



FARE CHOICE

THE QUARTERLY NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

We're listening

As the interest in Scotland's food and health continues to grow, it is more important than ever that we continue to listen and learn.

The Scottish Community Diet Project would like to thank everyone who responded to our survey before Christmas and also those who fed their views in at our annual networking event in Glasgow last November.

We are already planning investments in both Fare Choice and our website, www.dietproject.org.uk, to better meet the needs identified and our other activities are being similarly reassessed based on listening to the people they are designed to have an impact upon, and the national agencies we work alongside.

More, and better, involvement, sharing and learning, particularly involving the most excluded in our society, appears to be a common desire which the project is keen to continue to respond to.

The date and venue for a national networking event in the autumn has already been set and likewise for our residential training in applying participatory appraisal techniques.

However, in addition to being good at listening, it is equally important to be listened to, and we are

delighted that the Scottish Executive have been very responsive and positive about ensuring the project has the capacity to undertake its role and remit in the future.

It is also important that we do not set unhelpful boundaries and that we listen and learn from London, Brussels and beyond, as well as from other sectors and disciplines.

Setting priorities is also about listening, and whether we are talking about the priorities set in the Food and Health Action Plan, or local prioritising through Community Planning, it is important that they not only reflect people's concerns and ambitions, but also adopt appropriate and effective means of addressing them.



read about the work of Healthy Valleys in this edition's Take Stock article

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Holyrood www.scotland.gov.uk

“Everyone has the right to a safe, healthy diet and diet has a potentially major contribution to make to improving the health of Scotland’s people, especially in our most disadvantaged communities.” ‘**Choosing Our Future: Scotland’s Sustainable Development Strategy**’ was launched just before Christmas. The Healthy Roots Initiative in Aberdeen provides a useful case study in the section relating to food. The strategy and supporting documentation are available on www.scotland.gov.uk/Publications/2005/12/1493902/39032

“Encouraging young children to eat healthily not only helps their growth and development as children, it also establishes good eating habits for life.” The recently published ‘**Nutritional Guidance for Early Years**’ is designed for under-fives in early education and builds on the ground-breaking Hungry for Success programme in schools. It includes information such as sample menus, recommendations on developing good eating habits, dental and physical health, guidance on religious faith/special diets and useful case studies. To download a copy visit www.scotland.gov.uk/Publications/2006/01/18153659/1

Having almost completed a major **review of the Scottish Diet Action Plan**¹, in the process of developing a **Food & Health Action Plan** for 2006-10² and awaiting the recommendations of their **Task Group on Developing Healthy Communities**³, the Scottish Executive will have no shortage of material to inform their long term vision for the national effort to tackle food access, health inequalities and social exclusion. SCDP will continue to highlight progress on all these fronts, and their significance for local communities tackling food access, whether through the newsletter, website or other activities.

1 www.hebs.com/research/news/SDAPreview/PolicyReviewproposalupdated281005.pdf

2 www.scotland.gov.uk/Topics/Health/health/19133/17902

3 www.scotland.gov.uk/Resource/Doc/1094/0019393.doc

Westminster www.ukonline.gov.uk

The Office of Fair Trading has signalled its intention to refer the **market for the supply of groceries by retailers in the UK** to the Competition Commission for more detailed investigation, and has published its analysis of the market for consultation prior to a final decision in April. For a copy of their analysis and more information on the consultation see <http://www.oft.gov.uk/News/Press+releases/2006/49-06.htm>

‘**Double Dividend? Promoting good nutrition and sustainable consumption through healthy school meals**’ has been published by the Sustainable Consumption Roundtable. The Roundtable was set up by two Westminster departments, DEFRA and the DTI, and involves a partnership between the National Consumer Council and the Sustainable Development Commission. Written and researched by the Soil Association and Cardiff University, *Double Dividend* is downloadable from www.sd-commission.org.uk

