



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

In Touch

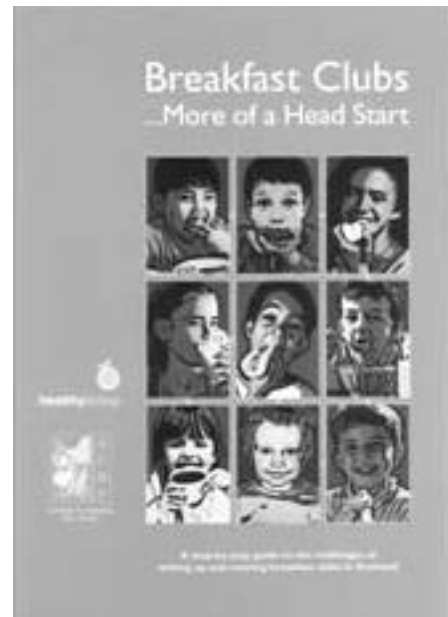
'In Touch' was the title of a recent networking conference organised by the Scottish Community Diet Project (a full report will appear in the next Fare Choice). The title was very apt with the event concentrating on communication and dialogue between individuals, communities and levels of government.

As always Fare Choice attempts to keep everyone 'in touch' whether in terms of policy (see social economy, page 2) or practice (see breakfast clubs, pages 3 & 9). It is important that news of the latest publications (see retail surveys, pg 9), research (see qualitative techniques, page 4) and funding (see Dame Sheila McKechnie Award, page 10) flows between all who can benefit.

The new community food initiative directory (see page 6) should prove an equally useful tool for all those committed to keeping 'in touch'.

While keeping 'in touch' is appreciated at community level, it can be a challenge for groups with limited resources and needs even more recognition from funders.

The new structures being developed by the Scottish Executive (see page 2) however, aim not only to expand the communication to all relevant sectors but also generate measurable progress from that dialogue.



The latest edition of the Breakfast club toolkit was launched at In Touch - see page 3.

Next month's conference on 'food, communities and research practice' (see page 3) has been given the title 'Proof of the Pudding'. Whether you are running a cooking class, community café (see page 5) or national government (see CMO interview, page 8), the 'Proof of the Pudding' will be translating communication and dialogue into effective change within individuals, communities, industry and government.

On this issue's menu.....

Eating for Health
see page 2

Chief Medical Officer
interview page 8

Dates for your diary
see back page

Policy roundup

Scotland

“Co-ordinated action, improved communication and leadership for Scottish Food and Health Policy” sounds like a conclusion reached by many past community food initiative conferences. However, it is, in fact, the welcome sub-title of the Scottish Executive’s **Strategic Framework for Food and Health, ‘Eating for Health: meeting the challenge’**. The Scottish Executive will use this strategic framework as the basis for consultation with a proposed Healthy Living Food & Health Alliance, feeding in to a proposed Food & Health Council and the recently established Joint Ministerial Group on Health Improvement. *“The framework will act as a bridge between the Scottish Diet Action Plan (1996) and emerging future strategic directions.”* As well as new structures the strategic framework sets out the annual cross-cutting Food & Health Action Plan. The proposals were presented and discussed at SCDP’s recent ‘In Touch’ networking conference in Edinburgh. However, it is crucial that all local initiatives are familiar with the proposals and explore how their involvement can bring added value not only to their own work but also inform and influence policy and practice at all levels and within all sectors. The report can be downloaded from the Scottish Executive website and SCDP have a number of copies.

What was once called the Social Economy Action Plan is now called **Futurebuilders Scotland**; it will invest £18 million in voluntary and community organisations which deliver goods or services in a commercial way to assist them to develop and expand. Senscot, an organisation which promotes and supports social enterprises in Scotland, has some useful information about Futurebuilders on its website visit http://senscot.spl21.net/view_news.php?viewid=904. The investment will be aimed at helping organisations move to become self-sufficient businesses, with their own sustainable income stream, freeing up future investment to help further organisations develop. Delivery of Futurebuilders Scotland will be managed by a new Social Economy Unit to be established in Communities Scotland. A Scottish Executive review of the social economy published in January 2003, set out the strategy for supporting growth in the social economy. The Review and

Futurebuilders Scotland can be accessed at www.scotland.gov.uk/viu. Work is progressing on establishing the new Social Economy Unit with the Investment and Training Funds due to be launched in October. Further information on the new Social Economy Unit and Futurebuilders will be available shortly on the Communities Scotland website www.communitiesscotland.gov.uk.

