



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

In with the new .. on with the old

As the momentum increases in the national effort to tackle inequalities in food and health, new initiatives and new policies are to be expected. However, it is essential that this is balanced by consistency and built on experience. This edition of Fare Choice includes no shortage of new local projects (see page 5) and national initiatives (see new catering award, page 2), new publications (see page 9), and new and proposed new policies (see page 2). There is also a lot of new learning, much of which confirms long held impressions and some of which should challenge preconceptions and encourage new practice (see SCOFF article, page 4).

Alongside all this new activity it is important to have consistency both at a policy (see 4th Healthy Scotland Convention, page 11) and practice level (see Dumfries Food Train's tenth birthday, page 10 and Phase Two Have a Heart Paisley, page 8).

SCDP's seventh annual small grant scheme also reflected this balance of the old and the new, consistency and innovation, with long-established projects taking on new challenges, and others developing new approaches to tackling old barriers (see page 3).

Continuing to blend consistency and change will be a challenge for both local and national planners and policy makers. Their success in achieving and sustaining that blend will determine the rate of progress and scale of impact.

Many of the project's activities, including this newsletter, have developed over the past nine years with new features and new ways of working introduced alongside old favourites. In order to ensure the project is still meeting the needs of all those we are trying to work with we felt it would be useful to undertake a users' survey. It would be a great help to us if you would complete and return the enclosed questionnaire as soon as possible to the freepost address provided. Thank you for your co-operation.



The Harvest for Health team hard at work
(see page 5 for more details)

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Holyrood www.scotland.gov.uk

Guidance has recently been sent out from Holyrood on what Ministers expect the £100m **Quality of Life funding** for 2006 -2008 to support. The key policy themes drawn from existing local and national strategies have been identified as improving the local environment and improving community wellbeing. The importance of discussion with Community Planning partners is emphasised in the guidance. All Councils have been asked to provide by 30 November 2005 a submission setting out how they propose to use the funds in line with the policy themes for 2006-2007, and indicative plans for 2007-2008.

Frances Curran MSP is about to launch a **new Free School Meals Bill** at the Scottish Parliament and is undertaking a consultation. Anyone interested can answer specific questions presented in the consultation document or simply make whatever comments they like in their own words. The deadline for responses is 14 October and the consultation document is available on www.cpag.org.uk/scotland. Responses can be sent to Free School Meals Consultation, c/o Frances Curran MSP, Scottish Parliament, Edinburgh, EH99 1SP or by e-mail to frances.curran.msp@scottish.parliament.uk

“As we look to the future we must recognise the contribution that the Scottish Healthy Choices Award and its award holders have made to improve access to healthier food. We will build on this success to ensure that we continue to drive up standards and make it easier for the people of Scotland to eat healthily, in their workplaces or when eating out” Lewis Macdonald, Deputy Minister for Health and Community Care.

Things are set to change at the **Scottish Healthy Choices Award Scheme (SHCAS)**. The Scottish Executive is committed to developing a new national catering award, planned for launch in Spring 2006. SHCAS has been administered jointly by the Scottish Consumer Council and NHS Health Scotland since 1997 and resulted in almost 1,000 awards being presented. Throughout that time SHCAS has worked with a wide range of caterers, of all sizes, from not only the public and

private sectors, but also voluntary organisations and community groups who had often to overcome significant barriers to achieve the prestigious award. More information is available from www.shcas.co.uk

Westminster ww.ukonline.gov.uk

The expected commencement of Phase 1 of **Healthy Start** in Devon and Cornwall this month has been delayed. The Regulations will not be laid before Parliament until after the summer recess, which ends in October. Phase 1 of Healthy Start will not therefore begin until after October and there is as yet no date for the reformed Welfare Food scheme being introduced in Scotland.

The **Children’s Food Bill**, re-presented to Parliament in June, has its second reading on 28 October when 100 MPs need to be present for the Bill to progress to Committee stage. See www.sustainweb.org/child_index.asp for more information.

