, Quarriers Rooftops and Local Produce Community Solutions.

Oban Outreach, a project run by the Blue Triangle Housing Association, receives emergency food parcels from the Lord's Larder and distributes these to rough sleepers or those in severe hardship. The project also provides monthly meals for homeless people, and uses food to promote independent living skills.

Quarriers Rooftops distributes food parcels from the Lord's Larder to those in need. The project also works with individuals to improve independent living skills such as their ability to prepare nutritional meals on a budget, and plans to run a cooking course in the near future.

Local Produce Community Solutions is a project run by Fyne Futures, a subsidiary company of Fyne Homes Housing Association, and is at the early stages of developing a local produce community garden and local food co-ordination project that will offer training, learning and skills opportunities for disadvantaged groups and promote independent living skills.



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## **Who are the main partners? Who is the lead for implementation?**

The main partners in implementing the Action Plan are the Health & Homelessness Action Plan Strategy Group and the Health and Homelessness Team.

According to the NHS Health Board representative, the Health and Homelessness Action Plan is implemented by the two Community Health Care Partnerships in conjunction with the two Local Authorities.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

This is not specified within the Health and Homelessness Action Plan but awareness-raising and staff training on effective work with homeless people including those with complex needs is specified.

An NHS Health Board representative noted that NHS Highland has limited specialist homeless services and no services specialising in food, health and homelessness. They currently have a health promotion specialist with a background as a dietician who works in the Public Health Department. However, their remit is for the wider public.

Local voluntary organisations that responded to our survey all use paid staff to deliver their projects, one also uses volunteers, and homeless people are involved in the delivery of one project.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

The Health and Homelessness Action Plan specifies for almost all of the action points that they use existing resources and staff time.

Local churches in Oban fund the Lord's Larder, and the voluntary organisations that responded to our survey receive funding from donations, fundraising events, charitable trusts and funding streams such as Leader.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

A multi-agency Health and Homelessness Action Group was established in 2005. This includes NHS Highland, Highland Council and voluntary organisations.

## **How does the Action Plan link with other plans/strategies?**

A multi-agency Health and Homelessness Action Groups was established in 2005. This includes NHS Highland, Highland Council and voluntary organisations. The Health and Homelessness Action Plan also refers to the Joint Action Plan with Highland and Argyll and Bute local authorities.

Responses to our survey indicate that voluntary organisations take the lead in delivering local initiatives.



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## **Are there timescales for completing actions?**

Yes, over the period of the Action Plan from 2006 – 2009.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

Within the Health and Homelessness Action Plan, there are outcomes specified relating to food, health and homelessness such as fewer difficulties reported by clients and those working with them. There are also action points for review of existing client information and of the Action Plan itself.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The Action Plan includes a point to develop actions to respond to the health needs of those particularly vulnerable to homelessness, including young people, people discharged from prison, women experiencing domestic abuse, people with mental health problems and multiple needs and people who misuse alcohol and/or drugs.

## **Comments**

The NHS Health Board representative stated that previously, the Health and Homelessness Action Plan had been the remit of the Public Health department. However, they are currently redrafting the Plan with greater input from CHPs. They are planning to have a more bottom up approach this way with local NHS services contributing to action points.



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## 10 NHS Lanarkshire Health Board

### Name of Health and Homelessness Action Plan and timescale

NHS Lanarkshire Health and Homelessness Action Plan 2007 -2010.

### When was the Action Plan last updated?

The Health and Homelessness Action Plan was last updated in April 2008.

### Is food, health and homelessness considered in the Action Plan?

Yes - to promote the nutritional needs of homeless people by rolling out a pilot of developing cookery skills among homeless people and to scope out how the needs of homeless people can be incorporated into existing community nutrition programmes.

Our survey of food, health and homelessness initiatives identified the following projects that homeless people from Lanarkshire can access:

- Loaves and Fishes works in collaboration with Renfield St Stephen's Church Centre in Glasgow, which provides an evening meal for homeless people twice a week, along with food vouchers and food packs. This project aims to provide a means where people accessing the charity can move on to being self-sufficient.
- Impact Arts' Fab Pad, an interior design project, works with vulnerable people at risk of losing their tenancy, and discusses healthy eating and budgeting issues over lunch. The project is based in Glasgow but also operates in other local authority areas including South Lanarkshire.
- A healthy eating initiative run by North Lanarkshire Council, which provides support for childcare practitioners in implementing the Scottish Government's nutritional guidance for pre-5s.
- NHS Homeless Health Services, which employs a dietician to work on a one-to-one basis with homeless people across the NHS Greater Glasgow and Clyde area to provide information on healthy eating and develop service users' independent living skills including cooking, menu planning, shopping, budgeting, food hygiene and safety, home management, and social skills.