UK

A recent White paper from Westminster’s Department of Trade and Industry optimistically looks at the topic of **‘making globalisation a force for good’**. The ambitious paper looks at *“how we can harness the power of globalisation, making it a force for good not only in the UK but in every country, especially the developing world. It addresses the implications of globalisation both nationally and internationally, and sets out a vision of a world trading system which is fair as well as free.”* www.dti.gov.uk/ewt/whitepaper.htm

The Food Standards Agency has set a target of reaching the Scientific Advisory Committee on Nutrition’s recommended daily average intake of 6g of salt for adults by 2010. Currently, the average intake is around 9.5g a day. The Agency has now developed its strategy to achieve significant reductions. The strategy has two strands: working with the food industry and other food providers to reduce the **salt content of food** products and raising public awareness of the increased risks of a high salt diet. Heinz has already announced a reduction in salt levels in some of its products.

Europe

Good Health for all is a goal for the European Union. The key principles of this policy include the role of good health as a driver for economic growth, the need to promote good health and prevent disease, rather than just treating illness, and the urgency of addressing health inequalities both between Member States and within them. Making health a shared responsibility of citizens, national governments and the EU is at the heart of this reflection. To find out more and contribute to the reflection process visit http://europa.eu.int/comm/health/ph_overview/strategy/reflection_process_en.htm before the 15th of October. If you would like to find out more about health policy across Europe visit EuroHealthNet’s website www.eurohealthnet.org.

Fare Choice

“While the first edition focused mainly on breakfast clubs for 5-14 year olds, this new version recognises that breakfast clubs are now being set up for a much wider age range of young people, including secondary school pupils, school leavers and young people living in supported accommodation. For this reason, the language, visual images and range of case studies have been adjusted to appeal to as wide a readership as possible as well as to reflect the reality of breakfast club development in Scotland.”

Breakfast Clubs...More of a Head Start, the SCDP's second edition of the highly popular breakfast club toolkit has just been launched. Single copies of the toolkit are available to anyone involved with or interested in setting up a breakfast club in Scotland. To order your copy, please complete and return the enclosed flier. If you are based outside Scotland, you will soon be able to download More of a Head Start from the SCDP website.

There are still a few places available at the **Proof of the Pudding Conference**, which is being organised by the Scottish Colloquium on Food and Feeding and the SCDP on Thursday, 28th October at the Tolbooth in Stirling. This participatory workshop will give delegates a chance to share their experiences of food related research and to identify areas where relationships between academics, practitioners and people living in communities could be strengthened. A panel of funders, commissioners, practitioners and users will discuss the key points raised during the workshops. To book your place please contact Alice 0141 226 5261 or abaird@scotconsumer.org.uk.

Thanks again to all those who assisted with the **2004 Directory of Community Food Initiatives**. Many of the entries were clearly understating their achievements, but the entry for the Disease Prevention Organisation based in Stonehouse, South Lanarkshire had their achievements under recorded by SCDP. The 'almost 100' secondary school pupils participating in Health Action research should have read 'almost 1000'. More information about the work of the Disease Prevention Organisation is available from George Bandeen on 01698 792 818.

A Food & Health Stakeholders' afternoon in Livingston saw the launch of **West Lothian's 2004/2005 action plan**. The multi-sectoral action plan builds on a previous plan and is led by a steering group which feeds into local community planning structures. The action plan also has a specified development officer, Fiona Bayne. fiona.bayne@wlt.nhs.uk

New Lanark, home of one of the country's earliest consumer co-operatives, was again a very appropriate venue for this year's **International Co-operative Day**. Alongside the fun and entertainment were stalls looking at different aspects of the co-operative movement, with other stalls highlighting food and trade issues from around the world, including SCDP. www.co-op.co.uk/scotland, www.fairtrade.org.uk www.bananalink.org.uk/ www.christian-aid.org.uk www.actsa.org.

Following its AGM, the Scottish Allotments and Gardens Society (SAGS) held an open meeting in June entitled '**Future of allotments in Scotland-vision and action**'. This was held in the New Victoria Gardens in the southside of Glasgow and chaired by Robert Brown MSP. Workshops followed brief presentations from Greenspace Scotland, BTCV, SNH and SCDP. A report is being produced from the event, highlighting the many beneficial outcomes from allotments in terms of health, the environment and social inclusion as well as how these outcomes can best be appreciated, nurtured and measured. More details from www.sags.org.uk.

“Parents believed that the children's fruit consumption in school had a positive knock on effect with the child's fruit consumption at home and the rest of the household's fruit consumption”. Edinburgh Community Food Initiative's highly successful '**Snack Attack' fruit in schools scheme** has just produced an evaluation report. For a free copy of the evaluation summary, please contact Nuala Good, Snack Attack Development Worker. Tel: 0131 467 7326 or email: ecfi@madasafish.com.

www.dietproject.org.uk

Scoff



An insight into the world of research provided by members of the Scottish Colloquium on Feeding and Food

Using Qualitative Research Methods to Investigate Food and Eating in the Family Setting

As a sociologist, I have been drawn to using a qualitative approach to research largely because the issues and influences that interest me are located in the complicated and private place called 'the family'. Finding out what happens in this setting, for example, how families negotiate one member's diet change or managing diet in relation to chronic illness; or, more recently, managing coronary heart disease recovery and rehabilitation, has involved being able to observe and enquire sensitively and flexibly to uncover views and experiences that people rarely have time to reflect upon routinely.

