

Community based mental health organisations – training in food, nutrition and health



Community Food and Health (Scotland) is making funds available to support community based mental health organisations to provide training to their staff and volunteers in food and nutrition.

We know that access to a balanced, healthy diet is as important to good mental health as it is to good physical health. Experience from community groups working in the field also suggests that food is a great way to develop new skills, build confidence, a sense of belonging and wider social networks.

An initial amount of funding is available within the current financial year (to be spent by 30 June 2010) to constituted organisations for the following:

Royal Environmental Health Institute for Scotland (REHIS) Elementary Food and Health course

The elementary food and health course is designed to provide candidates with a basic knowledge of nutrition and its link with health.

The course takes six hours and those passing the short exam (30 multiple choice questions) receive a recognised certificate from Royal Environmental Health Institute for Scotland. The course content includes:

- the function of food
- nutritional needs
- life and diet
- eating for health
- food policy

Staff and volunteers in community based food initiatives and organisations working with young people, people affected by homelessness and people with learning disabilities have all found the course useful both in terms of their work and also their own families.

The course is available in 69 centres throughout Scotland. Information on centres offering the course in your area can be found at

[Elementary Food and Health | The Royal Environmental Health Institute of Scotland](#)

Organisations can apply for up to a maximum of 10 participants. NB This funding is only for the Elementary Food and Health Course and not the REHIS Food Hygiene course.

Royal Society of Public Health (RSPH) Certificate in Nutrition and Health – Level 3

This course is designed for anyone interested in the practical application of the principles of nutrition and healthy eating.

It is suitable for those in a position to promote healthy nutrition, and is relevant for employees of health-related companies, and for people working in the health, caring or teaching professions that

might have a role in the promotion of healthy eating or the preparation of meals, menus and diets.

Holders of this qualification will have an understanding of the factors affecting food intake and choice, sources and functions of nutrients, nutritional requirements of different groups, the development of disease, changes in the food and catering industries affecting the British diets and the promotion of healthy eating.

This programme is usually delivered over 4 to 5 days and assessment consists of one written examination paper lasting two and a half hours.

While the certificate is not a recognised qualification for registration as a REHIS Elementary Food and Health tutor (see below), it is a useful 'stepping stone' to the Diploma course. More details about the course and centres in Scotland offering the course can be found at

[Certificate in Nutrition and Health - Level 3 - The Royal Society for Public Health Qualifications List for Learners- RSPH training and courses lead to qualifications!](#)

Organisations can apply for a maximum of one certificate course

Registration with REHIS as an Elementary Food and Health course tutor

Becoming a tutor will mean that you can deliver the Elementary Food and Health Course within your organisation and to other groups.

To register as a tutor you need to have

- The Royal Society for Public Health (RSPH) Diploma in Nutrition and Health or an equivalent qualification AND
- A qualification in training and/or demonstrable experience of delivering training to groups.

Organisations can apply for registration costs for one tutor. The costs of one REHIS Elementary Food and Health tutor's training pack will also be covered for each registration.

What to do next

If your organisation is interested in applying for this funding:

- download an application form from our website www.communityfoodandhealth.org.uk
- identify a local training provider and a course

for Elementary Food and Health contact **REHIS**
for Certificate in Nutrition and Health contact **RSPH**
for tutor registration contact **REHIS**

- check eligibility criteria for courses/registration and costs. CFHS is willing to consider supporting travel costs where participants will have travelling time of more than one hour to their nearest course
- Complete application form and return to CFHS by **Monday 22 February 2010** to Sue Rawcliffe, Community Food and Health (Scotland), c/o Consumer Focus Scotland, Royal Exchange House, 100 Queen Street, Glasgow G1 3DN