The **Children’s Food Bill** is scheduled for debate in the House of Commons on 16 June. Up-to-date information on the progress of the Campaign for the Children’s Food Bill is available at www.sustainweb.org/child_index.asp

Brussels www.europa.eu.int

“The rise in obesity is a Europe-wide problem which requires a coordinated Europe-wide approach if we are to contain and reverse this trend.” EU Health and Consumer Protection Commissioner Markos Kyprianou. The Commission has adopted a Green Paper on the promotion of healthy diets and physical activity to begin an extensive **public consultation** on how to reduce obesity levels and the prevalence of associated chronic diseases in the EU. The Green Paper invites contributions on a broad range of issues related to obesity, with a view to gathering information for a European dimension to reducing obesity levels which could complement, support and coordinate existing national measures. The public consultation will run until 15 March. For more information, see http://europa.eu.int/comm/health/ph_determinants/life_style/nutrition/nutrition_en.htm

Ger O'Riordan joined the Scottish Community Diet Project in January as a **new Development Officer**. Ger will already be familiar to many Fare Choice readers as she regularly contributed to seminars and conferences through her work at Flourish House in Glasgow. A very welcome increase in Health Department funding has also just been agreed which will allow the project to further develop its capacity. Watch out for details.

This year's SCDP **small grant scheme** will be launched just after Easter this year (mid April). All Fare Choice readers in Scotland will be sent the Grants Special Edition of Fare Choice which will give them information on the small grant scheme. There will also be information on our website. Small grants from £500 to £3000 will be available and we will aim to send out grants to successful applicants by September 2006. Last year, about one in four applications were successful. The Special Edition will also have information about what some of last year's grant recipients got up to. We are currently enjoying reading reports sent back by last year's grant recipients and are looking forward to receiving more! Thanks to all those who have sent in some great reports!

As mentioned in the last edition of Fare Choice, the **REHIS Elementary Course in Food and Health** has been launched and is now being run in many parts of the country. A promotion of the course for those from, or working with, low income communities is being funded by the Food Standards Agency Scotland and SCDP. Further details of the promotion, when available, will appear in Fare Choice and other newsletters or will be circulated through a special mailing.

Edinburgh Cyrenians' short film '**Good Food in Tackling Homelessness**' had its premier viewing on 2 March at the Filmhouse in Edinburgh. Music from the The Proclaimers was featured on the film and Nick Nairn provided narration. This SCDP-funded 15-minute film provides an overview of the work that the Cyrenians have undertaken in the last five years, using food to tackle not just the poor diet of many homeless people, but also the social side of being on the margins of society. The Cyrenians collect around £15,000 worth of food per week from a variety of food companies and redistribute it to 44 homeless services in the area.

They also run a 'cooking at home' project that involves cookery sessions for those who are or will soon be in their own tenancies. The cookery sessions promote the social side of cooking and eating together as well as cookery skills. A sizeable chunk of the Cyrenians programme is run by volunteers, many of whom are or were homeless. SCDP has a limited quantity of *Good Food in Tackling Homelessness* DVDs to give away to those who are interested in working with the homeless and food. Call Alice for a copy. For further information on the Edinburgh Cyrenians, see their website www.cyrenians.org.uk. SCDP has just been told it is to receive additional funding from the Health Department to further develop good practice across the country in terms of food, health and homelessness. Watch out for more details in the near future.

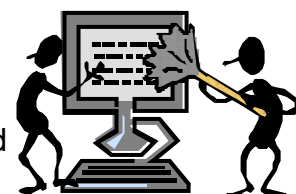
A **final draft of SCDP's toolkit on social enterprise** approaches for community food initiatives has been completed and we hope to launch the free publication in late April/early May. Details of how to get a copy will be in the summer edition of Fare Choice or included in an earlier mailing.

This year's **SCDP networking conference** will be held at the Apex Hotel in Dundee on 28 September. The report from last year's 'On Track' conference held in Glasgow last November will be available soon. Copies of the report will be sent out to participants shortly.