The public policies that encourage people to make healthy lifestyle choices are implemented by practitioners (through advice and other supportive strategies) but must inevitably become part of people's ordinary (but usually very busy) everyday lives, to work successfully. To find out how people negotiate changes recommended to them (whether generally or for specific clinical reasons) alongside other, often demanding, family routines, tasks and activities, requires techniques that will bring to light practices, assumptions and understandings that are negotiated tacitly and sometimes unconsciously. To elicit such information often requires face to face contact and data collection strategies amenable to individual contact with a participant.

In my own research, this process has usually meant one-to-one interviews with individuals or couples and, in the case of a diet and chronic illness project, interviews with the same participants on two occasions a few weeks apart. Returning to see a participant a second time allowed greater opportunity for rapport to be

developed, as well as more time to explore the views and experiences of the people in question. This also gave me the opportunity to identify more fully how the issues being researched impact on the everyday lives of the participants. I have found that interviewing couples together in debates around food, meals and eating, rather than inhibiting what each had to say, often triggered different thoughts and memories in each participant. This, of course, can only be done when reasonably confident that one member of the couple is unlikely to intimidate the other, which can happen when researching more sensitive topics.

My most recent research exploring the practical and emotional aspects of managing coronary heart disease has utilised focus groups of men and women who had been discharged from a central Scotland coronary care unit within the previous three years. When asked to talk about how they managed their condition over time, it became clear that there was considerable ambivalence felt by many of the participants about trying to 'lead a normal life' whilst paying attention to the advice they had been given (on diet, exercise, smoking etc) to prevent further symptoms. The major problem for participants seemed to be dealing with uncertainty. All wanted this sense of uncertainty (about symptoms, medication, other family members' worries) to be resolved. Many implied that forgetting about the heart attack would help, but realised that this could mean reverting to previous 'bad habits'. These views came out tentatively and in different forms, emerging through debate encouraged by an experienced focus group facilitator. Such data would be unlikely to be generated by the use of more quantitative methods.

Susan Gregory
Research Unit in Health, Behaviour and Change,
University of Edinburgh
s.gregory@ed.ac.uk, 0131 650 6199

For more information about SCOFF, please contact the convenor, Wendy Wills
wendy.wills@ed.ac.uk, 0131 651 1206

Project News

Following on from the Glasgow Community Cafe Development Intervention Evaluation Report highlighted in the last edition of Fare Choice, five of Glasgow's community cafes have received the prestigious **Scottish Healthy Choices Award**. Stonedyke Neighbourhood Centre, Kinfauns Centre and the Waverly Centre (all Drumchapel) received their awards at a ceremony in the City Chambers, along with the Gorbals Way to Go Youth Café and the Leithland Neighbourhood Centre in Pollok. Many of the other eight cafes involved in the initiative have also made major progress. The awards were presented by Nick Nairn who praised the efforts of all the cafes and recognised the important task they were undertaking, stating *"this is not airy-fairy box-ticking, this is where change is actually needed and happening"*. www.dietproject.org.uk/publications/documents/Finalreport.pdf, www.shcas.co.uk.

'**Get Cooking: the remix**' was the title given to West Lothian's review of their cooking skills and nutrition programmes. Using participatory appraisal techniques, local authority, health service, voluntary and community sector representatives reflected on how things had gone and explored future options. The NOF-funded programmes form part of a broader multi-sectoral West Lothian food strategy and action plan (see page three). For more information contact Fiona Bayne on 01506 771848 or fiona.bayne@wlt.scot.nhs.uk, or Kate Marshall on 01506 771790 or Kate.Marshall@westlothian.gov.uk.

It was a busy time for community gardeners in Glasgow on the last weekend in August. Friday saw the official opening of the **Hillhead Children's Garden** (see Fare Choice 28) and the planting by local schoolchildren of several apple trees. The following two days found **Glasgow Allotment Forum** celebrating their achievements at the 'Glasgow Show', attended by tens of thousands of visitors.

Cambuslang and Rutherglen Food and Health Project held a summer barbeque to celebrate its merger with Cambuslang and Rutherglen Health Initiative. The project will continue all its activities, including supporting local fruit barras.

Drumchapel Life, a healthy living initiative in Glasgow, joined forces with other local health promoting agencies by hiring a disused shop in the shopping centre for a week and converting it in to a drop in centre. Fresh food and fruit smoothies, made by workers at the local community café, were on offer. www.drumchapelpartnership.org/projects-life.htm.