### Who are the main partners? Who is the lead for implementation?

The main partners in implementing the Action Plan are the Health & Homelessness Action Plan Strategy Group and the Health and Homelessness Team.

According to the NHS Health Board representative, the Health and Homelessness Action Plan is implemented by the two Community Health Care Partnerships in conjunction with the two Local Authorities.



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## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

The NHS Health Board representative noted that a member of staff is about to start in the Public Health Department with a remit in general health improvement. One of their roles will be investigate the food and nutrition needs of homeless people and how these can be addressed.

## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

The NHS Health Board representative noted that previously, a number of pilot programmes were run and funded through the Council's homelessness budget but these are not currently running. An example pilot project was for cooking classes for homeless people.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The Health and Homelessness Action Plan has an action point to improve stakeholder involvement by establishing a programme of regular meetings with the voluntary sector to discuss key user issues and how they might be addressed, acted on and audited.

## **How does the Action Plan link with other plans/strategies?**

The Action Plan includes action points from North Lanarkshire Council and South Lanarkshire Council Homelessness Strategies.

The Action Plan notes that the health needs of homeless people are to be incorporated into the Board's Health Inequalities Strategy and other relevant strategic planning frameworks. This includes the Local Health Plan and Joint Health Improvement Plan.

## **Are there timescales for completing actions?**

Yes. The Action Plan states that the action points are to be reviewed annually by the Implementation Group.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

Measurable outcomes are not provided within the plan, but progress is reviewed at least annually.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

Action points by both of the Councils, which are included in the Health and Homelessness Action Plan, include actions to prevent homelessness. From a health board point of view, it can be difficult to take preventative approach as homeless or potentially homeless people are often less likely to engage with health services.



### **Comments**

The health and homelessness team are reporting on identifying homeless groups and their needs later this year. This will inform future Strategy.



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## 11 NHS Lothian Health Board

### Comments

NHS Lothian no longer has a single Health and Homelessness Action Plan. These have been devolved to the four regional CHPs, which are co-terminous with the Local Authority areas. NHS Lothian has agreed to subsume their health and homelessness actions within the updated Local Authority Homelessness Strategies.

### Is food, health and homelessness considered in the Strategy?

Our survey identified one food, health and homelessness initiative run by the local authority in Edinburgh. Staff at City of Edinburgh Council's Randolph Crescent Homeless Hostel promote healthy eating among their residents by providing healthy food sourced from outlets such as farmers' markets, and by holding healthy eating days for residents, which involve accompanying residents while shopping for ingredients and assisting them with preparing healthy meals. This project also has plans to convert the hostel's garden into an organic vegetable patch and grow seasonal vegetables and herbs for residents to use.

We also identified a range of other food, health and homelessness initiatives in Edinburgh delivered by voluntary and faith-based organisations, as follows:

- Edinburgh Cyrenians' Good Food in Tackling Homelessness Programme tackles poor health and nutrition among homeless people by providing food, advice and information and independent living skills development.
- Bethany Christian Trust provides a balanced lunch and dinner to residents of its Emergency Resettlement Unit. The project encourages residents to be involved in preparing meals, and provides information on healthy eating. The project also refers residents to providers of cookery classes if they are interested.
- Bethany Christian Trust also runs a community education project for its Edinburgh Women's Group and Edinburgh Men's Group. This is a structured course with an emphasis on promoting healthy eating and trying different and unusual healthy foods.
- The Homeless Outreach Project provides one-to-one support for homeless people to develop their skills in shopping for cheap, nutritious food that can be prepared in homeless accommodation. These skills can assist the service user when they move on to their own tenancy.
- Broomhouse Café Training Project, which develops the cooking skills of vulnerable adults using food sourced from a local food co-op.
- Jericho House, which is a hostel that provides long-term care for people with alcohol and/or mental health issues, provides meals, snacks and a soup kitchen. The project works with residents to budget their money, spreading their consumption of alcohol over a longer period than previously, which can lead to improvements in health and nutrition.



