



# FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

## What is going on?

'What is going on?' and 'How do I fit in?' are the two questions repeatedly heard around the country. There has never been a greater enthusiasm not only to do something, but do something that is part of a bigger picture. The quantity and quality of work being undertaken continues to grow, as does the planning infrastructure around it. The challenge is to ensure those undertaking activity and those planning activity are aware of and engaging with each other.

This edition of Fare Choice reflects what is going on at different levels (see news on the Food and Health Alliance and Healthy Scotland Convention, page 2, Moray's Food and Health Group, page 7, news from community projects in Fife, Edinburgh and Glasgow, page 5).

This edition also covers what is going on from a practical perspective (see community retailing, page 3) as well as what is going on from a research perspective (see Proof of the Pudding, page 3, Scoff article page 4).

Alongside sharing forthcoming events (see diary page 12) it is as important to be informed of how other events have gone (see nutrition strategies seminar, page 8).

An opportunity (see Gardening Scotland offer, page 10, and FSA scholarships, page 10) isn't an opportunity if you don't hear about it. Planners can't take account of your perspective if you don't take advantage of consultation processes (see Glasgow City Plan, page 10).

Communication, co-ordination and planning have never been more important to ensure no contribution to the national effort to tackle food and health in Scotland is diminished or excluded.

### Not taken for granted

**Apologies** to everyone who has been contacting us about our **small grant scheme**. The Scottish Executive have made it clear that they are committed to funding the project in the future and are currently in discussion with us over the scale of the funding and priorities within a programme of work for the coming year. As soon as we have clarification we will inform everyone.

**Thank you** to all those who received small grants last year for the evaluation information that you have been sending in. We appreciate the effort made, often under difficult circumstances and with limited resources.

## On this issue's menu.....

Get smart,  
see page 3

Food culture,  
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Island fare,  
see page 6

## Policy roundup

### Holyrood

Scotland's **Healthyliving Food and Health Council** held its first meeting in January, chaired by Depute Health Minister Rhona Brankin (see [www.scotland.gov.uk/Topics/Health/health/19133/17905](http://www.scotland.gov.uk/Topics/Health/health/19133/17905) for remit, membership and minutes). Anyone who missed the flyer in the last Fare Choice can sign up for the **Healthyliving Food and Health Alliance**, which will complement the role of the Council, either by getting a flyer sent out from SCDP or by writing to FSDN Branch, Food Standards Agency Scotland, St Magnus House, 25 Guild Street, Aberdeen, AB11 6NJ or [dietandnutrition@foodstandards.gsi.gov.uk](mailto:dietandnutrition@foodstandards.gsi.gov.uk). More information on the Alliance is available from [www.scotland.gov.uk/Topics/Health/health/19133/17908](http://www.scotland.gov.uk/Topics/Health/health/19133/17908)

The Scottish Executive has now introduced its ten **new targets** aimed at delivering better life opportunities in areas of deprivation. These will be used to measure progress in tackling poverty and social exclusion across Scotland. This represents the first major reworking of the Executive's social justice strategy since it was first launched in 1999. The new targets cut across the Communities, Enterprise, Education, Health and Rural Affairs portfolios and will demand an effective 'joined-up' approach to tackling poverty. Further information can be downloaded from [www.scotland.gov.uk/Topics/People/Social-Inclusion/17415/opportunity](http://www.scotland.gov.uk/Topics/People/Social-Inclusion/17415/opportunity).

The fourth **Healthy Scotland Convention** is currently being organised and will take place on 21 November at the Glasgow Radisson Hotel. Health inequalities is to be the overarching theme and a participative format is planned. It is hoped to ensure that a wide cross-section of all those with an interest in health improvement and health inequality will not only be able to take part on the day but also have the opportunity to feed their news and views into an inclusive process leading up to this major event.

The second meeting of Holyrood's **Cross Party Group on Food** met in late February, focusing on 'responsible retailing'. Dame Deirdre Hutton, chair of the National Consumer Council, presented

a consumer perspective, with ASDA providing the industry view. More information is available from [www.scottish.parliament.uk/msp/crossPartyGroups/groups/cpg-food.htm](http://www.scottish.parliament.uk/msp/crossPartyGroups/groups/cpg-food.htm) or [www.ncc.org.uk/food/rating\\_retailers.pdf](http://www.ncc.org.uk/food/rating_retailers.pdf) or [http://193.201.200.191/?r\\_link\\_ext=d\\_health](http://193.201.200.191/?r_link_ext=d_health)

The Scottish Executive has just launched a scheme to introduce healthier food ranges to local **convenience stores** across Scotland. Almost £500,000 will be available to help 197 stores promote healthy food choice through initiatives such as meal deals, price promotions for fruit and vegetables and displaying fruit at checkouts instead of confectionery and snacks. <http://www.scotland.gov.uk/News/Releases/2005/03/10143144>.

Depute Health Minister Rhona Brankin has also just announced funding for the second phase of **Have a Heart Paisley**.