"Our ambitions should no know limits" was the positive tone set by Deputy Health Minister Tom McCabe at the launch of the third phase of ASH Scotland's **tobacco and inequalities project**. The launch, which took place in Ferguslie Park, Paisley, raised a number of issues which would strike a chord with Scotland's community food initiatives. The Deputy Minister, referring to the disparities in life expectancy between communities stressed that *"the difference is deprivation and lack of opportunities"*. On the pace of change he confirmed that *"quick wins are fine but we need a culture change in Scotland."*

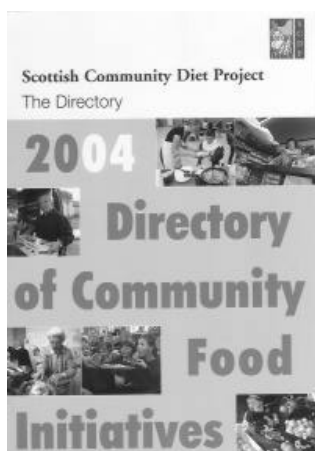
The third phase of the tobacco and inequalities project will explore three themes, namely older people, mental health and wellbeing, and black and minority ethnic communities. It also involves a grant fund totalling £175,000, with applications packs available from mid-October. More information is available on www.ashscotland.org.uk/inequalities/index.html or call Douglas Guest on 0131 225 4725 or douglas.guest@ashscotland.org.uk.

A valuable output from previous phases of the project was 'the evaluation journey' a resource pack for community groups. ASH Scotland has kindly supplied SCDP with a number of the remaining copies of this very useful publication and these are available from Alice while stocks last.

INFORM – The Public Affairs Newsletter of the Scottish Consumer Council. The SCC publish a bi-monthly newsletter called Inform, which highlights the work of the SCC. If you would like to be added to the SCC's mailing list please contact Susan Collie, Senior Administrator on 0141 226 5261 or email scollie@scotconsumer.org.uk.

Take Stock

The Directory



'A snap shot of community food initiatives in Scotland 2004'

The Scottish Community Diet Project (SCDP) has published a new directory of Scottish Community Food Initiatives. The Directory is a snap shot of community food initiatives across Scotland. There are over 300 entries and the project is aware that more community initiatives exist. Many community groups with an interest in food have sent in information to be part of the directory including breakfast clubs, lunch clubs and growing initiatives.

This Directory will be available free of charge while stocks last for people working in Scotland, and will form a useful resource for community groups and regional and national agencies, allowing them to network with similar organisations, sharing practice and ideas. A copy of the Directory has been sent out to with this edition of Fare Choice. If you would like to know more about the Directory contact the SCDP team on 0141 226 5261.

The Directory lists all entries in alphabetical order. To give you a flavour of the initiatives included we have highlighted one entry which appears at the beginning and one at the end of the Directory.

Alloa Community Food Development Project

Contact Susan Kennedy 01259 725 295

The project provides groups and individuals with practical advice and information on food issues through healthy eating advice, leaflets, displays and practical skills. It works in a Social Inclusion Partnership area and is funded by the Alloa South and East Social Inclusion Partnership until March 2005 and managed by Forth Valley Primary Care, Department of Nutrition and Dietetics.

A typical week can be quite varied and include: shopping for the cookery group, researching recipes for forthcoming events to celebrate Scottish Food Fortnight, coordinating and running the cookery group, assistance with setting up the youth café, meeting with the line manager to discuss progress and update on what's happening, making and testing the recipes for the Berry smoothie recipe leaflet with the Bowel Cancer Awareness Team, running Tasty bites at Tower Nursery which involves making scones, potato wedges and salsa dips with young mums and networking with local projects such as Forth Valley Foodlinks.

Susan, who co-ordinates the project, says *"Engaging with local people, and working in partnership with other organisations both in the voluntary and statutory sector can be difficult and challenging, but also is great fun .. the only thing is I end up thinking, eating and sleeping about food..."*

Young people and food group

Contact Marjorie Shepherd 01620 827236

The East Lothian Young People and Food Group evolved originally from a much smaller Musselburgh based working group who had come together to look at food in schools in their cluster. It is now a sub group of the Health Promotion Network which in turn links to the Health, Wellbeing and Lifelong Learning Forum and through that into the community planning process. The group acts as a steering group to drive forward the East Lothian Food and Health Action Plan through development of policy and the directing of resources for the promotion of food and health. It is made up of a range of individuals and representatives of various organisations, including

Fare Choice

teachers, caterers, health promotion staff, and parents, all of whom have an interest and commitment to improving health in East Lothian. The group secured Health Improvement Funding to employ a Development Officer, and is closely involved in shaping the direction and scope of her role. Opportunities for partnership working are encouraged and there have been several innovative pieces of work carried out under the auspices of the group. These include;