The Children’s Food Bill Campaign has produced a **new report**, *The Children’s Food Bill - Why we need a new law, not more voluntary approaches*. Published by Sustain, it costs £25 (£10 to voluntary and public interested organisations). Tel 020 7837 1228 or visit www.sustainweb.org. A summary of the report is available from www.sustainweb.org/CFB-MpReport.pdf

Brussels www.europa.eu.int

The EU Directive on audiovisual regulation, **Television Without Frontiers**, is currently under review, presenting an opportunity to advocate Europe-wide controls on the advertising of unhealthy foods to children. See: http://www.europa.eu.int/comm/avpolicy/revision-tvwf2005/consult_en.htm

‘Get Heard’, part funded by the European Commission, is designed to ensure that the voices of those experiencing poverty are heard in the **development of the next NAP inclusion**. Community-based organisations are being encouraged to run workshops with the help of a Participation Toolkit, the outputs of which will be fed into the development of the UK’s action plan for 2006-2008. To find out more about the Get Heard project go to www.ukcap.org/getheard.

Fare Choice

Lucy Gillie has **left** the Scottish Community Diet Project after four years. Lucy has taken up a post to manage the Community Voices Network, which is a Communities Scotland venture. The Network will be participatory and has been set up to exchange learning between those people who live in low income areas and want to become more involved in policy making. She will be based at Paul Zealey Associates in Glasgow. If you would like to find out more you can contact her on 0141 248 9900 or info@zealey.com. Lizanne Humewill **not now be returning to** the project after completion of her year's study leave, as she has a new post as Health Improvement Manager at NHS Health Scotland. Lizanne would like to thank all those who responded to her survey on applying co-operative approaches to work on food and health. She will hopefully be summarising her findings in a future edition of Fare Choice. Kim Newstead, who was covering for Lizanne, will now be **remaining** with the project and the vacant post will be advertised as soon as possible.

'On Track', the SCDP's **annual networking event**, being held for the first time in Glasgow on 3 November, has proven so popular that additional places have been created. However, most of these additional places have already been allocated. Anyone interested in attending should contact Alice as soon as possible.

The SCDP has just awarded **small grants** to 57 successful grant applicants. Again, we were inundated with many worthy and well-planned grant applications and choosing between them was a challenge for the grants sub-group. A wide range of projects have been successful this year – covering all areas, from the Borders to the Western Isles. Projects hope to tackle the barriers to healthy eating in many ways including cooking classes, fruit and vegetable growing, training for trainers and running fruit 'barras'. SCDP has agreed to fund all kinds of things to help these projects get started, from wheelbarrows and fencing to the cost of crèche facilities and training. Good luck to all the projects and thanks for all the applications.

SCDP is also in the process of analysing what **last year's grant recipients** got up to. We had an impressive 94% response rate to our request for information from last year's recipients. Nearly all the projects had been successful at carrying out

activities that tried to tackle the barriers to healthy eating. Many had also carried out evaluation and responses showed participants believed that they were eating healthier, or eating a wider variety of foods as the result of the project's activities. Participants reported that this was because that they had either improved their cooking skills, had better access to affordable fruit and vegetables or simply because their families had been able to taste healthier foods and they were now more likely to buy them. Only 11% of those who responded had serious delays - sometimes due to staff changes or sickness, relocation or extreme weather. As well as our 'Take Stock' article in this edition that highlights the work of two of last year's SCDP funded projects, there are further details about some of the other grant recipients in our Special Grants Edition (published May 2005) which is available on our website.

This year's residential training in 'exploring, identifying and tackling community food issues by participatory appraisal' has received a great deal of interest and is now more than fully booked. Thank you to everyone who has shown an interest in the course.

The recent **Lothian: London policy and practice exchange** involved 14 participants examining mobile food vans, community cafés, food co-ops, a community pub and muesli factory. A report on the exchange has been produced highlighting not only the many similarities noted by the participants, but also the differences. The report is available from Alice or downloadable from www.dietproject.org.uk

A small **study tour to Wales** was arranged by SCDP to continue to develop the relationship between the two countries in terms of policy and practice around food and low income. Two Scottish practitioners were given the opportunity to travel to Wales and find out about the Welsh nutrition strategy and the planned nutrition network. The study tour consisted of a two day visit to Cardiff, visiting local community food initiatives, meeting Welsh practitioners and attending the annual 'Eating for Health: Policy into Action' conference organised by FSA Wales. A report on the trip can be downloaded from the SCDP website. A Welsh presence is being planned for November's 'On Track' conference in Glasgow.

Scoff



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

An evaluation of participatory methods for research with 'hard to reach groups'

The Government is committed to widening public participation in policy making, but while the need to consult people is widely accepted, there is less consensus about the best ways to do this. This research project focused on two groups of people who are considered 'hard to reach' and thus largely excluded from conventional consultation activities, young people in secondary school and low waged workers. They were consulted on two policy issues: whole school food and food labels respectively.