Later this year SCDP will be running a five-day **residential training course** for those wishing to learn about and use Participatory Appraisal (PA) methods. The PA course will take place from 2 to 6 October 2006 (venue to be confirmed). To find out about our first PA course which took place in 2003, see the report at www.dietproject.org.uk/reports/PA2003.pdf. More information on this and the networking event will be available on our website and in the next Fare Choice. So watch this space!

Database spring clean!

Please help us to keep our mailing list up to date by completing the enclosed form. Thank you.



Scoff

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



Preventing malnutrition on hospital wards for the elderly

Background

The Nutrition Standards Project has been working on the delivery of the NHS Quality Improvement Scotland (QIS) Standards on “Food, fluid and nutritional care in hospitals” in NHS Tayside’s elderly wards for the last three years. Elements of research, audit and evaluation have taken place throughout.

Audit of Standard 2 – Assessment, Screening and Care Planning

We undertook an audit of 520 patients’ case notes, to determine if the correct information about their nutritional status was collected on admission, throughout the patients’ stay and on discharge from hospital. This audit involved nursing staff and allied health professionals. It has highlighted many challenges and in particular the need to review all the recording sheets we use to make sure that information we need can be collected.

The reliability of the Malnutrition Universal Screening Tool (MUST)

The MUST is a nutritional screening tool used when the patient is admitted and throughout their stay, to highlight those who are malnourished or at risk of becoming so. The Project Dietitian is about to undertake a piece of research to ensure that the MUST is actually picking up the right patients.

Focus groups, Patient and staff questionnaires and Ward Observations (Standards 4 and 5)

Five separate pieces of work are guaranteeing the involvement of patients and ward staff in the development and design of future menu work on the project, and the delivery of catering. The focus groups enabled us to develop the themes for the two questionnaires. We asked about choice,

whether the meals were served at an appropriate time and trolley delivery times. We checked on foods that patients might want which were not currently provided, and those on the menu they did not like or did not understand. The provision of condiments to improve meals and the provision of snacks were reviewed. Feeding assistance and special dietary needs were also checked, and also whether the food service was interrupted for whatever reason. The ward observations will also give us an overview of what does and does not work, and where we could see examples of good or poor practice. The results from these individual reports are currently being pulled together into one big report and recommendations will go to managers as to what needs to be reviewed and possibly changed.

Evaluation

Training staff, such as caterers, nursing staff, nutrition link nurses, allied health professionals and doctors, on nutrition issues has been an important part of the project. Another part of this process has included evaluation of the training, for example with the caterers we have been keen to evaluate how their skills and knowledge have changed after attending a course on special diets. This feedback plays an important role in shaping future courses.

Future work

The project has just been extended for a further three years and will now cover all the in-patient wards across NHS Tayside.

For further information on the project contact:

anne.woodcock@tpct.scot.nhs.uk
(Project Leader)
caroline.hubbard@tpct.scot.nhs.uk
(Project Dietitian)

Copies of the NHS QIS Clinical Standards (2003) *Food, fluid and nutritional care in hospitals* are available to download from www.nhshealthquality.org

For more information about SCOFF, please contact the convenor, Wendy Wills w.j.wills@herts.ac.uk. Tel 01707 286165.

Project News

Silverbirch (Scotland) Ltd recently held an open day for its funders and partners on their new site at Lochmill, Milton of Campsie. The organisation provides work experience and training for approximately 50 people with learning difficulties. At present one of the organisation's main focus of work is the production and retail of garden compost and ornamental bark. However, they also have plans to develop a garden site where clients can grow and sell organic fruit and vegetables as well as plans to develop a retail facility to sell healthy snacks and other products. For more information contact Alice Cassels, 0141 777 5050 or email info@silverbirchscotland.org.uk