### Westminster

A final consultation on **Healthy Start**, the long awaited replacement for the Welfare Food Scheme, which has operated since the Second World War, began last month. Next month the new initiative will be introduced in Devon and Cornwall for six months. Following what is hoped will be a successful pilot, the initiative will be rolled out across the UK in 2006. More information on the pilot and the consultation are available from Westminster's Department of Health website [www.dh.gov.uk](http://www.dh.gov.uk)

### Brussels

A European Union **Platform for Action on Diet, Physical Activity and Health** has just been launched. Under the leadership of the European Commission, the Platform brings together industry associations, consumer groups, health NGOs and political leaders to take voluntary action to halt and, it is hoped, reverse the rise in obesity, particularly among children. Visit [http://europa.eu.int/comm/health/ph\\_determinants/life\\_style/nutrition/platform/launch\\_en.htm](http://europa.eu.int/comm/health/ph_determinants/life_style/nutrition/platform/launch_en.htm) for more information. Coinciding with the platform's launch, the european consumers organisation BEUC have launched their **nutrition campaign**, highlighting seven demands, including "access to healthy affordable products". [www.beuc.org](http://www.beuc.org)

**Community retailing** was the theme for two days of practical discussions in Glasgow in early March. On 8 March the Community Retailing Network met in Glasgow. Formed last year with the support of the Scottish Co-op, the network involves community shops operating in some of Scotland's remotest communities (see [www.newsector.co.uk/articles/66shops.htm](http://www.newsector.co.uk/articles/66shops.htm)).

The following day, a number of the community shops met up with food co-ops from the central belt, and others, at the Scottish Community Diet Project's offices, also in Glasgow. As well as sharing experiences, a discussion on the significance of 'Futurebuilders' (see [www.communitiesscotland.gov.uk/Web/Site/Whatwedo/FB\\_home.asp](http://www.communitiesscotland.gov.uk/Web/Site/Whatwedo/FB_home.asp)) was led by Communities Scotland and SCDP used the opportunity to share an early draft of their proposed toolkit on social enterprise and community food initiatives. (Watch out for more details in next Fare Choice.)

*"Too often local communities and key activists feel that government and academics are sceptics - standing back and judging a community's efforts and impacts. We must move to a more equal relationship of partnership, mutual understanding and respect."*

The above are just a few of the issues raised during the conference, '**Proof of the Pudding: food, communities and research practice in Scotland**', held last October in Stirling (see SCOFF article in Fare Choice issue 30), jointly organised by the Scottish Community Diet Project and the Scottish Colloquium on Food and Feeding. The fifty-page conference report is now downloadable from the SCDP website and copies are available free in Scotland from Alice while stocks last.

The latest newsletter from the **Scottish Healthy Choices Award Scheme** (SHCAS) has just been published and is available from their website [www.shcas.co.uk](http://www.shcas.co.uk). The two popular leaflets produced by SHCAS, along with SCDP, on berries and root vegetables have been reprinted. Copies of the leaflets are available for local promotional work (fifty per leaflet max) while stocks last. Contact Alice.

### Lothians-London Study Tour

The Scottish Community Diet Project and London Food Links organised a **study exchange between the Lothians and London**. The first leg of the exchange took eight people who work to tackle food and health issues in West Lothian, Midlothian, East Lothian and Edinburgh City, to see



*Participants visit a fruit and vegetable co-op in Greenwich*

a mobile food van, food co-ops on a council estate, a hospital lunch made with some local ingredients and the opportunity to find out about a food strategy for London. A report of the study exchange will be available on the SCDP website once the second leg has taken place after Easter.

**More 'smart cooking'** has been developed by Learning and Teaching Scotland with support from the Scottish Executive Health Department as part of the wider strategy to promote and support healthy eating in Scotland. This new pack which encompasses the popular and successful Smart Cooking resource distributed in 1998, is in response to requests for new materials to supplement the original pack. The pack can be used as a stand-alone resource or as a contribution to various initiatives in schools and the wider community, including National Qualification courses. To obtain a free copy (value £25.00) call customer services at LT Scotland on 0870 100 297. A handling charge of £10.00 incl V.A.T. is applicable.

### Breakfast Clubs .. More of a Head Start

Copies of the SCDP's popular toolkit on setting up a breakfast club are still available free to groups, schools and individuals in Scotland. Contact Alice.

# Scoff

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



Holding onto cultural identity through food and eating patterns – a struggle for immigrant South Asian diabetics resident in Scotland. South Asians who have migrated from the Indian subcontinent to Scotland have brought with them their own cultural beliefs and practices which may sometimes conflict with Western ones. Food and dietary habits are key symbols of South Asian identity and culture, an issue which became evident in our study involving patients with type 2 diabetes. This article will explore how Indian and Pakistani patients with diabetes who are living in Scotland resist dietary advice to control their blood glucose levels in the face of strong and often competing cultural influences.