Accessing and recruiting participants: Despite some cynicism about the utility of research and about government reasons for consultation, there were very few refusals to participate. Young people and low waged workers were very generous with their ideas and time and were keen to contribute to debates, within the context of extremely busy lives. For example, one school participant knocked a popular perception of teenagers when he described his typical day: "I get my brothers and sisters ready for school and take them there, work all day at school, go home and help around the house and do homework and help get my brothers and sisters off to bed, and so I am tired, but I am really interested in this project."

The most important factor when accessing participants was to go to them; we met restaurant workers as they served customers, young people in classrooms and childminders as they looked after children. This takes time - meeting community contacts to develop trust, walking the streets and dropping in at workplaces. This puts the onus on the researcher to do more work, making it easier for people to participate.

Participatory methods: Secondary school students worked to develop whole school food policies and school nutrition action groups and low waged workers contributed to consultations on, for example, the role of labels in the promotion of

foods to children. The research process used participatory methods for individual work and also group consultations; these methods enabled participants to give their ideas in an open ended way. For example, 'H diagrams' were used for individual consultations; participants stated what they liked, disliked and wanted to change about a particular issue. In group consultations low waged workers moved from brainstorming ideas about issues through the use of mapping techniques and moved on to prioritising policy changes and planning for implementation. No one had to do any reading or writing unless they wanted to and no prior preparation was necessary.

One student called it "a friendly approach", and a wide range of participants, including many with literacy difficulties, said they valued the methods and felt they had the chance to make useful contributions. Participants expressed almost universal disdain for traditional questionnaires.

Unexpected Ethics: What can researchers do when a teacher calls students stupid in front of them? Many ethical issues arose during this research and many of these had not been predicted. This is a particularly fertile ground for further study as participatory processes are becoming more frequently used - it is important to ensure that participants genuinely benefit from research using these methods.

Closing the circle: All findings were reviewed with participants, including those on methods as well as food labelling and school food. Participants were able to present findings to funders and to question funders on the future of the research. This process was essential and went some way towards countering views expressed by participants during the research such as, "We'll say what we think and you just won't write them down or tell anyone, you'll put what you want to say."

This research was supported by the Food Standards Agency and conducted by Alizon Draper, Jessica Mitchell and Paul Newton of the University of Westminster; Judith Green and Nicki Thorogood of the London School of Hygiene and Tropical Medicine and Ulla Gustafsson of Roehampton University. For further information about this study contact Jessical (jessica_mitchell@hotmail.com) or Alizon (alizon.draper@westminster.ac.uk).

For more information about SCOFF, please contact Wendy Wills: 01707 286165 (w.j.wills@herts.ac.uk)

Project News

Bridgend Farm Community Gardening and Health Project is a new organic allotment site in south Edinburgh, funded for the first year by the Transforming Your Space lottery fund. There has been strong support from health professionals and people involved in local groups for a gardening project, which will involve people in growing fruit and vegetables and learning about organic gardening. There are lots of ideas about how the project could develop - involving people of all ages, from nursery school age on, and linking with local cookery classes, including people from refugee and asylum seeker groups, running short courses in organic growing for allotment holders and others, and art sessions and festivals. People whose mental or physical health could benefit could be encouraged to take part by health workers and others. City of Edinburgh Council are to install a fence, water supply, compost toilets and huts over the winter, and the project will start in early 2006. It is hoped that the site will encourage more organic growing on other allotment sites and in gardens, and will also promote biodiversity. If anyone wants more information, or can offer help or advice, please contact Antonia Ineson, on 0131 536 9425 or Antonia.ineson@lhb.scot.nhs.uk

Dumfries Food Train has just celebrated its tenth birthday. Over the last ten years this mobile initiative has involved over 80 volunteers making over 35,000 deliveries totalling £700,000 worth of shopping to over 1,200 customers. Their first ever customer still uses the service. For more information see www.thefoodtrain.co.uk or tel: 01387 270 800

Highlands and Islands Local Food Network have launched the first issue of their newsletter 'Local Bites'. More information on the recently established Network is available from their excellent website www.hilocalfood.net or from info@hilocalfood.net

Hillhead Children's Garden are looking to develop a children's urban orchard to allow children to plant apples, pears, plums and cherry trees across Glasgow. They are keen to hear from anyone who knows of suitable sites or would help to plant and look after the trees. With funding from

Forward Scotland, they currently intend to map potential sites, and show how many people, schools, groups, hospitals, businesses are interested in taking part in the initiative. If you can assist, please contact John Hancox on 0778 606 3918.