"The breadth and extent of the partnerships developed has been one of the strengths of the project." A report demonstrating the benefits of having a **community food development worker in Alloa South and East Social Inclusion Partnership** has been produced by the Department of Nutrition and Dietetics at NHS Forth Valley. The 26-page report, covering 2002-05, reflects on achievements and makes recommendations for the future. Currently a bid is being made through the Regeneration Outcome process to take the recommendations forward. For more information on the work and other Forth Valley activity visit www.forthvalley.scot.nhs.uk/fvhealthpromotion/nutrition/nutrition.htm

In February, North Lanarkshire Council launched its nursery fruit initiative, '**High Five for Fruit**', which will provide free fruit to all children aged 3-5 who attend the council's nurseries. The initiative was launched at New Stevenson Primary School - the nursery children played a big part in the launch by entertaining the guests with some great songs and rhymes about fruit. *High Five for Fruit* is funded jointly by the Community Regeneration Fund and Hungry for Success, with the fruit supplied by North Lanarkshire Federation of Food Co-operatives. For more information contact Tommy Murphy at the North Lanarkshire Federation of Food Co-operatives: 01236 421 463.

The Hidden Gardens' new community building 'The Boilerhouse' housing the office, workshop, kitchen space and outdoor area has now been

opened. A wide range of activities are planned including cooking and sharing recipes from around the world, learning about herbs and wild plants, building compost bins, developing the walled garden and making dyes and handmade paper. They are currently seeking more volunteers to work together to grow organic fruit and vegetables. If you are interested in becoming a volunteer contact Clem on 0141 332 9911 or email clem@nva.org.uk

Harvest for Health, mentioned in Issue 33, is making good progress with its work to support community gardening in Renfrewshire. A variety of groups are being successfully involved in learning about the growing of fruit and vegetables in a variety of settings within nurseries, schools, clubs, family centres and Capability Scotland's West Lane Gardens. A range of approaches is being developed, particularly with schoolchildren, and has included games and workshops which tie in with the Executive's 5-14 National Guidelines for Environmental Studies. This has been well received and supported by teachers. As a result several schools in the local community have been actively growing and harvesting produce and this has contributed to raising awareness of health and environmental issues. West Lane Gardens gathered a good harvest of vegetables, salads and herbs this year that were enjoyed by growers, local people and users of the Capability Scotland Centre in Paisley. In 2006, this produce will be made available to local people through the local food co-op, which will also be offering organic produce at wholesale prices. Good publicity was gained when the Capability Scotland garden narrowly missed a £50,000 prize from the Lottery "People's Millions". Local support has been forthcoming since then. Food growing classes in the area are being organised through the West Johnstone Time Bank, using West Lane Gardens as a demonstration site. Cookery classes are soon to be offered to teach people how to cook this increase in locally available produce. Contact details: Iain Findlay, Development Officer, Renfrewshire Sustainable Communities Project 01505 331424 iain.findlay@renfrewshire.gov.uk

www.dietproject.org.uk

Take Stock

Healthy Valleys

The Douglas and Nethan Valley, with a population of 12,800, is situated in the low rolling hills of the Clyde Valley. 'Healthy Valleys' Healthy Living Initiative, which has its base in the village of Rigside opened its doors in 2003. This partnership project funded by NHS Lanarkshire, the Big Lottery Fund and South Lanarkshire Council was set up as a result of community representation and engagement. Working together to promote positive action, the initiative promotes activities and opportunities which will contribute towards achieving better health, as well as addressing health inequalities identified through engagement with the local community, many of whom are on low incomes, without transport, and often living isolated lives within a rural area.

Together with the eight villages of the Douglas and Nethan Valley, Healthy Valleys are taking positive steps to help reduce the following health risks:

- ? mental health problems
- ? addiction problems
- ? coronary heart disease
- ? and obesity.

A broad range of activities have been enthusiastically received and well supported by the local communities. Three main projects focus on activity based programmes with specific themes of lifestyle, befriending and youth work. The Rural Development Trust, in partnership with Healthy Valleys, provides transport to and from these activities free of charge.