An estimated 46,000 Indians and Pakistanis are resident in Scotland and type 2 diabetes is at least 4 times more common amongst them compared to the white population. South Asians are also more likely to die of the disease than their white counterparts. There is a lack of culturally sensitive services that meet these patients' needs, a situation which urgently needs to be addressed as the number of South Asians with diabetes is likely to grow considerably over the next few decades. The study described here was set up to explore the experiences and views of South Asian patients with type 2 diabetes in order to inform their future healthcare\*. Single in-depth interviews were conducted in Punjabi and/or English with 32 diabetic patients. As a member of the South Asian community, with the relevant language skills, I was employed to carry out the interviews.

The ideal diabetic diet requires patients to eat meals with a low sugar, low fat and high fibre content. This contrasts strongly with what many South Asian patients with type 2 diabetes actually eat. *Metai* is a variety of traditional Indian sweets rich in sugar and oil and is commonly offered to people when they visit friends and relatives. Patients say they have to eat *Metai* when they visit

others as it is considered an offence to refuse such hospitality. *Roti* (e.g. rice and chapatti) constitutes the main part of the South Asian diet, a traditional foodstuff which is high in unsaturated fat and carbohydrate. Many patients consider *roti* to be a 'non-negotiable' aspect of their diet, as they regard its consumption as being central to the generation and maintenance of their cultural identities. Patients also talk of *roti* as being a food that provides strength and energy, whereas Western foods, such as pasta and salads, deprive the body of energy. Patients have taken on board the message that they need to make changes to their diet. However, given all the cultural factors that influence what they eat, they see their only option as being to reduce the amount of *roti* they eat without substituting other kinds of food. This is a concern as patients are remaining hungry, which may be detrimental to their long-term health and wellbeing.

It is sometimes assumed that the person with the condition has a lot control over what they eat, but for South Asians this is often not the case. The tradition of extended family set-ups is common among South Asians in Scotland, which may mean the responsibility for food purchase and preparation lies with other family members, such as wives or daughters-in-laws.

In order to address the issues described in this article, health professionals need to familiarise themselves with the composition of the South Asian diet and work with, rather than against, cultural values when providing patients with dietary advice. Not only may South Asian patients need to be provided with culturally sensitive information in a language appropriate to them, it may also be necessary to educate other family members as well.

Naureen Ahmad, Research Unit in Health Behaviour and Change, University of Edinburgh. For further information about this study, please contact Dr Julia Lawton on 0131 650 6197 or [j.lawton@ed.ac.uk](mailto:j.lawton@ed.ac.uk).

\*This study was funded by the Chief Scientist Office at the Scottish Executive Health Department. The views expressed in this article are those of the author and not necessarily those of the funding body.

## Project News

The **Green Door Café in St Monans**, a small fishing village in Fife (pop: 1,200) is about to go round the world for a second time. After last year's monthly themed evenings proved so popular, they felt obliged to keep travelling. Starting in Scotland with a Burns Supper, France was February's destination. A flavour of Austria, Russia and Jamaica has already been planned for the coming months. For more information on this or other aspects of the café, which holds the Scottish Healthy Choices Award, write to Jackie Johnson at Green Door Café, 6 Station Rd, St Monans or email [greendoorcafe@btconnect.com](mailto:greendoorcafe@btconnect.com)

**Edinburgh Community Food Initiative celebrated the success of its 'Pip' project** – a Big Lottery funded project that provides free fruit for more than 2,000 children in nursery schools across Edinburgh. Depute Health Minister Rhona Brankin and Edinburgh Councillor Ewan Aitken were amongst the speakers at the celebratory event who highlighted the successes of the project. As well as providing free fruit, 'Pip' works with the nurseries to promote healthy eating by providing activities, recipes and promotions. Currently in production is a fruit-based activity pack to bring healthy eating activities into the nursery - this will soon be available to those working with preschool children. Watch this space for details.

**Barnardo's** showed that food and health are high on their agenda at the latest health reps' training held in Dundee last month. A taste of Barnardo's work was given through brief presentations on their food packs in Edinburgh, allotments in Angus and a food and behaviour initiative in Dundee. Also presenting were Dundee University, a local Public Health Nutritionist and SCDP.

<http://barnardosscotland.smartchange.org>

**Flourish House** in Glasgow is planning to launch its 'Café Belize Cookery Book' on Thursday 24 March at 1pm. The launch will be held at Flourish House, 23 –25 Ashley Street, Glasgow G3 6DR where they will be providing food from the cookery book to taste. The cookery book is designed to help people on low incomes cook nutritious food with inexpensive, easily accessible recipes. If you would like to attend the launch please contact

[info@flourishhouse.org.uk](mailto:info@flourishhouse.org.uk) or call 0141 333 0099. For more information about Flourish House try their website at [www.flourishhouse.org.uk](http://www.flourishhouse.org.uk). The Scottish Community Diet Project will have a limited amount of copies to give away to food projects. Please contact us for more details.

Seven students from across West Lothian were awarded **Nutrition Skills certificates** to mark the successful completion of their nutrition courses. The 3 hours per week 20 week course included elements of nutrition, group work skills and cookery. The students also carried out a placement that involved planning and delivery four cookery sessions. The students are now qualified to facilitate the 'Get Cooking' cooking skills courses. In the same month five young mums also received a certificate for completing the six-week Cooking Skills course. For more information on the three-year Get Cooking project call Kay Johnson on 01506 771793. The Get Cooking Project is a partnership that includes: West Lothian Council, West Lothian Food and Health Steering Group, NHS Lothian and Queen Margaret University College.