Harvest for Health was launched in early June 2005 at Capability Scotland's West Lane Gardens, in Johnstone, Renfrewshire. Launched to coincide with 'European Green Days', the project is already hard at work supporting community gardeners of all ages on a number of local sites. More information is available from the project's Development Officer Iain Finlay on 01505 331424 iain.findlay@renfrewshire.gov.uk.

Ayrshire's Community Food Workers Team have been working on cooking skills with Ardeer primary school pupils (P6) in an out-of-school setting.



Over 100 adults turned up at the completion of the work at a Community Café event in Ardeer to appreciate the results. The team intend building on and extending the success of this venture. Despite failing to receive funding through the local Regeneration Outcome Agreement (ROA) the team have recently acquired short-term funding and a securer future is being sought. They have also recently moved into new offices and can be contacted at 11 Kiln Walk, Irvine KA12 OAT 01294 311313.

Take Stock

This quarter's Take Stock highlights the work of two of last year's SCDP small grant recipients

'A Lemon is just a Confused Melon'

This project funded by the Scottish Community Diet Project has recently completed its activities. When Orkney Association of Youth Clubs received the £2400 funding they were delighted that this exciting project could occur. The main aim of the grant was to develop youth club programmes using the theme around healthy eating.

Every Youth Club affiliated to the Orkney Association of Youth Clubs was invited to apply for smaller amounts of funding from the main grant from SCDP. To ensure each club had an equal opportunity to apply and also to monitor all the projects, an application form was devised. Each club was invited to apply for one or all of the topics: Theme Night; Exotic Food; and Ask the Expert/ Cookery Demonstration. Each club was encouraged to plan their own programme to ensure club level ownership.



Amazingly every youth club affiliated to the Orkney Association of Youth Clubs applied. All nine clubs, some of which are divided into junior, middle and senior age groups, had a wide variety of ideas and themes on how to spend the money, yet they all followed the healthy eating initiative. Orkney Association of Youth Clubs Co-ordinator, Maureen Herdman, was thrilled at the diversity and enthusiasm of the local groups.

Once all the bid ideas were received Maureen decided to enlist the help of local Dietitian and Health Promotion Officer, Lynne Henderson. Lynne contacted each youth group and offered help and advice depending on the theme. She also provided posters, leaflets and pointed people in the right direction to resources. Furthermore, Lynne attended a few of the youth club groups to share her knowledge of healthy eating.



The diversity of each youth group using the money was overwhelming, not only in the wide range of themes within healthy eating, but also the time the project spanned. Some clubs ran the programme just one week and others continued the theme for six weeks! During this project the youth clubs have eaten from Greece to Hawaii. They have compared low-fat to full-fat foods, eaten fruit they had never heard of before, tried different seafoods, learnt new recipes, made fruit smoothies and mocktails, and even held a 'beauty salon'.

Throughout the whole project all youth clubs had positive media coverage, including local newspapers, Club Times Newsletter, and Magnet- the magazine of Youth Scotland's network. The 'lemon is just a confused melon' project would not have been possible to undertake without the diversity of support and enthusiasm of Youth Clubs and essentially, the grant money. All youth clubs involved thoroughly enjoyed being part of this healthy eating project.

For more information contact Maureen Herdman, Orkney Association of Youth Clubs 01856 873535 or Lynne Henderson, Health Promotion Officer 01856 879801.

Fare Choice

Confidence to cook

'Confidence to Cook' is a community kitchen in Aberdeen that has been open since March 2004 to provide kitchen facilities for groups of up to ten people at a time who wish to improve their cooking skills.

The project came about as the result of a Community Dietetic survey of Community Education Centres that showed that there was a lack of suitable kitchen facilities in the city for groups to take part in hands-on cooking sessions. The kitchen was then developed in partnership with Aberdeen City Council and NHS Grampian who received funding from the Scottish Executive's Health Improvement Fund. Summerhill Community Centre hosts Confidence to Cook and supports the kitchen by providing the time and expertise of an Adult Learning Co-ordinator, crèche facilities and administrative support. The SCDP small grant scheme provided a small amount of funding to employ a part-time kitchen co-ordinator for 40 weeks.