The Lifestyle Project provides a varied programme of activities, which focus on or include a healthy eating agenda. This also includes providing and promoting health education activities and information to groups and individuals in the community where all ages are covered.

The Healthy Weaning Initiative encourages parents of young babies to give them the best start in life. Parents are shown how to prepare and store home produced foods for babies using fresh produce. The sessions are provided over four weeks of two hours duration to groups of about

twelve and all parents receive a free recipe book at the end. Health professionals can refer parents who they feel would benefit from extra support to the groups. Healthy Valleys is planning to train a group of volunteers in April to lead Healthy Weaning sessions all over the local area.

Ready, Steady, Get Cooking started in the summer holidays of 2005. Play activities around food and nutrition are held at different venues in the Douglas and Nethan Valley. The aims of the day are to increase the awareness and knowledge of children about the benefits of following a healthier diet. Games and quizzes are used in a fun way to find out what the children know already



and what they have learned at the end. Events are rotated around the local villages and twelve to sixteen children can take part. *Ready, Steady, Get Cooking* has been so popular, with positive benefits for both children and parents, that it has now been established as an after school activity which is run for two hours over seven sessions on a weekly basis. The 'One Stop Shop' in Coalburn currently plays host to twelve children on Thursday afternoons. So far the children have enjoyed learning how to make pizzas, kebabs and bread using healthy fresh produce. The kebabs were a great success and talked about for weeks afterwards, especially as it gave participants the opportunity to eat salad and vegetables, which were not normally popular. Bread making was a 'sticky finger' activity for the group. There were great hoots of laughter as the children got their hands into the flour while mixing and kneading the dough. The tutor and volunteers helped the children to learn about the importance of the different ingredients used in the bread making process.

Fare Choice

Each child went home with one loaf of warm fresh bread.

'**Get Active**' is a programme of fun physical activities for children including football, trampolining, and swimming, which runs alongside *Ready, Steady, Get Cooking* during the summer and school holidays.

Feeding the Family is a six-week course for adults to learn how to cook nutritious and healthy food for their families. The courses are advertised at a range of places including primary and secondary schools. Working in partnership with Integrated Children's Services, parents who would benefit from this group are identified and key to its success are free spaces in their mobile crèche situated where the courses are located. *Feeding the Family* involves hands-on activity where the group members have



the opportunity to try out popular family recipes, taste and take away food that they have produced from fresh ingredients. There are many other benefits in that the group provides information on health and nutrition, people have the opportunity to socialise and have fun, and confidence can be gained through their activities. Food issues such as access to and availability of fresh produce in a rural community, local transport, the benefits of organic produce and community retailers are topics that often come up for discussion during the sessions. A *Feeding the Family* session which was recently organised in Rigside ran to 12 weeks recently because it was so successful.

'**Positive Images**' is an eight-week course for young people tackling various health topics including food and nutrition. All participants who take part in this and all other food and nutrition courses have the opportunity to achieve a Food

Hygiene certificate.

Healthy Valleys, in partnership with the Rural Development Trust provide a free weekly bus to **Lanark Farmer's Market**. Here, customers can buy a range of fresh fruit and vegetables at affordable prices.

A distinctive and eye catching '**Fruit Barrow**' was designed and made by the local young people.

The wheelbarrow is used at community events to promote healthy eating using displays of fruit and vegetables as well as information leaflets.

Healthy Valleys works with the local community using participatory appraisal approaches to identify and plan opportunities. These events are also used to promote healthy eating messages by giving away 'soup packs', which include ingredients and recipes, to all participants.

Healthy Valleys quarterly newsletter, 'D.N.A.', keeps the local community up to date with all their events and is circulated widely, as well as every school

child receiving a copy home in their school bag.

Plans for the future include rolling out *Ready, Steady, Get Cooking* as a training pack to the local area for volunteers to lead groups. More activities with older age groups will be developed and partnership working will further activities with young people and employability. Building on their success to date Healthy Valleys will support the local community to attend events in every way possible.