The West Lothian Food and Health Steering Group have just launched an **evaluation report on the benefits of breakfast clubs** to children. The evaluation study 'Rise and Shine' focused on fourteen breakfast clubs in the area that between them provide 64,220 breakfasts per school year. To receive a full report or a summary of the report, call Ann Glasgow on 01506 775 626.

Members of the public can propose individuals and groups who they feel have given outstanding service in voluntary and community work. Everyone nominated will receive a certificate to recognise and thank them for their contribution to the community.

There are four categories: young people under 18 (individual); young people under 18 (group); adults (individual) and adults (group). The closing date for nominations is 29 April 2005. Have a look at [www.nationwide.co.uk/about\\_nationwide/community\\_relations/awards.asp](http://www.nationwide.co.uk/about_nationwide/community_relations/awards.asp) for more information.

## Take Stock

### Food access on the Western Isles

Food access is often described as an everyday problem, but for many people it can be worsened by weather or seasons. While some people struggle to feed their children over the summer holidays, others have problems harvesting produce all year round from growing projects and islanders often dread going to the local shop to find there are no fruit nor vegetables again because the ferry has failed to cross during the winter months.

The high winds that hit the Western Isles this year were the fastest in living memory. Scientists who have been studying the effects of global warming on the West coast of Scotland, such as wave height, have predicted that damaging storms will become more frequent. Islanders report that the ferry fails to cross due to bad weather more and more in the winter months, which means the islands are cut off from the mainland for longer and longer periods. In addition to other deliveries, the ferry is the main route for fresh fruit and vegetables to stock the Co-op, Somerfield, other food stores and restaurants. Islanders have been keen to encourage production of fruit and vegetables, so that they are not so dependent on the ferry sailing.

Fas Fallain, the healthy living centre in Stornoway, the main town in the Western Isles, was set up to support a number of healthy eating initiatives across the island and in particular encourage community growing schemes. Fas Fallain has supported a number of projects across the Western island from growing to cooking. Here are some of the highlights....

### Polytunnels for a large social housing scheme

The Cearns 'grow your own project' is based around two large polytunnels on the Cearns social housing scheme. Winds of over 100 miles an hour took the skins off the polytunnels. Most of the material has been recovered and is going to be used to make smaller polytunnels for herbs. The

project plans to take the opportunity to improve the draining system before putting new skins back on. They are still waiting for a dead calm day to put the new skins on. Kenny Mackenzie, the development worker, explained that if he could start again he would take more care over the type and amount of topsoil brought onto the site before the tunnels were put up.

### Rural produce growing

A rural area not far from Stornoway called South Lochs has a substantial elderly population. The Habost Development Association has developed a horticultural production area in the village which grows fresh fruit and vegetables in polytunnels. The range and variety of produce grown reflects preferences of the elderly, such as floury potatoes.

### A box scheme

The irregular deliveries of fruit and vegetables, coupled with the great progress already made by community growing projects on the island, have prompted the development of an idea for the first island box scheme. A location at the back of the castle in Stornoway has been found and there are plans for up to nine polytunnels to be constructed. The box scheme will be run for the three social housing schemes in Stornoway. Residents will be encouraged to take an active role in the box scheme and there will be opportunities for training and qualifications.

### A healthy cafe

With support from the Big Lottery, Leader + and a small grant from the Scottish Community Diet



*The Director of Public Health cuts the ribbon at the Apples and Pears café based in the sports centre Stornoway*

Project, a women's group has taken on the contract for the café at the new sports centre in Stornoway. The café is called Apples and Pears and provides healthy eating options, as well as flexible jobs for women who may only have a few hours to work a week. The launch of the café was attended by the Director of Public Health, Dr Sheila Scott; the Director of Health Promotion; the manager of the healthy living centre; the women who had set up Apples and Pears; all the workers from the café; many of the health professionals who had supported the initiative, as well as members of the local community and funders. The café will buy produce from the polytunnels so that a secure supply of quality fresh produce is available for smoothies.

Fas Fallain has acted as a catalyst by advising other projects how to go out and get funding. However, Fas Fallain is now reaching the end of its own funding and making plans as to how it will continue to support health initiatives on the islands. It is about to embark on an evaluation to find out what has worked and what has not. *"It would be useful to have some statistical information about the access to fresh produce on the island to work out where we should be supporting work next. The last set of relevant statistics I can find are dated 1996 and much has changed since then"* explained Mary.

For more information about Fas Fallain call 01851 701623.

Mary Maclean, who manages the Fas Fallain healthy living centre in Stornoway, and Frances Macneil, the only public nurse on Barra, travelled to an international conference about health disparities to share the experience of food and health on Scottish islands. A report of their experience and the poster they presented are available to download from the Scottish Community Diet Project's website [www.dietproject.org.uk](http://www.dietproject.org.uk)

## Moray Food and Health Project

Over the past fifteen months NHS Grampian have been leading the Moray Food and Health Project, a partnership initiative which has been working within rural Speyside and Lhanbryde to look at food access issues. A range of participatory techniques has been used to get direct feedback from over 250 people, alongside group sessions with youngsters in primary schools and questionnaires distributed through schools. At the same time, research was being carried out with local medical practices on how they deal with weight management issues and to look at chronic health statistics compared to national averages.

