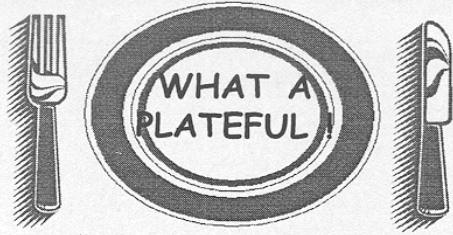
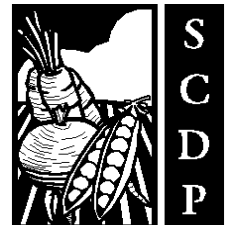


# FARE CHOICE



The onset of summer often means a quietening of activity, both in local communities and at government level. The media often refer to this as 'the funny season' and desperately seek out news items.

Someone obviously forgot to tell all those working in food poverty in Scotland! Fare Choice has for the first time had to extend to twelve pages to cover all that has been going on.

Within days of advertising our Food conferences places were being booked. The conference on the booming phenomenon of Breakfast Clubs, organised with support from Glasgow North C.H.P., was held on 4th August and was oversubscribed. A summary of this event will be in the next edition of Fare Choice, and a full report will be available soon from the SCDP.

September's conference on health inequalities, a follow-up to last year's successful 'Well Down the Road Conference', is being jointly organised with the Scottish Community Development Centre and the West of Scotland Network of Community Health Projects. The limit of 100 delegates is likely to be reached and anyone who is thinking of going should return their applications quickly. If you don't have an application form or would like further information get in touch now!

October is some way off, but our conference on building local food partnerships and developing local food strategies, 'Table Manners', is already more than half full. The conference is being held in Stirling with help from the Stirling Health and Well-Being Alliance. New local food strategies are being developed from Moray to the Borders, and it is therefore a very important time to share knowledge and experience.

The Project's annual grant's scheme has also brought a very positive response from communities all over Scotland. Although disappointed at having to turn down so many worthwhile causes, the Scottish Community Diet Project was delighted to be able to distribute the £50,000 provided by the Scottish Executive (F.K.A. Scottish Office).

Five 'Strategic Grants' of up to £10,000 are going to excellent new initiatives in Ayrshire, Dundee, Edinburgh, Kelso and Stirling. 'Small Grants' of up to £1,000 are going to eleven initiatives from Elgin to Stranraer.

In its short existence, the Scottish Parliament has already recognised the importance of community activity around food (see page 4), both as part of its health and social inclusion agendas. It also will not forthcoming be too long until we have our first Food Standards Agency.

The circulation of Fare Choice continues to increase by around sixty new requests from one edition to the next. This editions 'Information Exchange' contains more information than ever. It is filled with project launches, publications and other news. What is important, however, is that the incredible momentum being generated is maintained and responded to. Scotland's diet and the efforts of its local communities cannot be allowed to become *'the flavour of the month'*

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## THE TRUTH IS OUT THERE

Back in the 1970's the late Mick McGahey, Scottish miners leader, was asked by a television reporter how he viewed the latest pay package offered by the National Coal Board. His reply was "What good are percentages, you cannot eat them!"

There is little doubt that similar sentiments exist amongst community food initiatives, constantly bombarded with requests for proof of their effectiveness. This is often compounded by the common experience of being asked for evidence by a funder years, after funding has commenced, with no base-line data collected and little or no reference to outcomes in the initial planning of the initiative.

The demand for data is not always matched by the supply of assistance and resources to carry out monitoring and evaluation. A common complaint is "we're being asked for £5,000 worth of evidence from an activity they only gave us £500 to carry out".

A result of these inconsistencies is that community food initiatives are often viewed at a strategic level as unwilling or unable to be subjected to scrutiny. **Nothing could be further from the truth!**

The Scottish Community Diet Project is well aware that, despite understandable cynicism, many of Scotland's community food initiatives are not only crying out for the skills and resources to monitor and evaluate their work but also in very many instances are already collecting invaluable information reflecting the many and varied outcomes of community activity around food.

Evidence exists in many shapes and forms. Most food co-ops can tell you, to the last apple, what they regularly sell and many can also tell you the shopping patterns of their customers prior to their establishment. Community Cafes can often trace not only the quantity of meals provided but also the quality through changes in menu's. Cooking Skills courses often count not only how many attend but how the course content is applied.

However, figures can never tell a complete story. The anecdotal evidence, the personal experiences, the photograph album, the video, the children's drawings, the album of newspaper cuttings, all illustrate how effective an initiative has been.

How people feel is as important as how they behave and the evidence gathered on both should be crucial to the future decisions made by the initiative itself,

its funder/s, and others committed to supporting effective and sustainable community action around food.

The Scottish Community Diet Project believes *the truth is out there* and would welcome examples of all kinds of evaluations undertaken by community food initiatives. These could be on specific events or activities, or relate to an entire project. They could take the form of an annual review or an evaluation over the lifetime of a piece of work. The evidence could come from a balance sheet, a survey, or a focus group and be the result of good record keeping, good listening or even good luck!