For more information contact Healthy Valleys, 31 Stuart Terrace, Rigside, Lanark ML11 9NN. Tel: 01555 880066, email: info@healthyvalleys.org.uk

www.healthyvalleys.org.uk

Question Time

Flora McLean is the Director of the Scottish Food and Drink Federation



Q Do you feel that the food industry view Scotland's health as their business?

A The food and drink manufacturing industry recognises that it has a responsibility to help consumers understand more about the food they eat and how to enjoy a healthy lifestyle and balanced diet.

In 2004, FDF (of which SFDF is a devolved division) published a Food and Health Manifesto, which set out seven clear industry commitments. These included providing more informative labelling; cutting fat, sugar and salt in products; looking at how the industry uses vending and advertising, and how companies get involved in promoting healthy lifestyle initiatives to the community and within their own workplaces.

One year on, we published the *Delivering On Our Commitments* report, demonstrating the very real progress the industry has made. The report showed that:

- ? 97% of products, worth almost **£33bn** at retail value, will have full nutrition information on pack by the end of 2006
- ? compared to 2004, 36% of products, worth **£7.4bn**, will have a lower level of salt by the end of 2005

Q How do you feel your members can best contribute to tackling the barriers to a healthy diet in Scotland's most deprived communities?

A There are a number of ways industry can contribute. Firstly, our members are committed to continuing to reduce levels of fat, salt and sugar in products and providing lower

fat, lower salt and lower sugar options, as well as offering products in a variety of sizes. The considerable progress already made will benefit all consumers.

Secondly, on school meals it is unquestionably right for Government to intervene. Right because it is important to instil good nutritional habits at an early age and because as the provider of meals in schools government has a duty to specify the nutritional standards that it wishes to deliver.

SFDF contributed to the process of developing nutrient specifications for school meals in Scotland. As suppliers of some of these foods, our members will also strive to meet school meal specifications in the same way they do for retail customers.

However, in rolling this policy out across Scotland, it is important to understand that nutrient specifications will only make a difference if children actually eat them. If children cannot find food they like in school, they will eat elsewhere. And of course, health is not just about diet. A healthy lifestyle combines healthy eating with moderate physical activity. FDF's consumer information programme *foodfitness* is based on the idea that a healthy lifestyle is fun, easily achievable and affordable.

Q How confident are you about achieving a healthier Scotland?

A SFDF is committed to playing its part, along with government, educators, consumers and the rest of the food chain, in helping to improve the nation's health, but we all need to pull together to help achieve this.

There are many food and health issues affecting Scotland to tackle, but I believe that with all interested parties focused on the challenges ahead, we can help achieve a healthier nation.

Scottish Food & Drink Federation
4a Torphichen Street
Edinburgh
0131 229 9415
www.sfdf.org.uk

Publications

“Children who lived in metropolitan areas where fruits and vegetables were relatively expensive gained significantly more weight than children who lived where fruit and vegetables were cheaper.” A causal relationship meriting further research was the major conclusion of a **recent study by the Department of Agriculture in the USA** looking at the price of fruit and vegetables and obesity. The study was based on 7,000 children from families who had the same incomes but ‘faced different food prices or availability’. The results were adjusted for other individual factors such as birth weight, sex, race and physical activity. An abstract of the study is available from www.ers.usda.gov/Publications/CCR14/ccr14.pdf

“The good news is that the diet for a healthy mind is the same as the diet for a health body. The bad news is that, unless there is a radical overhaul of food and farming policies - particularly on fish - there won’t be healthy and nutritious foods available in the future for people to eat.” **The Mental Health Foundation and Sustain** have produced two reports on the impact of diet on mood and behaviour, as part of their Feeding Minds campaign to raise awareness of the links between diet and mental health. *Feeding Minds - the impact of food on mental health* and *Changing Diets, Changing Minds: how food affects mental wellbeing and behaviour* are available to download from www.mentalhealth.org.uk/page.cfm?pagecode=PRFM