Local youth workers have been through food skills 'training for trainers' and some have gone on to cascade this learning with young people. Local volunteers in Lhanbryde have been supported to carry out further research using the Scottish Executive's Indices of Deprivation and are planning an awareness-raising coffee morning open to all but with a particular emphasis on encouraging those who are most excluded.

In rural Speyside three local shops have been supported to take part in a Healthy Shelf Initiative. The retailers have been encouraged to broaden the range of produce they carry and are covered for any losses they may incur. Each shop has been supported with marketing materials including recipes for healthy meals based on the ingredients available through the scheme.

A partnership with Earthshare, a community supported agriculture project in Forres has resulted in ten boxes of seasonal, locally-grown vegetables being delivered to individuals on a limited income with poor access to affordable vegetables. Again, these are backed up with recipe ideas and an excellent cookbook.

So far the project has successfully engaged with people and got a picture of eating/buying habits locally. Over the next year the approach will be rolled out in other communities across Moray, and through time lead to the development of more grassroots food initiatives. Some community groups are looking to invest in facilities which will support income-generating activities, including training delivery. For more information: Judith Catherwood, Nutrition and Dietetic Services Manager, [judith.catherwood@nhs.net](mailto:judith.catherwood@nhs.net), 01343 567350. Also have a look at the Moray Joint Health Improvement Plan 2004-06 recently published and available from tel 01343 563375.

## Table Talk

A seminar on **UK nutrition strategies** was held in November 2004, organised by the Scottish Consumer Council (SCC). The purpose of the day, which was hailed as a great success, was to examine how well the governments within the UK had reacted to the World Health Organisation's (WHO) assertion that governments have a central role "to create an environment that empowers change by individuals, families and communities to make positive life-enhancing decisions on healthy diets".

The objective of the seminar was to learn from each other how to create and sustain a successful and effective nutritional strategy. Held at the SCC offices in Glasgow, attendees came from a variety of organisations: the World Health Organisation (WHO); Directorate-General Health and Consumer Protection (DG SANCO), European Commission; SCC; SCDP; Scottish Healthy Choices Award Scheme (SHCAS); Food Standards Agency Scotland, Wales and UK; Scottish Executive; Welsh Assembly; Northern Ireland Department of Health; National Consumer Council (NCC); Department of Health England; UK Food Standards Agency Consumer Committee.

Attendees discussed aspects of each country's nutritional strategies – Scotland's *Eating for Health* (2004); England's recently published White Paper, *Choosing Health* (2004); Northern Ireland's *Eating and Health* (1996), which is currently being updated; and Wales' *Food and Well Being* (2003).

The seminar covered topics such as effective leadership, how to translate policy into action, how to achieve change, and stakeholder involvement. More specifically, there was a discussion about engaging consumers at community level. In Wales, they were looking at peer education where people who have an interest in healthy eating but are not professionals become advocates and work within their local communities.

It was suggested that in Scotland we have lost the value of food. People needed to be more critical about food, their own diets, the way food is grown and their local retailers. It was recognised that there

is a lot of work done at community level in Scotland. It was also agreed that the use of local media should also not be underestimated and can play an important role.

There had been some work carried out on island communities in Scotland. It was found that tensions were similar to those in other communities with problems around affordability, culture and skills. There were the added problems of availability due to weather conditions, etc. It was important to engage with them as stakeholders in a national strategy and to appreciate their local differences.

It was also agreed that the concept of the whole food chain needed to be used. At a recent meeting on transport in Scotland, the Health Improvement Division had been present so that diet and physical activity were taken into account. Food access and food miles need to be considered and also the export from Scotland of its high quality food.

It was agreed that a follow-up meeting should be held to continue the dynamic exchange and to learn from each other's experiences. In particular, the attendees were interested in sharing experiences on community level work at UK and EU level.

For more information on the seminar or issues arising from this, please contact Mary Lawton, SCC Food Policy Manager, tel: 0141 227 8430, email: [mlawton@scotconsumer.org.uk](mailto:mlawton@scotconsumer.org.uk) or Anna Ritchie, SCC Researcher, tel: 0141 227 6467, email: [aritchie@scotconsumer.org.uk](mailto:aritchie@scotconsumer.org.uk)

National strategies:

### England

[www.dh.gov.uk/assetRoot/04/09/47/61/04094761.pdf](http://www.dh.gov.uk/assetRoot/04/09/47/61/04094761.pdf)

### Northern Ireland

[www.healthpromotionagency.org.uk/Resources/nutrition/pdfs/Nutritionstrategy.pdf](http://www.healthpromotionagency.org.uk/Resources/nutrition/pdfs/Nutritionstrategy.pdf)