Confidence to Cook consists of dining as well as cooking facilities. The kitchen area provides 5 fully equipped work-stations including blenders and woks as well as standard kitchen items. A range of 'store cupboard' ingredients is provided with the use of the kitchen and participants are charged £1 per person to help cover the costs of these. Groups bring in their own perishable goods. Each group has to have a leader/ facilitator who has a Food Hygiene certificate or alternatively a tutor can be provided for the subsidised cost of £20 per session. The facility is open, and free of charge to any group in Grampian who, so far, have made use of the kitchen for anything from a few hours to 10-week courses.

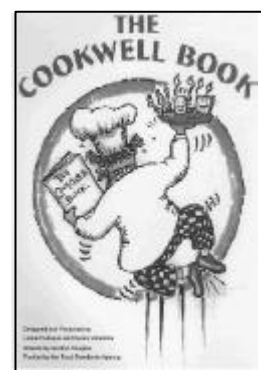
The kitchen ran as a pilot project until July 2004 when it carried out a thorough evaluation of what had been achieved so far. In that short period, the facility had been used for 95 cookery sessions by 20 different groups including dieticians, parents groups, training for trainers and play-schemes who have learnt to cook everything from lentil soup and chicken Mexican to fruit crumble and birthday cakes. New skills reported by participants included: how to feed toddlers, awareness of healthy eating, how to recover a lumpy sauce, separating an egg and rolling out scones. The pilot

period gave the project a chance to ensure that it could smooth out any problems – there were many positive comments about the facilities and stock of ingredients, but also some concerns regarding previous groups not cleaning up adequately and equipment not always being suitable for groups with special needs. Participants reported that they have really enjoyed coming to the kitchen and that they have increased their confidence around cooking.

Recently, the kitchen has received Health Improvement Funding for an extra year to continue the work of the kitchen and to employ a new Development Worker who will market Confidence to Cook and seek further funding to continue the project in the future. The kitchen continues to provide its facility free of charge to most groups. However, the kitchen is sometimes used by a local private school who make a donation to the project. Charging for some groups in the future may be a way of subsidising the facility for those who are less able to pay. Bookings continue to flow in and the wide range of groups including special needs groups, groups preparing for independent living and youth groups who have recently used the facility continue to raise the profile of the facility in Aberdeen and beyond.

For more information contact Carol Gray, 01224 346181 or email cgray@aberdeencity.gov.uk

For those who are thinking about setting up or running cooking sessions, SCDP still has copies of the toolkit – *The CookWell Book* available free of charge. This book was based on a University of Dundee research project, funded by the Food Standards



Agency and has session plans with recipes and shopping lists for each cookery session. Contact Alice for a copy or the *CookWell Book* is also available to download from the FSA website www.food.gov.uk - type 'Cookwell book' into their search option.

Question Time

Joanne O Suilleabhain is the Development Co-ordinator for Healthy Eating for national health demonstration project, Have a Heart Paisley. Joanne moved up to Scotland from the North East of England, having worked on the Department of Health's 5 A DAY programme at local and regional level.



Q What do you consider to be the most significant lesson from Phase One of Have a Heart Paisley on accessing a healthier diet?

A The overarching lesson from Phase One of Have a Heart Paisley is the need for partnership working. This has been the key to the success of healthy eating activities across all settings - community projects, schools, dietetic activities, primary and secondary care. Much of the activity to improve access to healthy foods has been sustained via community projects, with community initiatives developing to provide healthy eating services in response to local needs. The mobile food project is a prime example of this and was set up following food mapping within some of the most deprived areas of Paisley. It provides access to healthy, affordable foods in areas of the town where availability is poor. The support of local volunteers has been crucial in establishing and sustaining all of the Have a Heart Paisley project's community initiatives. Other successes include the work led by the Nutrition and Dietetic Service, which developed a rolling programme of nutrition training and a teaching resource for pre-5s. Both the training and the 'Eat Well to Play Well' resource, developed in partnership with the education sector, have been subsequently extended beyond the initial target groups. The lunch clubs, which have been established within community venues, are another example of what can be achieved in partnership. The clubs continue to be sustainable, thanks to collaboration with the local Further Education

College. The College is now meeting the requirements of its community outreach programme and the community is receiving affordable healthy food at the same time.

Q What do you consider to be the biggest challenge in Phase Two of Have a Heart Paisley for local communities?

A Phase Two of Have a Heart Paisley will target those aged 45-60 who are at risk of developing heart disease and people of all ages who have existing heart problems. Initiatives will help local people recognise their risk of heart disease and support them to both reduce that risk and go on to maintain a healthy lifestyle. The challenge for local communities and Have a Heart Paisley to achieve this lies in motivation. There are, for example, more healthy eating opportunities now available within the community and work is currently going on to identify gaps in services. However, people need to be willing to take these steps to improve their own health and Have a Heart Paisley will be there to help them achieve this. An additional challenge for Have a Heart Paisley is tackling the wider environmental factors affecting people's dietary choices such as the price and availability of fruit and vegetables or the information on packaging.