“There is widespread belief therefore, that many small shops across the UK will have ceased trading by 2015 with few independent businesses taking their place. Their loss, largely the result of a heavily unbalanced trading environment, will damage the UK socially, economically and environmentally.” **High Street Britain: 2015** is a report from the House of Commons All-Party Parliamentary Small Shops Group. The 90-page report, based on an inquiry held by the All-Party Group, can be downloaded from http://news.bbc.co.uk/1/shared/bsp/hi/pdfs/15_02_06_highstreet.pdf

“The aim of the meeting was not to rehearse yet again the seriousness of the problem. Instead it

was to enable discussion around the types of action that should be taken.” Last summer **Health Scotland** hosted a meeting to consider possible ways that increasing levels of obesity could be tackled. The evidence presented and the views expressed are now available on www.healthscotland.com/healthyweight.



www.betreatwise.org.uk is a new website being developed by the Biscuit, Cake, Chocolate and Confectionery Association (BCCCA). Information will be provided on subjects such as

the role of treats in the diet, the importance of moderate consumption in conjunction with physical activity and how to understand guideline daily amounts (GDAs).

Meanwhile the Food Commission have launched a new website, **www.chewonthis.org.uk**, which promises “honest information about the food you eat” and is specifically aimed at 11-14 year-olds. It currently covers nutrition, labelling, marketing and ingredients, with further sections planned on the environment, sustainable food production and animal welfare. The aim is to encourage children to think about the food they eat and all the materials on the site can be reproduced for non-commercial purposes.

The Rowett Institute has also updated its educational website. Resources are aimed at the primary and secondary level and include science-based worksheets, information on WW2 rationing and the ‘Balance of Good Health Food Plate’. www.rowett.ac.uk/edu_web/index.html

Another new website, which will be extremely useful to community retailers, has been produced by the Community Retail Network (CRN). **www.communityretailing.co.uk** contains a lot of practical information and interesting case studies of the community-owned shops currently in the network. As well as its members, the network has recently established an associate membership. Details and an application form are available on the website or from Bob Litster, Development Co-ordinator on 01381 622406 bob@litster.fslife.co.uk

News

“Projects only have an effect within the context of programmes, which in their turn need to refer to policies.” Prof. dr. Jan Vranken, University of Antwerp. A conference in Edinburgh last December entitled ‘*In Good Health: linking social inclusion and health from practice into policy*’ was organised jointly by Health Scotland and EuroHealthNet. It marked the end of the **EuroHealthNet** project, ‘Tackling Health and Social Inclusion in Europe’, which has been covered in previous Fare Choices. The conference brought together over 100 people from across Europe. Scottish participants included the Phoenix project in Greenock and the Food Co-op Network from West Lothian, the latter also presenting at a workshop. All the presentations and related documents, including the conference recommendations, can be downloaded from www.eurohealthnet.org/EuroHealthNet (click on ‘In Good Health’). Hard copies of ‘Health and Social Inclusion in the EU: the value of transnational exchange’ are also available from Alice while stocks last.

The **Scottish Centre for Regeneration** is holding a series of one-day practice events. The most recent, ‘Creating Healthier Communities’, brought together practitioners from a range of community regeneration and public health backgrounds to learn more about projects in Scotland that are attempting to tackle health inequalities. More information from this event can be found at www.zealey.com/SCR/Health.htm. Information on other events in this series can be found at www.scr.comunitiescotland.gov.uk

“We expect that Investing in Ideas will support market research, feasibility studies, technical advice and guidance, consultation, training and development - and many other things that will enable organisations to submit better, stronger applications for funding.” **The Big Lottery Fund in Scotland** has launched its new development fund, Investing in Ideas. Investing in Ideas will make £4.6 million available over the next three years to help organisations develop their plans, test out their ideas, and increase their capacity to deliver outcomes. A wide range of organisations such as charities, voluntary and community groups,

public bodies and social enterprises can apply for amounts between £500 and £10,000. Applicants are required to complete a short application form and should expect a decision within eight weeks. If you would like to discuss an idea phone 0870 240 2391. Application packs and further information can be downloaded from www.biglotteryfund.org.uk or by calling 0845 606 1199