We would use the best examples sent in to help others tackling similar issues. We would also hope to produce training materials and run training events to ensure those involved in evaluating community level activity get all the help and support they deserve.

Community food initiatives are well known for helping each other out and we are confident groups will respond to this request. However, as an added incentive the first ten projects sending in evaluation material will receive a limited edition SCDP designer apron!!



### Measuring Success

Taken from 'Food Projects and How They Work', by McGlone et al, Joseph Rowntree Foundation, 1998  
ISBN 1 90263305 9

*A key message to policy makers is that food projects should not be judged solely on whether they produce changes in nutrition or health outcomes measured over the long-term, such as changes in blood vitamin levels, or reductions in morality, important as these are.*

*Rather they should also be seen as contributing to changes in short-term nutrition indicators, such as increasing skills and confidence to use a wider range of foodstuffs than before, or to improved food purchasing or eating patterns through access to cheaper food. Measurements of process and outcomes have to become part of the definition of success.*

*The social gains at individual and community levels are not separate from nutritional outcomes but intrinsic to their achievement. Overcoming social isolation, giving people a sense of worth and well-being, empowering them, and raising levels of skills and training enable individuals to feel in more control of their own health and welfare. There is then the possibility to implement changes and move towards healthier eating.*



## CROSSING BORDERS

A special report detailing the experiences of the Scottish Community Diet Project's

delegation that attended the *Crossing Borders - Food and Agriculture in the Americas* Conference in Toronto has now been launched.

Accompanied by Lizanne Hume, the project's development worker, Christine Hamilton and Helen Duffy were the two community food activists selected to attend the June event.

Christine lives and works in the village of Polbeth, West Lothian, and is involved with the Polbeth Health Initiative Group and the West Lothian Food and Health Working Group. Helen is from Kelloholm, Dumfriesshire, and is active within the Kelloholm Community cafe and the Dumfries and Galloway Food Initiatives Network.

The lively report is full of quotes and photographs from the three delegates explaining why they went to the international conference, what they saw, heard, read, ate, felt, and who they met. It also contains a full appendix section with contact details for the conference organising bodies as well as information about reports, journal articles and books brought back from Canada. The 15-page report is available on request from the SCDP.

Working lunches are also taking place to help further disseminate the lessons learned from the trip, and to display the materials brought back. The first took place in the Health Education Board for Scotland in Edinburgh on 11th August, and two more will take place on the dates listed below. Each lunch will be limited to a maximum of 20 participants, so book places early by contacting SCDP to avoid disappointment!

Tuesday, 31st August 1999 at 12noon - 2.00pm  
University of Dundee, Dundee

Thursday, 2nd September 1999 at 12noon - 2.00pm  
Scottish Consumer Council, Glasgow

### Christine

*"Having now attended an international conference, I feel more positive about attending large scale events and being able to speak about my work with strangers. What surprised me most was how amazed many of the delegates were when they discovered Helen and I, like so many others in Scotland, do this work on a voluntary basis."*

### Helen

*"I feel that visiting Canada was as much a personal achievement for me as well as a community achievement since I went with the attitude that I was not only representing my own local community, but also Scotland."*

*It would be unrealistic to think that within a few weeks of returning from Canada, radical changes can be made within our cafe or at a national level. However, the lessons learned from the experience will be valuable for the future, as I am confident that positive change for community food initiatives in Scotland is coming - you can feel it! It was a great idea to send community representatives to the conference. Although it was a fairly academic event and at times difficult to feel part of, more community volunteers should be given the opportunity to meet and work with professionals and academics in all fields as this is the only way that a better understanding of each other will develop. I hope more organisations will follow this example in the future."*

### Lizanne

*"The conference did succeed in crossing geographical and professional borders by bringing together a wide mix of delegates from a range of backgrounds: folklorists, archaeologists, nutritionists, sociologists, psychologists, art therapists, and community activists to name only a few. However, events like this one highlight that not only geographical borders need to be crossed for our shared goals of international food security to be reached. Less obvious borders still need to be challenged and crossed at both national and international levels - particularly intellectual and professional borders. The uncrossed borders of knowledge and language can often isolate community groups from the academic and policy-making fraternities. This isolation serves only to intensify feelings of inadequacy and frustration for community representatives and does nothing to help forge stronger links between the different sectors."*

*In many ways Scotland's community food work seems more progressive, organised and politically supported than elsewhere. All too often we can dwell on the negative - lack of funds, lack of support, lack of enthusiasm - and we tend to forget the many positive contributions that projects, groups and agencies are making to tackling the barriers to a healthy, varied and balanced diet. The very fact that Scotland now has its own parliament and that communities are at last being recognised and valued for their efforts to combat inequalities at a government level, is something we should be proud of and share with others."*



## WHAT'S HAPPEN- ING AT HOLYROOD?

The Scottish Parliament has only just been established and our new parliamentarians are still finding their feet. The parliament reconvenes in early September but even before the summer recess there were some encouraging noises coming from the Mound.

At the first meeting of the **Health and Community Care Committee** it's Convenor, Margaret Smith declared her belief that "we have to build up relationships between committee members, between ourselves and other people with whom we have to work and between ourselves and people in the community who have access to more expertise on this subject than most of us".