Q How confident are you that Have a Heart Paisley can have a lasting impact on food and health in Paisley?

A Have a Heart Paisley's aims and target group have become more focused in Phase Two, which will allow activities to be more intense. This concentration of efforts has real prospects of delivering measurable effects within a relatively short time period. By the end of Phase Two I am confident that the project will be able to provide good evidence on how this kind of approach can contribute to better health in individuals and to reducing health inequalities. With the support of local and national partners, we hope to not only have a lasting impact on food and health in Paisley, but to help guide future action on health improvement for the rest of Scotland.

visit Have a Heart Paisley's new website, www.haveaheart.org.uk, for further information

Publications

“Our study confirms that access to healthy foods is about much more than the geographical location of stores. Factors such as choice, affordability, and life skills – such as cooking – can determine whether or not areas are classified as ‘access poor’.” **Putting food access on the radar: how to target and prioritise communities at risk** is the title of a very relevant piece of research recently completed by colleagues at the National Consumer Council in London. The research consisted of overlaying commonly held socio-economic and demographic data, plus local shopping surveys, a questionnaire and discussion groups. The results can be downloaded from www.ncc.org.uk/food/access_radar.pdf and SCDP has a number of hard copies, contact Alice if you would like one.

The report from last autumn’s seminar on the **food chain in Lothian** is now available. Several areas for development were highlighted, including the importance of a strategic approach to food and health involving all stages, from growing fruit and vegetables and producing meat, to public procurement of food, to retailing, cooking and eating it. The report highlights scope for better linking, support and the sharing of resources and experience. There is a particular focus on evaluation and dissemination of work, and the need is identified for better joint work between funders and people working at community level. Overall there is a strong sense in the report that there is the possibility for work on food to link up and make a difference to the way that food is produced, bought and eaten. Copies of the report are available (free) from Antonia Ineson, 0131 536 9425, antonia.ineson@lhb.scot.nhs.uk and Moyra Burns, 0131 536 3533, moyra.burns@lhb.scot.nhs.uk

“Today’s children live in a fast-paced, highly commercialised world where they are relentlessly targeted by companies and advertisers who seem to operate with the ethics of the playground bully.” Ed Mayo, National Consumer Council.

Shopping Generation – a new report from the National Consumer Council shows that many young people feel commercially abused and treated as second-class citizens by companies and advertisers. This first ever national survey of

teenage consumers, along with recommendations for action, is downloadable from www.ncc.org.uk/protectingconsumers/shopping_generation.pdf. or contact Alice to request a copy.

“Community food initiatives in Scotland are as diverse as the country itself. The expert group recognises that no single blueprint for their development exists, as each evolves in accordance with local circumstances such as local concerns, local need, available funding and involvement of key individuals. To build on the experience and expertise of local initiatives to date, more listening to and learning from cfi’s around Scotland by policy makers at local and national level is recommended.” **‘Cardiovascular disease: a guide to primary prevention in Scotland’** is the informative report that has been produced by the Heart Health National Learning Network. The substantial report details background data, presents evidence-based recommendations and highlights possible levers for change. Further information on the publication and downloadable copies are available from www.healthscotland.com

The Food Ethics Council have just published on the web their report on **‘Power in the food system: understanding trends and improving accountability’**. The report’s conclusions focus on, *“The power of public procurement to promote systematic change in food and agriculture; the importance of business regulation and competition rules, nationally and internationally; the role of civil society in promoting progressive change in food and agriculture, particularly via the notion of ‘food sovereignty’ that is being advanced by social movements world-wide”*. <http://www.foodethicscouncil.org/resources/foodgovreport.pdf>

The Co-operative group’s latest **Corporate Responsibility Report** can be viewed at <http://www.co-op.co.uk/csr2004>

A useful report has been commissioned south of the border by the **Department of Food and Rural Affairs (DEFRA)** on the validity of food miles as an indicator of sustainable development. Both the full report and an executive summary are available to download on <http://statistics.defra.gov.uk/esg/reports/foodmiles/default.asp>