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- Impact Arts' Fab Pad, an interior design project, works with vulnerable people at risk of losing their tenancy, and discusses healthy eating and budgeting issues over lunch. The project is based in Glasgow but also operates in Edinburgh.
- Crossreach Cunningham House is an emergency hostel for single homeless adults with support needs. The hostel provides breakfast, lunch, tea and a supper pack every day for each resident.
- St Vincent de Paul's Jericho Soup Kitchen, which provides a soup kitchen service two evenings per week.
- St Mary's Cathedral, which hands out sandwiches every evening.
- Carrubers Christian Centre, which provides meals every Sunday morning.
- Missionaries of Charity provides a full meal on a daily basis to homeless people at their soup kitchen.
- South Leith Parish Church hands out food bags to homeless people once a week.

Three organisations in East Lothian responded to our survey:

- East Lothian Roots & Fruits provides advice and information along with food co-ops, a mobile shop, gardening in schools and cookery workshops.
- The Bridges Project and the Broomhouse Café Training Project provide advice and information, independent living skills and a café. In the future, Bridges project intends to continue to offer better food and cooking input and is committed to raising funds for a training kitchen within the premises to expand the service it provides. The Broomhouse Café plans to develop a healthy eating cooking club for children and perhaps organise a delivery service for older people. It also aspires to gain the healthyliving award for the café.

The only organisation operating in Midlothian which responded to our survey was the Broomhouse Café Training Project, which provides advice and information, a café and independent living skills in relation to food health and homelessness. As noted above the Broomhouse Café plans to develop a healthy eating cooking club for children and possibly to organise a delivery service for older people. It also aspires to gain the healthyliving award for the café.

Our survey of food, health and homelessness initiatives also identified the following projects that operate in West Lothian:

- Broomhouse Café Training Project, which develops the cooking skills of vulnerable adults using food sourced from a local food co-op.
- Broxburn Family Centre runs a healthy café for the local community.



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- Edinburgh Cyrenians' Good Food in Tackling Homelessness Programme tackles poor health and nutrition among homeless people by providing food, advice and information and independent living skills development.
- Bethany Christian Trust runs a community education project for its women's and men's drop-in groups. This is a structured course with an emphasis on promoting healthy eating and trying different and unusual healthy foods.
- West Lothian CHCP – West Lothian Food and Health Steering Group responded to our survey. Homelessness is not the only focus of this group's work. No further information on its work was provided.

## **Who are the main partners? Who is the lead for implementation?**

In Edinburgh, it appears that voluntary and faith-based organisations, such as Cyrenians, Bethany Christian Trust and local churches, take the lead on delivering healthy eating initiatives.

The Broomhouse Café Training Project works with NHS Lothian to deliver its services. Bridges project works with several organisations: East Lothian Council; Prestongrange Church Hall; East Lothian Roots and Fruits; health visitors; Blue Triangle Housing Association; NCH; and the New Horizons supported accommodation project.

East Lothian Roots & Fruits works with the Council, Musselburgh Community Association, NHS health promotion staff and health visitors, the East Lothian Learning Partnership and various other community groups and organisations.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

The Broomhouse Café Training Project is staffed by paid employees and volunteers.

## **Funding**

The Bridges Project has received funding from CFHS.

East Lothian Roots & Fruits notes that funding is a big problem and they hope to survive the next year. The project currently receives funding of £24,000 from NHS Lothian and East Lothian Council.



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## 12 NHS Orkney Health Board

### **Name of Health and Homelessness Action Plan and timescale**

NHS Orkney Health and Homelessness Action Plan 2005 - 2008.

### **When was the Action Plan last updated?**

May 2005

### **Is food, health and homelessness considered in the Action Plan?**

No. Currently there are no elements in the Action Plan that relate to food, health and homelessness. According to the NHS Health Board representative, there was interest at one stage in developing this but there is no capacity.

### **Who are the main partners? Who is the lead for implementation?**

NHS Orkney and Housing Division, Orkney Council. The Orkney Health and Homelessness Steering Group comprises members from these organisations and other interested parties and is the lead for implementation.

### **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

No new posts have been created in relation to food, health and homelessness. However, the Action Plan states that ensuring staff at the front line of service delivery have the relevant competencies to work effectively with homeless people and support is provided for them in acquiring further competencies as required is a key priority for 2005 - 2008. However, the NHS Health Board representative notes that no new posts have been created in relation to food, health and homelessness.

### **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

Funding is specified as coming from existing funding sources or else through OIC Homelessness Strategy funding. According to the NHS Health Board representative, no funding is attached to work relating to food, health and homelessness.