This sentiment was echoed by Malcolm Chisholm when he stressed "we all want this committee to be involved in as much consultation with as many so-called experts and as many of the people of Scotland as possible".

Kay Ullrich was one of many who highlighted the importance of tackling health inequalities when she noted that "since the Black report in 1980, all we have done is talk and wring our hands about the state of Scotland's public health. We have a chance to do something about it".

The Health and Community Care Committee is made up of the following MSP's, all of whom can be contacted:

c/o The Scottish Parliament,  
Edinburgh, EH99 ISP: -

Mr Malcolm Chisolm [Labour]  
Edinburgh North & Leith

Ms Dorothy-Grace Elder [SNP]  
Glasgow

Mr Duncan Hamilton [SNP]  
Highlands and Islands

Mr Hugh Henry [Labour]  
Paisley South

Ms Margaret Jamieson [Labour]  
Kilmarnock & Loudoun

Ms Irene Oldfather [Labour]  
Cunninghame South

Ms Mary Scanlon [Con]  
Highlands & Islands

Dr Richard Simpson [Labour]  
Ochil

Ms Margaret Smith [LibDem]  
Edinburgh West [Convenor]

Ms Kay Ullrich [SNP]  
West of Scotland

Mr Ben Wallace [Con]  
North East Scotland

The first meeting of the committee looking at **Social inclusion** expressed similar sentiments about listening to local communities. Margaret Curran, the Labour MSP for Glasgow Bailleston, who convenes the committee went as far as to suggest "*we have to so hear from people who live with these problems. We have to access those people into decision making, give them access to us and let us hear their voices. That is most readily done by going out and getting rid of the intimidating atmosphere of the committee room.... We need to show faith with the communities that we represent and with whom we want to engage by hearing by hearing what they have to say, because what they tell us is sometimes different from what some agencies and services tell us*".

Although social inclusion covers a range of issues, Alex Neil, the SNP MSP for Central Region specifically mentioned food. "*We should not forget about food poverty. Food poverty is just as important as fuel poverty and it has not received the same attention that fuel poverty has in the past*".

It was also very encouraging to see the Scottish parliament's new **Ministerial Task Force on Poverty and Inclusion** being launched from an Edinburgh Breakfast Club. Minister for Communities and Chair of the Task Force, Wendy Alexander, was clearly impressed with what she saw. "*We can see here today a set up that delivers excellent services for children and their families. We are determined to make a real difference*".

The **Food Standards Agency** has also been debated at Holyrood. In the face of criticism from some that Scotland should have a separate agency, the new Minister for Health and Community Care, Susan Deacon, defended the proposal to have a Scottish presence on the UK body and an arm of the specifically set up for Scotland as the best solution. Food problems do not recognise borders... The agency will be accountable to the Scottish Parliament in the same way as it is accountable to Westminster...

The proposed arrangements offer Scotland the best of both worlds: access to UK-wide resources, particularly science, and the flexibility to deliver Scottish requirements when the need arises”.

Again Johann Lamont, the Labour MSP, raised the role of community food initiatives, this time for Glasgow Pollok. *“We should recognise the particular importance of supporting community and co-operative initiatives that relate to food and food safety. Those initiatives are able to address the issues and sustain new developments at a local level, something which will improve the health and safety of all communities in Scotland”.*



#### Meanwhile at Westminster...

Several Scottish MP's are on the Standing Committee, which met for the first time on June 29th, to consider the detail of the Food Standards Bill. They are Nigel Griffiths, the former Consumer Minister and Labour MP for Edinburgh South, Calum McDonald, former

Scottish Office Minister and Labour MP for the Western Isles and Frank Roy, Labour MP for Motherwell and Wishaw.

A Standing Committee, despite its name, exists only as long as required. Select Committees on the other hand usually exist for the duration of a parliament, are made up of back benchers, and given a responsibility to scrutinise government policy in any given field. The current Select Committee on Food Standards includes Dr Lewis Mooney, the Labour MP for Kirkcaldy.

All Westminster MP's can be contacted:  
**c/o House of Commons,**  
**London, SW1A 0AA**

## COMMUNITY DEVELOPMENT

### AN OPTION FOR WEIGHT MANAGEMENT?

Around half of Scottish adults are overweight or obese and the number is growing. This has major health implications. At the same time, the use of community development approaches in primary care is increasing. Such work emphasises social, economic and environmental influences on health and seeks to promote equality and community participation.

To explore the potential of community development to weight management, the Health Education Board for Scotland (HEBS), the National Board for Nursing, Midwifery and Health Visiting for Scotland (NBS) and the Scottish Council for Post-Graduate Medical and Dental Education (SCPMDE) commissioned the Centre for Health and Social Research to conduct a review of the area. This involved summarising the literature, seeking the perspectives of key workers and reviewing the nature of specific projects.

The work found that few projects used a community development approach to tackle overweight and obesity. Those that did use a community development approach had varied aims, methods and settings. Health professionals most involved in using the approach were health visitors and health promotion workers. Community dieticians also contributed to community projects addressing overweight as a topic.