News

The **4th Healthy Scotland Convention** takes place in Glasgow on Monday 21 November. The aim of the convention is to bring together organisations and individuals engaged in health improvement and provide them with an opportunity to share knowledge, experience, ideas and best practice. The focus will be on inequalities, celebrating success and identifying good practice, but also looking forward to the next phase of health improvement action. The format of the event has been largely designed with these aims in mind. Ministerial involvement, stimulating speakers, genuine involvement of a wide range of stakeholders, ample opportunities for discussion and information sharing and an emphasis on showcasing good practice should all ensure that the Convention is stimulating, lively and informative. There are 300 places at the Convention but it is unlikely that everyone who applies will be able to attend. Places will not be allocated on a first come first served basis. A quota system will be used to ensure fair representation from a range of stakeholder interests including the community/voluntary sectors. Registration forms can be downloaded from the Health Scotland or SCDP websites or can be obtained from Jean Boyce, 0141 300 1017, jean.boyce@health.scot.nhs.uk, Health Scotland, Clifton House, Clifton Place, Glasgow G3 7LS. Registration forms have to be in by Friday 21 October. All applicants will be notified in the week beginning 31 October whether or not they have been allocated a place.

At the **Scottish Allotments and Gardens Society (SAGS) AGM and Open meeting** around 70 delegates heard about the threats and opportunities faced by ploholders across the country. Speakers highlighted how threats were posed by housing developments, road developments, contamination, confusion over leases and even flood prevention schemes. However, there were also examples given of new sites being developed and old sites being given a new lease of life. There was no shortage of examples of good practice involving schools, family centres, disabled gardeners and users of mental health services. There were also signs of more allotments linking with other community food

initiatives. A recurring theme was the importance of ensuring that their activity was recognised and appreciated by local planners and local strategies. At the meeting it was announced that SAGS was working with the Allotments Regeneration Initiative and the Federation of City Farms and Community Gardens on a national conference to celebrate the achievements of Scotland's allotments. The event will be held in Stirling on 9 November. Involved in the conference will be Helen Pank, the recently appointed development worker in Scotland for the Federation of City Farms and Community Gardens. Helen is based at Gorgie City Farm in Edinburgh and can be contacted on 0131 623 7058.

This year's **Plunkett Foundation 2-day Rural Social Enterprise Conference** will dedicate its first day to the subject of community-owned village shops. Day two will concentrate on the broader rural social enterprise sector. More information on the event, which is being held on 24th and 25th November in Melton Mowbray, is available on www.plunkett.co.uk or from info@plunkett.co.uk or tel: 01993 810 730

ASH Scotland have recently launched Wave 2 of the **Tobacco and Inequalities Project's small grants fund**. This is an innovative approach to help people in hard-to-reach groups address their tobacco use and to quit smoking. Wave 2 is looking for bids from across Scotland's community groups, voluntary organisations and universities for a share of the £175000 available to the best new ideas. For an application pack please contact Kirsten Watson on 0131 225 4725 or kirsten.watson@ashscotland.org.uk or download from www.ashscotland.org.uk For further information and support in making an application bid, please contact Douglas Guest, Community Development Manager 0131-225 4725 or douglas.guest@ashscotland.org.uk

The **Dame Sheila McKechnie Award** was set up last year to encourage community food initiatives to develop innovative approaches to tackling issues around food inequality. The award intends to commemorate the work that Dame Sheila undertook in lobbying government for the establishment of Food Standards Agency. The award seeks to help local food initiatives by making a limited amount of funding available over

a 3-year period. Two initiatives will be chosen every year and each will receive £15,000 (£5,000 a year for a 3 year period). Full details and an application pack can be downloaded from www.food.gov.uk, or by e-mail from mckechneward@foodstandards.gsi.gov.uk, or contact the Consumer Insight Team on 020 7276 8170.

The seventh annual **Farmhouse Breakfast Week** has been scheduled for 22nd to 28th January 2006 with the theme of 'Make Time for It!' The Home Grown Cereals Authority (HGCA), who organise the week are again supplying promotional material, including posters, press packs and information on organising events. New this year will be a competition to find the country's 'Breakfast Champions'. For more information on the competition and promotional materials see www.hgca.com/breakfast

Nominations are now being accepted by the **Beacon Fellowship Charitable Trust** for their annual awards to individuals who have made exceptional contributions to charitable causes or to organisations that benefit the public. The overall winner of the Beacon Prize 2005/6 will receive a cash prize of £20,000 to be invested in the charity of their choice. Nomination forms are available from www.beaconfellowship.org.uk or tel 020 7849 6550. Closing date for nominations is 1 November 2005.