### **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The Orkney Health and Homelessness Steering Group is open to any members and currently includes the Orkney Council, NHS Orkney, Housing Associations and voluntary sector organisations such as Women's Aid.

### **How does the Action Plan link with other plans/strategies?**

The NHS is working with the Orkney Island's Council Housing Division to ensure that the Action Plan integrates with the Council's Homelessness Strategy. The Action Plan also states that it links into the Local Health Plan and Joint Health Improvement Plan.



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## **Are there timescales for completing actions?**

Yes, timescales are specified for all action points. In addition, action points are reviewed annually and progress reports are undertaken every 6 months.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

The document has an action point that the Board regularly reviews its health and homelessness activities to continually improve services. This aims to ensure that the Board approves an annual Health and Homelessness Action Plan and bi-annual update reports.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

One of four key actions in the plan is a move towards prevention to ultimately avoid the need for crisis management. This focuses on tenants with insecure housing and those returning from institutional care (from the mainland). However, there is no preventative action taking place with regards to food, health and homelessness.

## **Comments**

The health board representative stated that due to the size of Orkney, there is excellent communication and partnership working between partners and agencies are well aware of each other.



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## 13 NHS Shetland Health Board

### Name of Health and Homelessness Action Plan and timescale

Shetland Health and Homelessness Action Plan - Update 2008/09 (Draft).

### When was the Action Plan last updated?

August 2008

This document is currently a draft.

### Is food, health and homelessness considered in the Action Plan?

Yes. Housing outreach staff trained in food hygiene, budgeting and nutrition to deliver cookery classes. The Health Board are also involved in the investigation of specific initiatives targeting homelessness, for example setting up a FareShare food scheme. Clients and staff involved invited to participate in Shetland Food Festival in October 2008.

The draft Health and Homelessness Action Plan contains an action point to develop a healthy eating Strategy to address food availability and improve diet amongst homeless people.

NHS Shetland's Health Improvement Department responded to our survey with details of training on healthy eating, budgeting and food hygiene they had organised for outreach staff working with homeless people to help them to promote healthy eating. This was a one-off project designed to complement the above classes, but NHS Shetland will respond to outreach workers' assessed needs as and when possible.

### Who are the main partners? Who is the lead for implementation?

NHS Health & Homelessness Group with membership from Public Health, CHP, Community Nursing, Health Promotion, Drugs & Alcohol Development Officer and Housing / Housing Outreach. According to NHS Health Board representatives, the lead organisation is the Housing Department of the Council.

### Workforce to support delivery - are staff attached to the work? Have new posts been created?

Not specified. However, there is a Health Improvement Advisor for the public as a whole, who has a remit for homelessness as part of the wider public. According to the NHS Health Board representative, work is carried out by the health and homelessness outreach team, who are made up primarily of housing officers.

### What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?

The Action Plan states that all activities are funded within NHS Shetland's existing resources and/or Shetland Island Council's Homelessness Strategy funding.



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## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

Health representation on Shetland Island Council's Housing Strategies Steering Group (incorporating Homelessness Strategy Group from April 2003) and strong links into development of Homelessness Strategy.

## **How does the Action Plan link with other plans/strategies?**

According to the Health & Homelessness Action Plan, it is integrated into Orkney Island Council's Homelessness Strategy and through this links into other housing strategies.

## **Are there timescales for completing actions?**

Yes - over the period of the Action Plan (2008-2009). According to the NHS Health Board representative, these are still being developed.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

According to the NHS Health Board representative, measurable outcomes are currently being developed (the plan is currently a draft).

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The plan currently has an action point to review local needs for support of people leaving prison and institutional care. The NHS Health Board representative states that there is a dedicated resettlement worker for former prisoners who looks at all their health needs, including nutrition.

## **Comments**

The homeless population in Shetland is very small and can be difficult to identify due to proportionately high levels of hidden homelessness. They have only identified one rough sleeper in the last few years.

The Homelessness Outreach Team use a holistic approach to working with homeless people or those at risk of homelessness, who often have complex needs and chaotic lifestyles. This includes working closely with the Housing Association to identify people who can be assisted.

## 14 NHS Tayside Health Board

### Name of Health and Homelessness Action Plan and timescale

Tayside Health and Homelessness Action Plan And Three Local Action Plans  
2005 – 2006.

According to the NHS Health Board representative, new Action Plans are currently being drafted.