- Linking up with local food coop Roots and Fruits to supply oranges to every school in East Lothian to help celebrate Sports Day.
- Working with Environmental Services and the School Nurse Team to carry out an importance of hand washing campaign with Primary 4 pupils during Food Safety Week.
- Linking with caterers and teaching staff to promote healthy eating through fruit and food tasting sessions
- Supporting the curriculum with food – Fruits of the Rain Forest, Roman and Viking Feasts

The group has also been working with Scotmid in East Lothian to provide free fruit to pupils in Prestonpans. Since September 2003, Primary 1 and 2 pupils throughout Scotland have been receiving three free pieces of fruit a week as part of the Scottish Executive's initiative to encourage healthy eating. In Prestonpans, however, all pupils at St Gabriel's and Prestonpans Primary School have enjoyed the opportunity to snack on fresh fruit three times a week thanks to the generosity of the local Scotmid.



fruit tasting session
at St Gabriels in Prestonpans

Marjorie Shepherd, East Lothian's Food and Health Development Officer, explained: "We've been involved in visiting local schools to encourage pupils to try different fruits and vegetables as part of a healthy eating initiative. Aware of the Scotmid's commitment to local communities, I approached Audrey Middleton, the company's community development officer, who offered to supply over 1200 pieces of fruit a week – 3 pieces per pupil. The level of interest the youngsters are showing in food and nutrition has never been higher and they thoroughly enjoy trying a wide variety of fruit including some they may never have tasted before."

The group are currently organising a 'food and health in schools' conference, the first of its kind in East Lothian and is bringing together caterers, parents, pupils, teaching staff, physical activity staff and health promotion staff for what promises to be a day of lively debate and discussion.

From local to global ...

"Food and Agriculture play a key role in defining the culture and landscape of Europe at all geographical levels. Each village, town, region and city has its unique food culture that is based on a blend of local tradition, local products and local skills with products and traditions from across Europe and the world. As the emphasis in European agricultural and food policy moves from one based on quantity to one based on quality and sustainability, there is currently the opportunity for all Europeans, from food consumers to retailers and producers to contribute to the creation of a European Food System that is socially, economically and environmentally sustainable."

AlimenTerra is a new network of European organisations with founding members from five European countries: France; Italy; the Netherlands; Spain and the UK. They represent all the food chain from farmers' and development organisations to NGOs, local food initiatives and organic support bodies. A key area of work to be developed is on public procurement and developing practical food chain solutions to buying sustainable food. For more details on AlimenTerra go to the web-site at www.alimenterra.org.

Question Time

Mac Armstrong, Chief Medical Officer, Scottish Executive Health Department.

Q The Scottish Executive have highlighted *'The Challenge'* of improving Scotland's diet. What is the challenge and who needs to meet it?

A Scots are living longer than ever before, but living less well, especially towards the end of life. Life expectancy at birth has been increasing in recent decades by between one and two years of life each decade. Females born in 2000 can now expect to live an average of 78.7 years and males for an average of 73.3 years. The problem is that while people are living longer, healthy life expectancy (that is the years lived free of disability) has not been rising as fast as life expectancy overall. The reason for this is the increasing toll of chronic diseases related to life circumstances such as poverty and deprivation and life styles such as poor diet, lack of exercise, use of tobacco and abuse of alcohol or drugs. Obesity is a direct result of poor diet and lack of exercise. Obesity is particularly associated with chronic conditions such as high blood pressure, stroke, coronary heart disease and diabetes. Levels of diabetes are increasing fast and numbers are predicted to double in the next decade. Among obese younger people we are beginning to see increasing numbers of patients with Type 2 diabetes previously seen only in older people. The challenge of improving Scotland's diet is therefore a challenge for everyone, for parents of young children, for teenagers, for adults, for employers, for work places and for communities.

Q *'Choice'* is at the heart of diet. Do you feel that the people of Scotland are currently in a position to make 'healthy choices'?

A Compared with previous generations Scots have more dietary choice available to them than ever before. Sadly, instead of making healthy choices, too many Scots are choosing to eat more of the wrong things. Scotland has the highest consumption rate in Europe for foods high in fat and salt such as snacks and confectionery.

Q How confident are you that Scotland's diet will improve, and how long will it take?"

A I have great confidence, however, in the good sense of Scots. I know that if we give people the information and the opportunity to do so, they will make better choices for their diet which will not only improve their health and wellbeing in the short term but provide, not only longer, but more importantly, healthier lives for all.

Dr Mac Armstrong FRCS Ed FRCP (Glas, Ed)
FRCGP FFPH



Dr Armstrong is the Scottish Executive's principal medical adviser, and as such has direct access to Ministers of the Scottish Executive, and is also Head of the Scottish Medical Civil Service. He has direct involvement in the development of health policy in Scotland, including prevention, health promotion, health protection and harm reduction. He also has lead responsibility for issues such as clinical effectiveness, quality assurance, accreditation and research, and covers the spectrum of health related issues ranging from Public Health policy to NHS Operations.