### Scotland

[www.scotland.gov.uk/library5/health/efhmtc.pdf](http://www.scotland.gov.uk/library5/health/efhmtc.pdf)

### Wales

[www.food.gov.uk/multimedia/pdfs/foodandwellbeing.pdf](http://www.food.gov.uk/multimedia/pdfs/foodandwellbeing.pdf)



## Publications

*“The two case studies applied community development approaches to their work, involving local residents and other partners in the project’s activities from the beginning; this encouraged a strong sense of community ownership and helped both projects identify and respond to expressed health needs specific to local communities”* A colourful and informative six-page summary of an **evaluation into mobile community food initiatives** has been produced by Health Scotland on behalf of a partnership also involving Have a Heart Paisley, East Lothian Roots & Fruits and SCDP. Copies of ‘Routes to Health’ are available, while stocks last, from all the partners, and can also be downloaded from Health Scotland and SCDP websites.

*“For people to become involved in garden projects, the gardens must be meaningful, functional, accessible and attractive. We need people to feel ownership”*. Copies of the report from last year’s **community gardening conference**, ‘Space to Grow’, organised by the Federation of City Farms and Community Gardens, Greenspace Scotland and SCDP are now available from Alice or can be downloaded from the SCDP website.

The Research Unit in Health, Behaviour and Change at the University of Edinburgh has just published its eighth ‘Research Findings’ briefing, based on interviews with 13 and 14 year olds in Fife and Lothian. The briefing, entitled **‘Food, eating, health and fatness: the perceptions and experiences of young teenagers from disadvantaged families’** concludes that the message about the relationship between diet and health needs to be communicated to young people more effectively. To get a copy of this briefing, please contact Eveleen Barrett on 0131 650 6192 or email [eveleen.barrett@ed.ac.uk](mailto:eveleen.barrett@ed.ac.uk).

In 2003 the Scottish Executive Health Department and the Food Standards Agency Scotland established a Working Group on **Monitoring Scottish Dietary Targets**, with a remit to investigate and report ways of assessing progress made towards the dietary targets and to advise on surveillance requirements beyond 2005. Their

report has recently been launched along with related documents and is available from the Food Standards Agency Scotland and can be downloaded from [www.food.gov.uk/scotland/dietarytargetsscotland](http://www.food.gov.uk/scotland/dietarytargetsscotland)

*“In food retailing, trust depends principally on consumers being able to believe the claims made on behalf of particular products and fresh foods”* A report published earlier this year by the Sustainable Development Commission (SCD) claims that the Little Red Tractor does not go far enough and calls for improvements to **food assurance schemes** to offer better choice for consumers in terms of environmental, welfare and nutritional issues. ‘Sustainability Implications of the Little Red Tractor Scheme’ can be downloaded from [www.sd-commission.org.uk](http://www.sd-commission.org.uk)

The conference proceedings from the **Sustainable Procurement in the Public Sector**, an event organised by Forth Valley Food Links are available on CD from Alex Fowles, [alex@fvfl.org.uk](mailto:alex@fvfl.org.uk) or call 01786 446255 and also available to download from [www.fvfl.org.uk](http://www.fvfl.org.uk)

**Legal requirements for organisations or groups working with children or young people.** Any Scottish organisation or group which provides activities for children or young people under the age of 18 needs to know about the Protection of Children (Scotland) Act 2003. Parts of this Act come into force this year. The Act will help create a safe environment for children and young people. Scottish Ministers will create a list of individuals who have been disqualified from working with children and young people and the Act will require any group or organisation to check this list before appointing any paid and voluntary workers to childcare positions. This is done via a Disclosure check. Organisations and groups will also have a legal duty to forward a report to Scottish Ministers if any individual with childcare responsibilities has harmed, or put a child at risk of harm AND has been removed from working with children or has been dismissed as the consequence (or would have been removed if they had not resigned, retired, been made redundant or left at the end of a temporary contract). A comprehensive free guide is available from YouthLink Scotland, on [info@youthlink.co.uk](mailto:info@youthlink.co.uk), 0131 313 2488 or from [www.crbs.org.uk](http://www.crbs.org.uk)

## News

The Food Standards Agency is offering up to **five postgraduate scholarships** each year in defined areas of applied science, including the social sciences. Applications for research scholarships starting in October 2005 are invited in areas of microbiological safety of food, food allergy and food intolerance and risk assessment of chemicals in food. The closing date for applications is 31 March. The agency has stressed that *“preference will be given to research proposals leading to practical outcomes of benefit to the consumer.”*

For guidance notes and application forms see [www.food.gov.uk/science/research/researchfunding/scholarshipscheme/guidanceandappforms](http://www.food.gov.uk/science/research/researchfunding/scholarshipscheme/guidanceandappforms) or contact 020 7276 8785 or [andrew.j.dunn@foodstandards.gsi.gov.uk](mailto:andrew.j.dunn@foodstandards.gsi.gov.uk)

*“Places and environments shape the way we live, the opportunities we have to secure a job, access to work, shops, schools and leisure opportunities.”*