### When was the Action Plan last updated?

2005

A new version of this document is currently being drafted.

### Is food, health and homelessness considered in the Action Plan?

Yes - diet and nutrition are one of the four health improvement priority areas for the Angus section of the Action Plan as well as for the Perth and Kinross section.

The Plan aims to improve the food choices and cooking skills of homeless people in Angus through employing a Community Nutrition Worker to coordinate the introduction of Crisis Fareshare and to engage effectively with homeless people around the topic of nutrition.

The Perth and Kinross section aims to continue to develop local initiatives aimed at improving the diet of homeless people in collaboration with the Community Dietician and voluntary organisations through delivery of 'cooking support' classes, updating of current information packs, individual and family support with diet and nutrition issues and ongoing training of hostel staff on supporting the 'healthy eating' concept.

The Dundee section has an action point to ensure the promotion of better health for homeless people through allocation of a specialist health promotion worker for Dundee, however, this section of the Plan does not specifically mention food, diet or nutrition.

Our survey of food, health and homelessness organisations identified one initiative in Angus. The CAFÉ (Community Alcohol Free Environment) Project, based in Arbroath, runs a variety of activities including drop-in sessions for young people and male adults that aim to provide education and information on health issues. The focus is on drugs and alcohol, but the project also covers food issues.

Seven organisations which operate in Dundee responded to our survey on food, health and homelessness. The projects are summarised below:

- Step Up Dundee is part of Positive Steps. The project provides advice, information and independent living skills development such as cooking. The service also includes lunches for service users. Step Up intends to continue to provide teaching to vulnerable and previously homeless adults, and develop programmes to enable service users to maintain tenancies and promote independent living.



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- The Dundee Survival Group provides advice, information, independent living skills development and healthy meals to service users in an accommodation-based setting.
- Strathmore Lodge, Salvation Army also provides accommodation-based breakfast and evening meals.
- Street Level, part of NCH/Action for Children, provides advice and information to people aged 16-21 who are homeless or at risk of becoming homeless. Budgeting, cooking, kitchen hygiene and a healthy diet are part of the support package in place for the young people they work with.
- Community Food and Health (Scotland) provide a through care and after care moving on team which supports independent living skills development.
- Dundee Women's Aid provides advice and information, food packs and independent living skills development.
- Fareshare, part of Dundee Cyrenians, undertakes many activities. It distributes food around homeless networks (who in turn service soup kitchens, drop in centres and food packs). Fareshare also provides advice and information, a soup kitchen/drop in centre, accommodation based food provision and independent living skills development.

In Perth and Kinross, responses to our survey identified the following food, health and homelessness initiatives:

- Dundee Cyrenians' Fareshare scheme, which distributes food to homelessness projects in Perth as well as Dundee and Arbroath.
- Skinnergate Resettlement Unit, which provides residents with guidance and support to eat a healthy and balanced diet.
- Churches Action for the Homeless Day Centre hosts a drop-in service that provides well-balanced and nutritional breakfast and lunch for service users every day.
- Churches Action for the Homeless's Balhary Walled Kitchen Garden is an employability project that aims to restore a Victorian kitchen garden and give service users experience of growing organic fruit and vegetables.
- Perth and Kinross CHP's Cook and Carry Out project provided a cookery course and a starter kitchen pack to young people resident in a homeless hostel. Funding for this project has now finished, but a DVD ('Tea for Two') is being developed as a training tool for homeless workers to help them promote healthy eating.

## **Who are the main partners? Who is the lead for implementation?**

The main partners for the overall action plan are NHS Tayside, Angus LHCC/CHP, Perth and Kinross LHCC/CHP, Dundee LHCC/CHP, Angus Council, Perth and Kinross Council and Dundee Council.



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Within Angus LHCC/CHP, the lead for implementation is the Angus Health and Homelessness Project.

Within Perth and Kinross LHCC/CHP, the lead for implementation is the Perth & Kinross LHCC – Dietetics Department.

Step Up is beginning to work in collaboration with Health and Homeless Outreach teams, and Step Up, the Dundee Survival Group, and Street Level all receive food donations from Fareshare.

Street Level works with Dundee City Council's Housing and Social Work Departments to deliver their services.

Community Food and Health (Scotland) work with NCH Cowan Grove.

Dundee Women's Aid works in collaboration with the healthy initiative, lone parent advisor and community safety worker.