The Scottish Urban Regeneration Forum are inviting applications for their **Regeneration Best Practice Awards 2005**. The awards are open to any project or initiative in Scotland which is in place or has been completed within 2 years of the closing date of 30 September 2005. Three categories of nominations are open: People, Place and Partnership. Application forms are available from www.scotregen.co.uk or contact andymilne@scotregen.co.uk.

Community Interest Companies (CICs) are a new type of company specifically designed for social enterprises operating for the benefit of the community. The Community Interest Company Regulations 2005 came into force in July, allowing CIC's to be formed. A Regulator's Office has also been established with a useful website www.cicregulator.gov.uk

The Soil Association has produced a new toolkit to assist the setting up and development of local food enterprises. **Cultivating Co-operatives - organisational structures for local food enterprises** costs £15 + pp. Tel 0117 314 5000 or email info@soilassociation.org.

A **Charities and Trustee Investment (Scotland) Bill** has been passed by the Scottish Parliament. The Act includes measures for determining 'public benefit'. For more information see www.scotland.gov.uk/Topics/People/Voluntary-Issues/15300/Timetable

The **Healthy Living Food and Health Alliance** have put out the first edition of their newsletter. If you would like to know more about the Alliance see www.scotland.gov.uk/Topics/Health/health/19133/17908



As access to the web continues to increase, it is important that Scotland's community food initiatives make full use of the wealth of information it offers.

'**Food deserts**' may be a piece of terminology whose usage has been questioned in recent years, but the website www.fooddeserts.org, created by a member of staff at Southampton University is an excellent source of numerous links to information on retailing and food access.

Meanwhile if you would like to follow what the country's retailers are thinking, why not make a regular visit to **Foodchain magazine online** at www.foodchain-magazine.com/index.html. Few local websites can be as informative on **food access** as that of the Health Service in England's West Midlands www.rrt-pct.org.uk/healthy_living/food-policy.htm.

Finally, if **specific foodstuffs** are more your interest, you can surf information on everything from promoting Scotland's berries at www.berryscotland.com, to saving the haggis at www.flyinghaggis.org.uk/haggis/

DATES FOR YOUR DIARY

September

17-20 October Scottish Food Fortnight. Visit www.scottishfoodfortnight.co.uk for further information.

18-24 Mull and Iona Food Festival. For more information visit www.mict.co.uk/food/2005.htm

22 Beating the Drum for Social Firms, Tolbooth, Stirling 11 - 4.30. Free event organised by Social Firms Scotland. Contact jayne.chappell@socialfirms.org.uk, 0131 225 4178 for more information.

29-9 October Highland Feast: Highland Food and Drink Festival www.highlandfeast.co.uk

October

10-11 National Obesity Forum Conference: Obesity: Cut the Waist, Jurys Gt Russell St Hotel, London. Visit www.obesityforum.org.uk for further information.

21 Apple Day. Visit www.commonground.org.uk for further information.

27-28 Sustainable Scotland Network conference: 'Achieving More ... Using Less', Tolbooth, Stirling. Visit www.blueprintconference.com/ssn for further information or call 01786 826550.

2-28 Food, Diet and Health Conference, SECC, Glasgow, organised by University of Glasgow. Contact Carolyn Fraser on 0141 201 9264 or email cf24f@clinmed.gla.ac.uk

28 - 6 November Borders Banquet: Borders wide festival of food. Visit www.scottishborders.com for further information or call 01750 20555.

November

1 World Vegan Day. Visit www.worldveganday.org for further information.

3 On Track. SCDP free annual networking conference, Quality Hotel, Glasgow 9.30 - 3.30. Limited places available.

10-11 Annual Scottish Public health conference: Improving Health in Scotland: Overcoming the Challenges of Geography, Aberdeen Exhibition and Conference Centre. Call Henrietta Forman for more information on 0131 623 2508.

21 4th Healthy Scotland Convention, Radisson Hotel, Glasgow. For further information contact jackie.willis@health.scot.nhs.uk, 0141 300 1021.

December

8 Creating Healthier Communities, Edinburgh. One day practice event from the Scottish Centre for Regeneration. For further information and a booking form contact screvents@zealey.com

8-9 In Good Health: Linking Social Inclusion and Health - from good practices into policy, Radisson Hotel, Edinburgh. Free conference organised by NHS Health Scotland and EuroHealthNet. For more information contact m.andreasen@eurohealthnet.org

Visit 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; 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 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.