

## **Community Food and Health (Scotland) or CFHS Funding offer to take part in research around cooking skills**

CFHS is pleased to invite applications from groups and agencies working with or within the community or voluntary sector to take part in research that we are currently commissioning.

We are offering fixed funding of **£500** per application and will fund three groups or agencies in total.

**The closing date for applications is Wednesday 3 October.**

### **About the funding**

The funding is available to groups or agencies that have delivered cookery course(s) in the last year using one of the approaches detailed below. The fixed funding is available to cover costs involved in the research, such as staff or volunteer time to arrange cookery courses participants to attend a focus group or/and one-to-one interviews with researchers, and venue hire or crèche costs (if required). Each applicant must be able to involve 10 participants (from one or more of the same course(s) in research activities. They must also have evaluated the course(s) and be able to provide evaluation materials to researchers.

### **About the research**

The aim of the research is twofold:

- 1) to explore the enduring or evolving outcomes of cooking courses on families that have completed these in the last year; and
- 2) compare the relative merits and strengths of three different approaches to delivering courses to family members. The three approaches are:
  - a) hands-on cookery courses delivered to parents (or carers) learning cookery together with their children within a group
  - b) hands-on cookery courses delivered to young people only (up to the age of 16) learning within a group
  - c) hands-on cookery courses delivered to parents only (of nursery or school aged children) learning within a group

The research will explore outcomes such as knowledge and confidence around food and health; cooking skills, changes to behaviour to improve nutrition and outcomes beyond nutrition, such as parenting or social skills, numeracy or literacy.

In addition the research will explore with participants what barriers they feel they face when attempting to improve their own, or their family's diet, as well as what helps them improve their own, or their family's diet. The research will also gather information about the resources required to run a cooking course and how the course was run.

### **Who can apply?**

You can apply for funding if you are part of a group or agency that does all of the following:

- 1) works with or within the community or voluntary sector
- 2) has delivered and completed (or will complete by 3 October) cookery skills course(s) using one of the three above approaches within the last year
- 3) has delivered cookery courses of between 4 and 6 sessions per course and between 1 and 3 hours for each course session
- 4) has delivered cookery courses that focus on hands-on teaching skills around preparing affordable, healthy meals

- 5) will be able to work with the researcher to co-ordinate research activities with a minimum of 10 participants that have completed one (or more) of your cookery courses, using one of the approaches above. (We anticipate that participants will either take part in a focus group or/and one-to-one interviews and that the researcher will also conduct a one-to-one interview with the trainer or course coordinator.)
- 6) has undertaken some evaluation activities with the cookery course participants, including finding out about the impact of cooking courses, preferably including base-line and end of course evaluation information and to have this available to researchers.
- 7) continues to have some contact with participants after the course was completed or with the organisations that participants have been recruited from. (i.e you work with your own established group or you deliver courses to established groups)
- 8) will be available (and will be able recruit participants) to meet with researchers, for up to two meetings between 18 October and 28 November

CFHS also intends to provide a voucher for each cookery course participant that takes part in the research.

### **How to apply**

Please send an email or document that lets us know all of the following:

- 1) Name of your group or agency
- 2) Contact name
- 3) Address
- 4) Email
- 5) A few lines about your group or agency and how often it delivers cookery courses
- 6) Which one of the three above cookery course approaches you would like to be part of this research (please choose one approach only)
- 7) About the cookery course(s) you wish to be considered as part of this research, including:
  - About the course(s) (such as how many sessions in each course, the duration of each session, and how affordable healthy eating messages are promoted)
  - About the participants involved in the courses (including how many completed the course(s), and their background)
  - When the course(s) took place(If your application is successful, we will ask for more details about how your courses are delivered.)
- 8) What evaluation materials will be available for the researcher (please list the evaluation materials you have completed with the participants and are available for the research.)
- 9) How you are able to contact participants that completed the course(s)

Please send your application by email to Kim Newstead, [kim.newstead@consumerfocus.org.uk](mailto:kim.newstead@consumerfocus.org.uk) or post to Community Food and Health (Scotland), c/o Consumer Focus, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN. If we need to, we will contact you to further discuss your application.

We let you know if your application has been successful or not, or if we require more information shortly after the closing date.

If you would like more information please contact Kim Newstead, tel 0141 226 5261 or email at the above address.