Prior to this, Dr Armstrong was Secretary of the British Medical Association from 1993 to 2001. He qualified in Glasgow and after several hospital posts became a lecturer in pathology at Glasgow University before going into general practice in Connell, Argyll for a period of 18 years from 1975. Dr Armstrong is also a Director of the Beatson Cancer Institute at Glasgow University and a Governor of the London School of Hygiene and Tropical Medicine.

Publications

A recent analysis of companies advertising in Yellow Pages between 1992 and 2002 across the UK showed a major decline in greengrocers and butchers, which won't come as a surprise to Scotland's shoppers. In Glasgow a drop in greengrocers of 62% was recorded over a period when saunas and sunbeds increased by 557%. '**The Yellow Pages Alternative Census**' was produced by the London School of Economics. For more information see http://www.lse.ac.uk/collections/pressAndInformationOffice/newsAndEvents/archives/2004/Tim_Leunig_YellowPagesResearch.htm

For a more traditional analysis of retail behaviour, the **Retail Development Surveys for 2001 & 2002** have been produced by the Scottish Executive, <http://www.scotland.gov.uk/library5/planning/rds01-01.asp> (2001), <http://www.scotland.gov.uk/library5/planning/rds02-00.asp> (2002) as well as the Retail Development Survey 5-Year Trend Analysis (1998-2002), <http://www.scotland.gov.uk/library5/planning/rds5ys-00.asp>. All documents are also available from the Scottish Executive.

"Traffic lights for food: how nutrient profiling can help make healthy choices become easy choices" is a report on a seminar organised by the National Consumer Council. The useful 16-page report can be downloaded from their website www.ncc.org.uk/food/traffic_lights_for_food.pdf and SCDP have a number of copies available.

An EU funded study into 'consumer trust in food' has published a six-page summary of its findings. The findings from the six-country comparative survey can be viewed on www.trustinfood.org/SEARCH/BASIS/tif0/all/brochure/DDD/19.pdf.

∩The shopping bill goes way up in the school holidays. It's not just lunch I've got to buy. It's at 10 o'clock they're saying 'I'm hungry – what can I have?' Or they just go to the cupboard and get it themselves." Sentiments familiar to many Scottish families are contained in a useful report from Barnardos in the south west of England. Barnardos are calling on Government to 'increase financial support to families during school holidays

to compensate for the lack of free school meals; introduce a child development grant to help parents engage in activities with their children during the holidays; introduce a minimum income standard for parents.' '**Food Poverty in the School Holidays**' can be downloaded from www.barnardos.org.uk/resources/researchpublications/documents/FoodPovertyReportv3.qxd.pdf.

The latest **evaluation of a local breakfast club** is a very useful study commissioned by Renfrewshire Council and Have a Heart Paisley. '*The club provides a healthy breakfast in a caring and understanding environment that is child centred. It is well organised with a good balance of fun, play, activities and discipline, focussed on child social and education development*'. Copies of the 45 page report, based on the experience of St Paul's Primary School in Foxbar, Paisley, are available from SCDP.

Scotland's first allotment strategy has been produced by the City of Edinburgh Council. The document is called Cultivating Communities and contains photos and maps of the allotments in Edinburgh, as well as information about strategy development. The publication can be obtained from the Council and is downloadable from www.edinburgh.gov.uk/Allotments

The Food for Life Scottish Curriculum pack is available to download for free from the Soil Association Scotland website at www.soilassociationscotland.org You can also order free copies of 'The Little Book of Organic Farming' from this site which also comes with links to the Scottish Curriculum. For a short time only the Soil Association Scotland also have free copies of the video 'Organic Farming - food for life'. The video tells the story of organic food from farm to fork. For your copy contact Susie Orr on 0131 666 2474 or SOrr@sascotland.org.

Ofcom have published a research document '**Childhood Obesity - Food Advertising in Context**: Children's food choices, parents' understanding and influence, and the role of food promotions'. Visit http://www.ofcom.org.uk/static/temp/fpc_report.htm to view.

News

Five Scottish Food Advisory Committee memberships are advertised on the Food Standards Agency Scotland website. Visit www.food.gov.uk/news/newsarchive/2004/sep/sfacapplications for more information. The closing date is 22 October.

Arthritis Care in Scotland has a range of information booklets, one of which deals specifically with diet and arthritis. You can download the booklet (Food for Thought) at http://www.arthritiscare.org.uk/aboutarthritis/aboutarth_order.cfm?region=uk. Alternatively you can get in contact with Katy Green, Information Services Manager on 0141 954 7776.