Projects described their impact in terms of achievements such as, the establishment of support groups, changes to services and the training of community members as 'health promoters'. Many initiatives produce benefits not normally associated with health care, e.g. providing welfare benefits advice, improving bus services, developing crèches and providing safety equipment loan schemes.

Features of good practice include partnership working, targeting resources at those most in need, empowering individuals and communities, achieving local ownership of and participation in projects and strengthening social support. Features of good practice in weight management in community projects were: up work with motivated, trained professionals, incorporation of weight management in a broader programme of lifestyle changes and long term support of lifestyle changes.

We would be interested to hear of any weight management projects in Scotland that are using a community development approach. For more details contact: **Carol Bryce at HEBS, Tel 0131 636 5600 or e-mail carol.bryce@hebs.scot.nhs.uk**

## TAKE STOCK

Giving projects an opportunity to their reflections on where they have come from and where they are going!

### LETS Community Café, Stirling

#### Why?

Living with mental health problems can be a frightening and isolating experience. Having a safe and non-threatening environment to go to where you will be understood and not judged is vital, especially when feeling lonely or depressed. LETS make it better Project is part of Stirling and Alloa LETS (Local Exchange Trading System). LETS Make It Better has over 90 members and exists to encourage people who are recovering from mental problems to get involved in activities using LETS trading at their own pace and in places they feel comfortable. One such place is the LETS Café

LETS Community Café was principally set up to provide opportunities for therapeutic work, training, and social contact for people with mental health problems, as well as to provide a café service for the local community of Stirling. Project members see the café as a safe meeting place, where you can meet new people, learn and share skills, and gradually build up self-esteem and self-confidence, sometimes for the first time ever.

#### What?

LETS Community Café is a not-for-profit enterprise run and administered by users of psychiatric services. The café is based within a former church hall and has been running since 1996. With the support of Top of the Town Enterprises in Stirling, the LETS Make It Better Project re-opened the café for project members as well as the wider community.

Steven Wray, a community psychiatric nurse with Forth Valley Mental Health Support System, has been involved with the café since its inception and visited a number of similar community cafés for people with mental health problems in Edinburgh for initial guidance and ideas.

The café is open to the public five days each week from 10.30am until 2pm, except Tuesdays and Sundays. Tea/coffee, snacks and occasionally breakfast are served before 12 noon, and main

meals are served from 12 noon until 2pm. It also supplies home-made soup each Thursday for the LETS Make it Better Lunch Group Meeting, and to the monthly Saturday Café workers meetings.

When the café was first opened, the café's management group decided that all food prepared in the café kitchen would be vegetarian for food safety reasons. The café co-ordinator, Malcolm Morgan explains why: *"A meat free kitchen helps decrease the risk of cross-contamination and so allows more café workers to be involved in the preparation of meals without everyone having to undergo food hygiene courses."*

The inexpensive and varied menu ranges from baked potatoes with hot and cold fillings to weekly specials, which all the café workers help decide. Two main meal choices are served daily together with soup and other snack meals.

The Café also provides a hot and cold buffet service for external functions such as BBQs and special events organised by community projects to help generate café funds. Café workers also recently prepared a delicious "worldwide buffet" when the staff from SUSTAIN's London Head Quarters visited the LETS café with the SCDP in May.

One café worker also grows organic vegetables within the café garden for use within the café. The project has also produced a recipe book with step by step picture recipe guides, and has run a series of cookery classes for low cost vegetarian meals for its members to come along to.

#### Who?

The café has developed from volunteers coming together once a week without any paid staff, to now having a full-time paid café co-ordinator, Malcolm Morgan, funded by Stirling District Council.

In addition to the co-ordinator, there are currently 28 café workers, all of which are recovering from mental health problems. The staff are paid in Groats, which is the local currency of Stirling and Alloa LETS. One Groat is equivalent to approximately £1 and can be spent on goods and services provided by other members of the LETS system, including food from the café.

The number of customers at the café varies enormously depending on the weather and what else is on within the town or building. Health Board staff and LETS members are its main customers. LETS Make It Better Project members feel that it is very important for the wider community to also feel



i welcome in the café. They see this open door policy as a positive step towards helping break down the stigma and misunderstanding which often surrounds mental illness. Despite this, however, the café is not well supported by the wider community largely due to the café's awkward location at the top of a steep hill out with the main shopping area of Stirling.

### How?

The co-ordination and development of the café has involved a tremendous amount of hard work and commitment from a wide range of people, particularly members of the LETS make it better project.

As the café workers vary in age and experience, most café training takes place informally by learning and support and guidance from other groups, projects and sharing skills with each other. Malcolm, with the support of mental health workers also runs an ongoing training programme for cars workers on topics such as food safety and food hygiene.

Recruitment of cars staff usually results from project members coming along to the Thursday lunch meetings and gradually getting more involved in the work of the café

Most café workers work one day per week on either a preparation shift (10am - 12.30pm) or a serving shift (12noon - 2.30pm), but they can negotiate more or less time depending on their health at any one time. The café workers are all members of the café committee, which meets monthly. All take a lead role in decision making about the café, such as the selection and interview of the café co-ordinator.