The Town and Country Planning (Scotland) Act 1997 requires local planning authorities to prepare development plans to guide the use and development of land and set out proposals and policies for the control of development. Glasgow is currently consulting over its **City plan** and is committed to the widest possible public consultation. The outcome should be of significance whatever your interest, from shops to allotments. More information is available on the Glasgow City Council website

[www.glasgow.gov.uk/en/Business/City+Plan/City\\_Plan\\_Review/](http://www.glasgow.gov.uk/en/Business/City+Plan/City_Plan_Review/)

Hill's Trust Primary School Breakfast Club in Govan, Glasgow was the very appropriate venue in January for the Scottish launch for this year's **Farmhouse Breakfast Week**, organised by the Home Grown Cereals Authority (HGCA). Promotional and educational activity took place across the country from Aberdeenshire to the Borders. As well as a useful website [www.hgca.com/breakfast/](http://www.hgca.com/breakfast/) HGCA also produced a colourful pamphlet with recipes. SCDP have a few remaining copies of the recipe pamphlet (contact Alice). The results of an online study conducted as part of Farmhouse Breakfast Week will also be available on the above website.

Links between gardening and the voluntary sector go back a long way. A number of major charities, including Diabetes UK, British Heart Foundation and Save the Children, have now got together to produce a **Goodwill Garden Centre Catalogue** as part of their fundraising efforts. For more information see [www.goodwillgardencentre.co.uk](http://www.goodwillgardencentre.co.uk) or call 0870 112 5349.

Congratulations are due to SCDP Steering Group member, Moyra Burns, who has been appointed to the **Scottish Food Advisory Committee**, which advises FSA Scotland. Moyra works for NHS Lothian and is also convenor of the Scottish Community Nutrition Group. Also appointed was Graeme Millar, Chair of the Scottish Consumer Council. Graeme will also be representing Scotland on the board of FSA UK.

“Farming, food and health: an indivisible chain” is the title for **Soil Association Scotland's annual conference**, set to take place at Battleby, Perthshire, on May 25. This one-day conference – organised in conjunction with the Scottish Agricultural College and Scottish Natural Heritage – will bring together a wealth of experience from those operating throughout the Scottish food chain, including TV chef Nick Nairn. The conference will provide a platform for speakers from a variety of organisations including SEERAD, University of Glasgow, Quality Meat Scotland and the Food Standards Agency. Sessions will include, ‘sustainable agriculture and a healthy diet’, ‘what is a healthy farm?’, ‘inspiring change in Scotland's diet’ and ‘links in the chain’. SCDP are making two free places available for community food initiatives. Contact Alice if you are interested. For more information on the event call 0131 666 2474 or email [contact@sascotland.org](mailto:contact@sascotland.org)

**Gardening Scotland 2005** will run from Friday 3 June to Sunday 5 June at the Royal Highland Centre, Ingliston, near Edinburgh. The show is now in its sixth year and this year's event should also include community gardening. Tickets to Gardening Scotland cost £14 but advance tickets are available priced £12 from the ticket hotline on 0906 701 2000 or online from [www.gardeningscotland.co.uk](http://www.gardeningscotland.co.uk). Alternatively, they can be purchased by post from: Gardening

Scotland, 2 Ingliston Gardens, Ingliston, Newbridge, Midlothian, EH28 8NB. If your community food initiative would like one of two free pairs of tickets for the event contact Alice asap.

As those who attended the workshop given by FSA Wales at last year's SCDP networking event at Murrayfield will recall, a **Nutrition Network for Wales** was being considered. FSA Wales has now commissioned the Wales Centre for Health ([www.wales.nhs.uk/sites/home.cfm?orgid=369](http://www.wales.nhs.uk/sites/home.cfm?orgid=369)) to take forward the development of the network with a remit *"to facilitate partnership collaboration and interaction to bring together all those individuals and organisations concerned with improving diet and nutrition in Wales"* and also to *"provide links to other national and international diet and nutrition networks"*.

The McCarrison Society – Scottish Group are holding their spring meeting at the Royal Botanic Gardens in Edinburgh at 2pm on Saturday 9 April. The theme will be **'Childhood obesity in Scotland – new ways forward'**. Open to the public, tickets cost £5. For more information contact Dr Cedric de Voil, Chairman of Scottish Group of the McCarrison Society, tel: 01241 872614, email [familydevoil@hotmail.com](mailto:familydevoil@hotmail.com)

**Fair Trade Fortnight** has just finished (March 1-13) with Fair Trade breakfasts, coffee mornings and even wine tastings going on in community centres, schools, places of worship and shops, from Aberdeen to Castle Douglas. For more information see [www.fairtrade.org.uk](http://www.fairtrade.org.uk)

A survey by the Food Commission into the availability of **unhealthy snacks at supermarket checkouts** has found that Morrisons did not have a single snack-free checkout. Waitrose came top of the survey with 96 per cent of its checkouts free of sweets. The survey covered 3,500 checkouts in 300 high street stores. Visit [www.foodcomm.org.uk](http://www.foodcomm.org.uk) for more information.