For the latest information on **free and purchased school meals, and provision of free drinking water and fruit** in Scotland visit <http://www.scotland.gov.uk/stats/schoolmeals04.xls>. Alternatively you can call Colin Gallacher on 0131 244 0331.

For information on the **Scottish Urban regeneration awards** visit www.scotregen.co.uk or simply send two sides of A4 information about your initiative to andyMilne@scotregen.co.uk by 30 September.

The FSA Board have launched an annual award to commemorate the contribution that Dame Sheila McKechnie made in helping set up the Agency. Sheila was a lifelong consumer champion and spent a great deal of her life working hard to ensure that consumers' interests were represented and taken into account by government and business. The award recognises the contribution that community food initiatives are making to their local communities. The award will not only help to recognise and celebrate the work of initiatives, but will also make some limited funding available. In order to apply for the award, community food initiatives will need to develop a 3-year action plan setting out: background information; strategy; partners; funding and evaluation. Two community food projects will be chosen every year and they will each receive £15,000 over 3 years. Further details are available from the Agency's website and an application pack for the award can

be downloaded from www.food.gov.uk. Alternatively, e-mail mckechnieaward@foodstandards.gsi.gov.uk or call 0207 276 8146 and a pack will be sent out to you.

The Recipe for Life Project is a project led by the Royal Bank of Scotland Centre for the Older Person's Agenda and working with the Dementia Services Development Centre at the University of Stirling and Age Concern Scotland. Recipe for Life aims to help older people eat well. If you are involved in, or know of a project concerned with nutrition, diet and or healthy eating relating to older people they would very much like to hear about it and include it on their SHARE database. For further information and news regarding the project, please keep in touch through the Centre's website www.qmuc.ac.uk/opa or contact Caroline Donaldson, Research Assistant, The Royal Bank of Scotland Centre for the Older Person's Agenda, Queen Margaret University College, Clerwood Terrace, Edinburgh, EH12 8TS. Tel: 0131 317 3771.

A new guide on how to use the media, which aims to overcome the problems of voluntary groups being overlooked at the newsdesk, is out now. '**Mediaguide**' is available as a booklet, CD Rom and web site, with input from CSV Media, Media Trust Scotland, SCVO, the Scottish Museums Council, Volunteer Development Scotland, Young Scot and BBC Scotland. See <http://www.mediaguide.org.uk>.

The Scottish Rural Partnership Fund (SRPF) was set up in 1996. It has three elements: the Rural Challenge Fund (RCF) encourages rural projects, which provide innovative ways of tackling specific rural problems, or create a wider range of opportunities in rural areas. Grants of up to 50% of the total cost of the project, up to a maximum of £50,000 are available for a minimum of one and a maximum of three years. The Rural Strategic Support Fund (RSSF) facilitates the establishment of local rural partnerships. Grants up to a maximum of £50,000 are available for a minimum of one and a maximum of three years. The local Capital Grants Scheme (LCGS) supports local voluntary, youth and community organisations to provide new or upgrade existing community **premises. Capital grants of up to 50% of total costs, up to a maximum of £100,000, are avail-**

able. Applicants should apply through their local authority. All three funds are run as an annual competition. The closing date for completed applications for the 2005/2006 round of awards is October 21, 2004. Application forms are available on the Scottish Executive visit:<http://www.scotland.gov.uk/Topics/Rural/rural-policy/16780/6554>

The Cultivating Communities project is offering three **free places for their Northern Gathering** that will take place on 21st October at Craigencait Ecology Centre in Fife. The Cultivating Communities project offers support, information and advice to people who are setting up Community Supported Agriculture (CSA) schemes. CSA schemes aim to foster a relationship between farmers and those who eat the food they produce. For more details of CSAs in Scotland and the UK see www.cuco.org.uk. The Northern Gathering is an opportunity for people to find out more about CSAs and how they work, meet farmers and consumers involved in CSAs and take part in workshops about running and setting up CSA projects. The free places, offered only through Fare Choice, will be allocated on a first come first served basis. For more information about the free places or the project contact Anita Aggarwal at the Soil Association Scotland on 0131 666 2474 or Aaggarwal@soilassociation.org.uk.

Farmhouse Breakfast Week 23 - 29 January 2005 is an initiative run by the Home Grown Cereals Authority (HGCA) with the support of Food from Britain, the National Farmers Unions and the Women's Food, Farming Union and Farmers Union of Wales. The campaign now entering its sixth year aims to highlight the importance of breakfast and the range and quality of regional breakfast produce available in the UK. An information pack is available on request to promote and support events. The pack is available free of charge and includes posters, stickers, recipe leaflet, education materials and a comprehensive how to get involved guide. For further information contact Therese Coleman on 020 7520 3971 or email therese.coleman@hgca.com.