### Where?

The Café workers at LETS are bursting with energy and enthusiasm for the future development of the café. Ideally they would like to move location to premises nearer the town-centre to attract more custom, but they have no plans to do this in the short-term.

Malcolm, the café co-ordinator, would like to expand the kitchen preparation and storage facilities by converting an empty room adjacent to the kitchen, but this will require funding which currently is not available. He would also like to see the workers having an even more central role in running the café with him playing a supporting and advisory role.

Malcolm believes the key to the café's success is due to the help and support of the café volunteers, without which the café could not go forward. All agree, however, that the role of the co-ordinator is equally vital to help steer and support the project, particularly

in difficult times when future funding needs to be sought and negotiated.

### Conclusion

When asked how they would advise other groups thinking of setting up a café like LETS, the group responded:

*"You need a co-ordinator from the start to give the café stability, and a focus. The co-ordinator's role is largely to keep the volunteers motivated and to help them feel valued and comfortable. Before setting up, visit other cafés and find out the demand for the facility and the sort of café that your community wants, because you need its support. Make sure administrative and funding procedures are also in place before you start and seek as much external support and guidance from other groups, projects and agencies as possible. Start small and don't be over-ambitious and risk losing volunteer support."*

The importance of the LETS community cars is best summed up in the words of the workers. One café worker described herself as feeling "completely useless" before getting involved, but now feels "valued and like a real person again". Another worker work of the café said, "If you're feeling lousy, or simply want a chat, the café is a safe place to come to where people will understand. You just know you will instantly feel better having made the effort to come along."

It is therefore clear that the LETS Community Café provides a whole lot more than simply good, wholesome and affordable food in a friendly environment!

### **Contributed and compiled by:**

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(Tel) 01786 450 525

## EAT YOUR WORDS

Clips from recent press coverage of food and diet

BRITAIN has been ordered to become a nation of moaners by the Government in a bid to stamp out rip-offs and cowboy businesses. Trades Secretary Stephen Byers yesterday announced a £30million war on rogue traders and told consumers to start demanding a good deal - or report scams. He said people had a "*things could be worse*" mentality and didn't complain enough.

**Daily Record 23/7/99**

This week, the US formally announced \$116.8m In sanctions against the EU for continuing to uphold an 11-year ban on imports of hormone-treated beef, despite a ruling by the World Trade Organisation that the measure is unjustified. Although a string of independent studies accepted by both the WTO and The World Health Organisation testify to the meat's safety, the EU says it remains worried about potential health risks and its own research will not be completed until the end of this year.

**Financial Times 22/7/99**

To hell with all the highland clearances. To hell with the plundering of North Sea oil. To hell with being made to act as guinea pigs for the poll tax. This is the real reason Scots wanted devolution - to get their own brown sauce. Perfect with mutton pies, bridies, haggis, deep-fried pizza and anything else that comes drenched in grease from the chippie, recently launched Scottish Parliament Broon Sauce is a runnier, fruitier, tangier version of Westminster-inspired counterpart, HP.

**Guardian 22/7/99**

The term *breakfast club* has been applied to disparate schemes all around Britain. In England, the concentration has more often been simply on provision

of food; a service like school lunches with similar appeal and similar success rates. In Scotland, many clubs have been exactly that: places intended to have an all-round child appeal with a much wider remit than putting food inside hungry children, or healthier food than sweets, crisps and fizzy drinks on which they have chosen to spend their "breakfast money".

These clubs are, however, usually voluntary and run on the shortest of shoestrings. Sometimes they manage to survive no more than a couple of months as the community juggles with its own commitments to help parents cope with theirs. Others gather momentum and stay the pace, developing a range of activities far beyond the supply of tea and toast.

**The Herald 20/7/99**

## INTRODUCING...

### FOOD INDUSTRY AUTHORITIES

How much do you know about the Meat and Livestock Commission and the Sea Fish Industry Authority?

If the answer is not a lot, then perhaps it's time you did!

The Meat and Livestock Commission and the Sea Fish Industry Authority are two of the UK's major food industry authorities. Both have important roles to play in raising standards and improving efficiency at every step of the food chain from production, to processing, retail and catering.

#### The Sea Fish Industry Authority

The Sea Fish Industry Authority (SEAFISH) was established in 1981, under the Fisheries Act with the remit "*to exercise its powers to promote the efficiency of the sea fish industry and serve the best interests of that industry and the consumers of sea fish and sea fish products.*" Its activities range from promoting the sustainable use of fish resources, to providing training opportunities for all sectors of the seafood industry, issuing quality awards for fish processors and friers, and providing an advice and information service to the public.

#### Meat and Livestock Commission

The MLC was established under the 1967 Agriculture Act. It is responsible for greater efficiency in the Meat and Livestock Industry and has a wide range of functions including promoting meat as an important component of a balanced diet; advice on meat marketing, livestock improvement, research and development, and always with due regard to consumer requirements.