The traditional **Norwegian** staples of fish and potatoes are being steadily phased out in favour of meat and vegetables, according to a new report from the Directorate for Health and Social Affairs. Nutrition experts are not happy with the trend, and complain that even the best one, rising vegetable

intake, is not up to ideal levels, newspaper Aftenposten reports. Meat consumption is at record levels, and including private border shopping in Sweden, which is estimated at 21 million kilos a year, the average Norwegian now eats 73 kilos of meat a year. Since 1979 consumption of poultry is up by a factor of five, while pork is up 25% and beef up 15%. Ground meats and sausage sales are also up over the past ten years. The directorate now wants to actively promote fish but faces an uphill battle in reviving interest in this national staple. [www.aftenposten.no/english/local/article917314.ece](http://www.aftenposten.no/english/local/article917314.ece)

The **Scottish Community Development Centre** has published its training and support services for 2005. The brochure includes courses on evaluation, gathering quality evidence and research methods as well as the option to request inhouse training whereby an organisation buys in the training for a particular staff group, committee or community group. For more information visit [www.scdc.org.uk](http://www.scdc.org.uk) or call 0141 248 1924

**Soil Association Scotland** has launched an education project, designed to illustrate the links between healthy food and the Scottish countryside. Funding, including a grant of £50,000 from the Heritage Lottery Fund, has been secured for the 'Seeing is believing' project, which will be delivered by a full-time Education Officer. Additional funding was provided by Scottish Natural Heritage (SNH), the Scottish Executive and small trusts. The project is designed to increase awareness of the benefits of organic farming and the links between healthy food and a sustainable Scottish countryside. To find out more, call 0131 666 2474.

A date has been set for this year's **Faculty of Public Health annual Scottish conference**. It will be held in Aberdeen on 10 and 11 November. Watch out for more details.

The newly established **Centre for Confidence and Wellbeing** is located within the Glasgow Centre for Population Health and more information can be found at [www.centreforconfidence.co.uk](http://www.centreforconfidence.co.uk)

## DATES FOR YOUR DIARY

### March

22 Focus on Food “from plough to plate from lips to hips and from policy to practice.” The Moray Food and Health Group present a networking event at the Mansfield Hotel, Elgin from 9 to 4. For further information contact Rachel.thompson4@nhs.net or call 01343 545246.

### April

5-7 UKPHA 13th Annual Public Health Forum, The Sage, Gateshead. This year the focus is on Renaissance and Responsibility. It is a multi-speciality event targeted at everyone who is involved in promoting public health and wellbeing. For further information or to receive an application pack, please visit: [www.benchcom.co.uk/ukpha](http://www.benchcom.co.uk/ukpha).

18 The future for Scottish Water, Apex International Hotel, the Grassmarket 10 – 4. Call 0131 556 1500 or visit [www.mackayhannah.com](http://www.mackayhannah.com) for more information.

### May

8-14 National Breastfeeding Awareness Week. Visit [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk) for further information.

13 Children’s Mental Health Conference, Hilton Glasgow. For more information contact David Gentles, Queen Mother’s Hospital, 0141 201 9353 or [djg8c@clinmed.gla.ac.uk](mailto:djg8c@clinmed.gla.ac.uk)

19 Enhancing Women’s Health Conference, Glasgow Moat House. For more information contact David Gentles, Queen Mother’s Hospital Tel 0141 201 9353 or [djg8c@clinmed.gla.ac.uk](mailto:djg8c@clinmed.gla.ac.uk)

20 The Challenges of Men’s Health Conference, Glasgow Moat House. For more information contact David Gentles, Queen Mother’s Hospital Tel 0141 201 9353 or [djg8c@clinmed.gla.ac.uk](mailto:djg8c@clinmed.gla.ac.uk)

28-29 Health, Community Partnership organised by NHS Health Scotland, Voluntary Health Scotland and CVO East Ayrshire. Erskine Bridge Hotel, Renfrewshire. For more information email [Information@cvoea.org](mailto:Information@cvoea.org)

### June

1-30 Food First Month: ‘Weight Wise at Work. Organised by the British Dietetic Association [www.bda.uk.com](http://www.bda.uk.com)

3 - 5 Gardening Scotland 2005, The Royal Highland Centre, Ingliston, Edinburgh, Friday and Saturday: 10am-6pm, Sunday: 10am - 5pm. More info on [www.gardeningscotland.com](http://www.gardeningscotland.com)

10 – 11 Soil Association Scotland Aberdeenshire Gathering includes visits to three different farms with a variety of enterprises. More information from Lyn Matheson on 0131 666 0847.

13-19 Foodlink National Food Safety Week will focus on raising awareness of how hands can spread germs. Leaflets, posters, wall charts, fridge thermometers, magnets and more, available to purchase from [www.foodlink.org.uk](http://www.foodlink.org.uk). The website also gives advice about how to hold an awareness raising event.

Visit [www.dietproject.org.uk](http://www.dietproject.org.uk) for more information on events. If you have an event coming up let SCDP know!

**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; Kim Newstead, 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 Email: [scdp@scotconsumer.org.uk](mailto:scdp@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](http://www.dietproject.org.uk)