In Perth and Kinross, respondents to our survey identified the following local partners:

- Private sector food outlets donate food to the Fareshare scheme, which provides food for a number of the projects above.
- NHS dietician.
- Meadowell (a mental health day centre).
- Perth College.
- Other agencies in Perth and Kinross that work with people with disadvantages.

## **Workforce to support delivery - are staff attached to the work? Have new posts been created?**

Yes - for the Angus Health and Homelessness Action Plan there is an action point to employ a Community Nutrition Worker to coordinate the introduction of Crisis Fareshare and to engage effectively with homeless people around the topic of nutrition by March 2006.

Within the Perth and Kinross Health and Homelessness Action Plan, there is not a dedicated staff member, but there is an action point to provide ongoing training of hostel staff on supporting the 'healthy eating' concept.

A Health and Homelessness Co-ordinator has been appointed by NHS Tayside.

Responses to our survey of food, health and homelessness organisations showed that the voluntary sector use paid staff, volunteers and homeless people themselves to deliver food, health and homelessness initiatives.

Of the projects in Dundee which responded to our survey, one is staffed through a combination of paid staff, volunteers and homeless people, three are staffed by paid employees and volunteers, and three are staffed solely by paid employees.



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## **What funding is attached to the work? Is it mainstream or short-term/time-limited? Evidence of new funding or re-orientation of funding?**

Within the Angus section of the Health and Homelessness Action Plan, there is Angus Council Homeless Strategy Implementation Funding for the Community Nutrition Worker as follows: 2004-2005: £13,000; 2005-2006: £13,500. There is also match funding from the Angus Local Health Care Co-operative, which aims to identify and meet the needs of homeless people, and other funding within existing resources.

Within the Perth and Kinross section of the Health and Homelessness Action Plan, there is Health Improvement Fund funding for food-related initiatives, as follows: 2004-2005: £6,000; 2005-2006: £6,000.

Local voluntary organisations who responded to our survey (Dundee Cyrenians and the CAFÉ Project) receive funding from charitable trusts and foundations and fundraising events.

Step Up receives funding from the Scottish Government. Street Level received money from Supporting People funding.

Fareshare is funded by charitable trusts, foundations and fundraising events.

## **How does the Action Plan link with voluntary and other sectors? Are any links mentioned?**

The Health and Homelessness Action Plan notes that local health and homelessness groups were established in each of the three Local Authority/LHCC areas, chaired/facilitated by the local lead officer for health and homelessness with input and in partnership with local lead officers in the Local Authority, ensuring direct links with Local Authority plans, strategies and groups. The Plan further notes that all key disciplines and agencies are represented on the main NHS Tayside Steering Group and links exist to all other key strategic groups and plans within NHS Tayside. Following discussion with the voluntary sector via the three Local Authority homelessness Strategy groups, voluntary group representation was agreed to be at a local level on each of the three health and homelessness groups and via Local Authority homelessness Strategy groups.

The NHS Tayside Health and Homelessness Steering Group includes representatives from each of the local authorities as well as the Voluntary Sector and Social Inclusion Officer for NHS Tayside.

Responses to our survey show that the voluntary sector has also been involved (particularly the Dundee Cyrenians, who run the Fareshare scheme), and the private sector provides food for the Fareshare scheme.

## **How does the Action Plan link with other plans/strategies?**

The Health and Homelessness Action Plan notes that considerable discussion has taken place over the last year to ensure appropriate links exist, integrating health and homelessness action plans, both to plans strategically at the Board and at a local level across Tayside. Links exist to all other key strategic groups and plans within NHS Tayside.



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## **Are there timescales for completing actions?**

Yes, the Health and Homelessness Action Plan sets out timescales for action points. However, these are for 2004 - 2006.

## **Processes for review - are there measurable outcomes, for example performance targets, reviewing mechanisms? How is this carried out?**

The Health and Homelessness Action Plan has outcomes and milestones for most action points - both for the overall Action Plan as well as for the three individual Action Plans for each of the CHP areas.

The Health and Homelessness Action Plan notes that it will be monitored through a multi-agency steering group, the performance assessment framework and accountability review.

## **Inclusion of preventative and partnership action, for example working with young people leaving care, working with prisoners leaving prison, working with veterans services with early leavers from the services?**

The Health and Homelessness Action Plan has an action point to contribute to appropriate local health and homelessness strategies in relation to the prevention of homelessness is part of the terms of reference for the Action Plan Steering Group.