#### Linking with Communities

Both MLC and SEAFISH highlight the need to engage with all communities throughout the UK. Both have established nutrition departments providing a voice to reach as wide an audience as possible with up-to-date nutrition information and recipe ideas.

The MLC's Nutrition and Dietetics team publishes "Food Track", a free newsletter, which groups can get copies of by contacting the MLC, focuses on a specific theme within each edition. "*Through Food Track we want to address topical nutrition issues bringing you the latest research findings as well as practical advice, translating the science of nutrition*



*into food based messages.”*

MLC operates the British Meat Nutrition Education Service (BMNES) through which it offers a range of resources and support for health professionals, on topics from good weaning practice, to obesity. Their team of Regional Home Economists, including two in Scotland provide an education service to both teachers and health professionals.

MLC also sponsors the School Nutrition Action Groups (SNAG) initiative and is currently assessing plans for increasing its work with Scottish schools, both through the curriculum and via catering. MLC has established an education service over many years and provides classroom support materials, linked to the Scottish curriculum. A video resource is being developed on product development, working more closely with Scotland's communities, specifically for the new Scottish Higher Still in Home Economics.

SEAFISH also have a Food and Nutrition Advisory team who produces a wide range of high quality resource material, much of, which is particularly suitable for schools and health projects. SEAFISH publications include The Sea Fish Story - an activity pack for primary school children, and Fish. A Whole new Product - a resource pack suitable for 14 -16 year olds containing posters and study cards following the development of tuna burgers from concept to launch. Seminars can also be arranged free of charge for Home Economics teachers to help expand their knowledge of fish. All teachers at these seminars receive a voucher to cover the cost of fish for a presentation at their own school.

Eileen MacPhee, Food and Nutrition Advisor, describes how SEAFISH plans to work more closely with Scotland's communities in the future: *“We are engaged in healthy eating initiatives throughout our work with schools and the consumer. For the consumer, SEAFISH is able to offer cookery demonstrations and tasting in most parts of the country (there is a charge for this service). These presentations show that fish is quick, easy and delicious, and can be easily incorporated into the diet”*

Ferguslie Community Health Project in Paisley recently invited SEAFISH staff to participate in a community health day aptly named *Fun, Food and Frolics*. Heather Sloan is the Project's Women's Health Worker and describes the experience:

*“The SEAFISH demonstration turned out to be a resounding success with queues at the stand for delicious fish tasters and free recipes most of the day. The popularity of the stall was reflected in many of the remarks made on the evaluation sheets: ‘I've never seen fish cooked like that before, the only fish I've ever eaten was covered in batter and wrapped in newspaper.’ ‘I learned that fish is good for you and that it can be cheap to make’.*

*The fish demonstration costs around £150, which is good value for money, but is still outwith the budget of many community groups. A sliding scale of charges or indeed subsidised rates for community groups would make this service more accessible to a wider range of groups than at present.”*

The MLC also are taking positive steps towards working more closely with Scotland's communities. The creation of a Scottish Parliament has given MLC the opportunity to strengthen structures in Scotland. Alistair Donaldson, General manager, MLC Scotland explains “MLC will have a responsibility to demonstrate that its activities meets its statutory obligations to a Scottish Parliament. In this context a consultative Forum and Health and Education Working Groups have been established. Their remit is to ensure effective responses to Scottish needs through a multi-disciplinary approach”.

Right Fit, a partnership between Glaxo Wellcome Barnardo's, is all about helping children and young people to live healthier lives. It will take a unique approach to health promotion, enabling children young people to make balanced decisions about their health and lifestyle. Over a three year period Right Fit will provide £3million to help children and young people, and those who work with them, develop and run local projects tackling the key areas of healthy eating, physical activity and smoking. Local projects can include those run by community groups or local agencies.

Right Fit aims to achieve two challenging goals: to significantly improve the health of children and young people across the UK and to share ideas that really work. It will put young people at the centre of the initiative, rather than making them just an audience for receiving information.

Anyone working or involved with children and young people aged 5-18 years in a paid or voluntary capacity can apply for funding as can young people themselves. Application packs can be obtained by phoning freephone: **0800 358 8866**. Closing date for applications is Friday 29th October 1999.

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**Right Fit, a partnership between Glaxo Wellcome Barnardo's**, is all about helping children and young people to live healthier lives. It will take a unique approach to health promotion, enabling

children young people to make balanced decisions about their health and lifestyle. Over a three year period Right Fit will provide £3million to help children and young people, and those who work with them, develop and run local projects tackling the key areas of healthy eating, physical activity and smoking. Local projects can include those run by community groups or local agencies.

Right Fit aims to achieve two challenging goals: to significantly improve the health of children and young people across the UK and to share ideas that really work. It will put young people at the centre of the initiative, rather than making them just an audience for receiving information.

Anyone working or involved with children and young people aged 5-18 years in a paid or voluntary capacity can apply for funding as can young people themselves. Application packs can be obtained by phoning freephone: **0800 358 8866**. Closing date for applications is Friday 29th October 1999.