A **vacancy** has arisen within the Department of Nutrition and Dietetics at Inverclyde Royal Hospital to help deliver a fun and interactive nutrition and physical activity game into local nurseries. The

project has been made possible by the Better Neighbourhood Services Fund (BNSF). The post will start in January 2005 and finish November 2005 for 2½ days per week. Closing date 29th October 2004. Informal enquiries to Helen Douse (Community Nutritionist) or Lynn Pediani (Deputy Chief Dietitian) on 01475 633 777 extension 4313.

Patients' knowledge of their rights is set to improve with the launch of **Health Rights Information Scotland's** first two leaflets. The first leaflet, 'Confidentiality – it's your right', describes how the NHS protects personal health information. The second, 'How to see your health records', covers how to see and get copies of health records and medical reports. HRIS leaflets will be available from GP surgeries, dental surgeries and hospitals, and any other place where you receive NHS care. You can also get HRIS information in a range of formats from the NHS Helpline on 0800 22 44 88 or NHS 24 on 08454 24 24 24 (Textphone 18001 08454 24 24 24). You can download HRIS leaflets in a range of languages from www.scotconsumer.org.uk/hris. If you would like to know more about HRIS's work, contact one of the project staff on 0141 227 8846, hris@scotconsumer.org.uk or visit www.scotconsumer.org.uk/hris.

Children's meals served in restaurants, cafés and other high street outlets are failing to meet basic nutrition guidelines recommended for schools, according to a recent report by the Food Commission. A survey of 141 children's meals in popular restaurants found every one fail to meet one or more elements of the Caroline Walker Trust's (CWT) Nutritional Guidelines for School Meals. Many meals contained high levels of fat and saturated fat, and many had excessive calories and insufficient essential vitamins and minerals. For more information visit: www.foodcomm.org.uk/latest_meals_04.htm.

Coronary Heart Disease Knowledge Portal is now available on the NHS Scotland e-Library (<http://www.elib.scot.nhs.uk/portal/chd/pages/index.aspx>).

DATES FOR YOUR DIARY

September

18 to 3 October Scottish Food Fortnight
www.scottisfoodfortnight.co.uk

25 to 3 October British Cheese Week
www.thecheeseweb.com

30 to 3 October Highland food and drink festival.
 Visit www.highlandfeast.co.uk

October

1 to 8 Seafood Week, organised by the Sea Fish Industry Authority. Visit their website for more information www.seafish.org

6 Scottish Food Advisory Committee in Aberdeen. Contact Jane Ferrie, 01224 285104.

12 Voluntary Health Scotland members event, Edinburgh First Centre, Edinburgh University. Join VHS at their first members event as an independent company and registered charity. Contact VHS on 0131 557 6845, mail@vhsscotland.org.uk

16 to 17 A weekend of action against poverty in Glasgow. Call the Poverty Alliance to find out how to get involved, 0141 353 0440.

21 Northern Gathering at Craigenalt Ecology Centre, Kinghorn, Fife. Cost only £10. For more information see page 11 or visit www.cuco.org.uk.

21 Apple day. Visit www.commonground.org.uk/appleday.html to find out how you can organise a celebration locally.

28 Food and Behaviour research conference, Nairn. For more information view www.intelligentnutrition.org.uk/conferences/booking.html

29 Borders Organic Farm Gathering - a chance to visit 2 different livestock farms in the Borders: Oakwood Mill in the Etrick Valley and Over Langshaw Farm, Galashiels. For more information contact the Soil Association Scotland on 0131 666 0847.

26 Adult Obesity, a one day conference in Edinburgh organised by NHS Health Scotland. For an agenda visit www.holyrood.com. Places cost £99 plus VAT for community groups. Call 0131 272 2130 for more information.

28 Proof of the Pudding, Tolbooth Arts Centre, Stirling. SCDP/SCOFF conference. See page 3.

November

1 World vegan day. Find out how to survive without animal products by visiting www.worldveganday.org

15 - 19 SCDP Participatory Appraisal Training at the New Lanark Mill Hotel (fully booked).

December

7 Healthy Reform Conference, MacDonald Inchrya Hotel, Polmont. Contact VHS, 0131 557 6845, mail@vhsscotland.org.uk.

2005

14-16 February the Gathering, Scotland's Voluntary Sector Fair. Visit www.gathering.org.uk

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



The Scottish Community Diet Project: Supporting local communities tackling inequalities in diet and health.

How to get in contact with the Scottish Community Diet Project

The SCDP team are: Bill Gray National Project Officer, Lucy Gillie Development Officer, Lizanne Hume Development Officer and Alice Baird Project Administrator. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN Tel: 0141 226 5261 Fax: 0141 221 0731 E-mail: info@scotconsumer.org.uk Reports, back issues of the newsletter, toolkits, information about the project and other useful links are available on the SCDP website www.dietproject.org.uk