**Gardens For People**, second UK conference on community gardening will take place on **11-12 September 1999**, at **Coram's Fields, London**. This event has been organised by the Federation of City Farms and Community Gardens. For further information contact: **FCFCG, The Greenhouse, Hereford Street, Bristol BS3 4NA Tel: 0117 923 1800**



**Community Action on Food (CAF)** is an exciting new project based within Faifley Regeneration Centre, Clydebank and is funded by **West Dunbartonshire Partnership** and supported by staff from **Greater Glasgow Health Board**. CAF opened its doors to the community on 22 July with the launch of its community café, food co-operative. The project also offers training facilities and cooking classes. CAF is looking for volunteers of all ages and all levels of possible commitment to get involved. To find out more, contact **Anne Gebbie Diben on 01389 877 450**.

**The Health Education Board for Scotland (HEBS)** has recently launched two new web sites as part of the continuing development of HESSWeb (<http://www.hebs.scot.nhs.uk>).

**HEBS Learning Centre** ([www.hebs.scot.nhs.uk/learning](http://www.hebs.scot.nhs.uk/learning)) is an innovative resource for health promotion education and training. It provides access across Scotland and internationally to information about HEBS training materials, courses and conferences, research relating to education and training, continuing professional development and other useful websites as well as offering interactive online learning opportunities for health promotion specialists and health promoters.

**HEBS Research Centre** ([www.hebs.scot.nhs.uk/research](http://www.hebs.scot.nhs.uk/research)) is a major new avenue for research dissemination. It gives access to all HEBS published research documents and to the reports of its commissioned research, and it will provide information about research events at HEBS and elsewhere. The site will also open doors to research resources within other organisations and provides a channel through which professionals from backgrounds in Scotland and beyond can communicate and collaborate on health-related research.

For more information, please contact: **Wilma Reid, Education and Training Manager, HEBS Tel: 0131 536 5626**



**Magic Wand**, Community Safety and Health Project in Barrhead have produced an evaluation report of **Carlibar Breakfast Club in East Renfrewshire**. The report offers a comprehensive review of the breakfast club's development, which ran for a three-month period within a local primary school earlier this year. The pilot initiative was supported by NTL CableTel and received an award from the Scottish Post Office Board. For more information, and a copy of the report please contact **Susan Brookbank, Health Development Worker on 0141 577 4818**.



**Communities Against Poverty Network** have launched the first edition of their quarterly newsletter **CAP News**. The CAP Network Development Team offer support for community activists and groups to influence local and national policies on poverty and social exclusion. In addition to providing a regular newsletter, training and network events are also being organised across Scotland to support groups tackling poverty in a variety of ways. For more information, contact the **CAP Network Development Team at the Poverty Alliance on 0141 353 0440**.

***“We believe that individuals can, should and do affect how healthy they are. But we believe too that there are powerful factors beyond the control of the individual which can harm health. The Government has a clear responsibility to address these fundamental problems.”***

If you've been scrutinising the White Paper on Health, 'Towards a Healthier Scotland', you might like to compare it with its English equivalent 'Saving Lives: Our Healthier Nation'. This was published last month alongside a summary and an 'action report', 'Reducing Health Inequalities'.

The full report costs £15 and is available from the **Stationery Office**. Both the summary and 'action report' are available free from the **Department of Health, PO Box 777, London, SE1 6XH. Fax: 01623 724 524**

A special 'Our Healthier Nation' website has also been established <http://www.ohn.uk>



“A school meal is a lot more than just food, it's a social thing, it's the nutrition, it's all these things.”

### **School Meals in Edinburgh - What Next?**

This qualitative study of primary school children's and parents' views of school meals in Edinburgh was carried out by Queen Margaret University College on behalf of the Edinburgh School Meals Action Group. This group are supported by Edinburgh Community Food Initiative and received funding to undertake the research from the local council.

For more information about the Edinburgh School Meals Action Group or a copy of the report, please contact: **John Brennan, Health Promotion Worker, Edinburgh Community Food Initiative, 22 Tennant Street, Edinburgh, EH6 5ND. Tel: 0131 467 7326**



Shopping Basket Surveys are a popular method of examining local provision. The latest area to carry them out is Grampian and they would like to hear from others who have already undertaken a similar exercise. They are interested not only in results but also in the whole process. Who collected the data; which items/brands were chosen and why; how were prices noted (highest/lowest/average?); was availability included? Your experience could be a great help to others. Send anything you think might be relevant to **Linda Davidson, Grampian Health Promotion, 181 Union Street, Aberdeen, AB11 6BB**



Community Cafes have undoubtedly received a boost from the excellent resource pack, **“Just For Starters”** produced by HEBS and the Edinburgh Community Food Initiative (see Fare Choice edition 8 for more details).

There are a number of agencies recognising the potential of catering initiatives and it is important we know who is doing what. It would be very useful if we could hear from any community cafes or other community catering initiatives which are not currently on the Fare Choice mailing list or HEBS database. In return we can ensure local initiatives are informed about all available training, funding and networking opportunities.

**The Community Cafe at the Prentice Centre in Edinburgh** has recently been designated 'highly commended' by the Scottish Healthy Choices Award Scheme, the first community initiative in Scotland to achieve this level.

Further information on the Prentice Centre Cafe will be included in a later edition of Fare Choice, or you can contact them on **(Tel) 0131 552 0485**.

Further information on the Healthy Choices Award Scheme is available from **Catriona Macfarlane, Healthy Choices Award Scheme Co-ordinator (Tel) 0141 226 5261**.



The Scottish branch of the **McCarrison Society for Nutrition and Health** are offering a prize of £500 for the best written and most interesting contribution it receives on the subject of human nutrition. Suggested subjects for this year are: *Are there dangers inherent in a low fat diet? and Does the involvement of multinational food companies in food production have beneficial or adverse influences on human health?* The closing date for the competition is 31st December and the rules are available from **Tom Stockdale, 21 Castle Douglas Road, Dumfries, DG2 7PA**.



For the first time this edition of **Fare Choice** has also been produced on tape following a request. If anyone else would benefit from receiving this information on tape, or would like Fare Choice in another format, please get in touch with Claire at the SCDP.

“**Shop Horror!**” a 10-minute video has been produced with the help of two West Lothian women who wanted to show the different experiences they face as they get their weekly messages.

The video, had a tremendously successful launch in January this year, which was attended by 100 people in West Lothian, including West Lothian Councillors and officials and four prospective MSP’s.

Interest from West Lothian Community High School has led to the video being used in the second year of their Social Studies curriculum. Moray House Education, Edinburgh University and various community groups in the area have also requested copies.

This important resource is useful for starting discussions on food poverty and raising the different aspects that are involved. For further information please contact: **The Secretary, West Lothian Poverty Action Forum Tel: 01506 439430 or write to: WLPFAF, 36 King Street, Bathgate, West Lothian**



CSV Health Action’s Better Health Day, advertised in the last edition of Fare Choice, was held with great success on 28th July within Glasgow’s Bellahouston Academy. From fitness testing to face painting, the multicultural health day was jam-packed with outdoor and indoor activities suitable for everyone. Stalls included displays from the Maryhill Community Health Project, the British Diabetic Association, Strathclyde Police and the Healthy Cities Partnership. Kalim Uddin, Community Health Worker with CSV Health Action was delighted with the turn out: *“Although we largely targeted the Asian community, the event was for all of Glasgow with over 400 people coming along throughout the day to join in the fun. Everyone we have spoken to really enjoyed the day, especially the multicultural lunch sponsored by the Scottish Community Diet Project. We are currently compiling an evaluation report, and are seriously considering planning to hold the event annually, getting bigger and better each time.”* For more information about the CSV Health Action or the health day, please contact **Saqib Abbasi on 0141 204 1681.**

**The views expressed in Fare Choice are not necessarily those of the Scottish Community Diet Project unless specifically stated.**



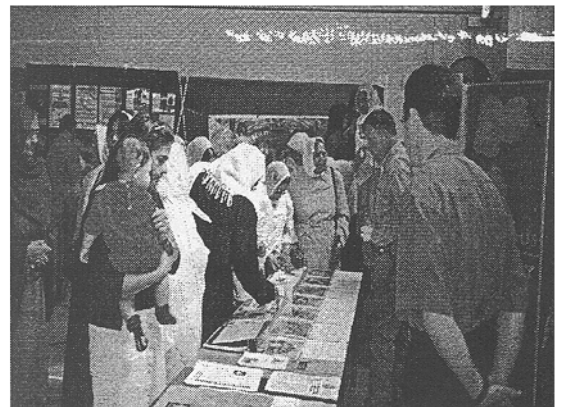
Scottish Community Diet Project

Bill Gray, National Project Officer : Lizanne Hume, Development Officer : Claire McCormack, Project Administrator  
 c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN, Tel: 0141 226 5261 Fax: 0141 221 0731  
 Email: cmccormack@scotconsumer.org.uk

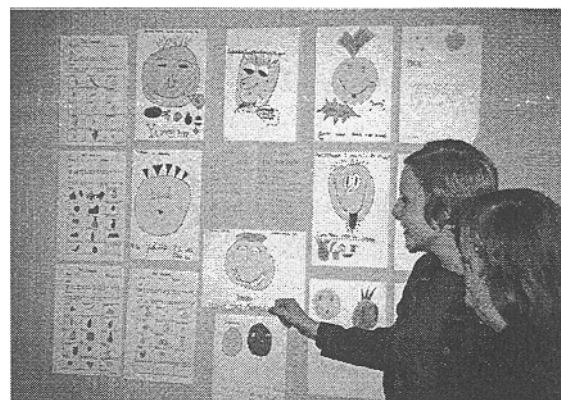
## DEVELOPMENTS



CAF launch day - shopper in food co-op, Faifley (see Information Exchange)



Stall at CSV Health Action’s Multicultural Health Day, Glasgow (see Information Exchange)



Children’s pictures from schools in Cambuslang, on display at the SCDP’s *Breakfast Daze* seminar, Glasgow (see front page)

**If this copy of Fare Choice has been sent to the wrong address, or you wish a copy to be sent to another agency, or a different part of your own organisation, or you no longer wish to receive a copy, please let us know.**