“Consumers have become more concerned about healthy eating over the past two years and are more aware of, and educated about, the issues relating to a healthy diet”, was a key conclusion of recent consumer **research from Tate & Lyle**, the sugar and sweeteners giant. The research, a combination of qualitative and quantitative data, obtained from representative samples of shoppers in Britain, France and Germany, showed that more than eight in ten consumers knew that eating fruit and vegetables is key to a healthy diet, with 92% of British consumers believing in the importance of fresh fruit compared with 89% of German consumers and 70% of French consumers. Fat and sugar were identified as the top two elements that consumers believed they should limit to make their diets more healthy, and were the most frequently requested ingredients to be reduced in a wide variety of foods. For more information see <http://193.35.126.50/PressReleases/PressRelease1425.asp>

Greenspace Scotland has recently launched an online database profiling greenspace projects taking place across urban Scotland. Visit www.greenspacescotland.org.uk/default.asp?page=58

The Scottish Consumer Council (SCC) is currently recruiting new volunteers for its **Consumer Network**. The Network keeps the SCC informed about the issues that affect ordinary consumers from all over Scotland in their day-to-day lives. SCC would like to hear from people from all walks of life - there are no formal qualifications and no barriers to eligibility. If you would like to find out more, please contact the Co-ordinator, Gill MacGregor 0141 226 5261 or visit www.scotconsumer.org.uk/getinvolved/index.htm

Evaluation Support Scotland (EVS) is a new organisation providing specialist support to

voluntary organisations and their funders across Scotland. EVS was launched in January 2006 in response to the difficulties expressed by voluntary organisations and funders in undertaking evaluation and learning from it. More information is available from their website where you can also join their mailing list for regular updates and information on forthcoming events, such as: "Lend a Hand" support clinic in Dundee (29 March) and "What are our outcomes and how do we measure them?" Edinburgh (3 May). To find out more visit www.evaluationsupportscotland.org.uk

"We worked in conjunction with our local butchers and food co-op. People from the course are now regularly and more confidently using both." Easington Healthy Communities Collaborative talking about cooking classes in a village in County Durham. **England's Healthy Communities Collaborative** held the final meeting of their second wave of learning workshops on the theme of 'widening access to a healthy diet'. Meeting in Blackpool, the 230 delegates, made up of teams from around the country, shared learning, made new contacts and generally enjoyed themselves at this residential event organised through the National Primary Care Development Team. For more information on the event and the approach see www.npdt.org/healthy%20diet%20flyer.pdf, www.npdt.org/scripts/default.asp?site_id=4&id=9748

Some of the country's largest food companies, Danone, Kellogg's, Kraft, Nestlé and PepsiCo, have decided to adopt similar front of package **labelling**, providing information to consumers related to a products guideline daily amount (GDA). The move was welcomed by the Food and Drink Federation www.fdf.org.uk/pressreleases/secure/060209.pdf, but criticised by the National Consumer Council, who saw it as *"a cynical move to derail the Food Standards Agency's steady progress towards an industry-wide agreement on front-of-pack food labelling"* http://nccdev.keymedia.info/cgi-bin/kmdb10.cgi/-load805270_nccviewcurrent.htm

A former Minister for Farming, Food and Sustainable Energy at the Department for Environment, Food and Rural Affairs at Westminster, Lord Whitty, has been appointed as the **new Chair of the National Consumer**

Council www.ncc.org.uk

"Members will...not place any marketing communication in printed media, websites or during broadcast programmes specifically aimed at children...ensure that promotional activities offering prizes or rewards will avoid requiring consumers to drink excessive quantities of products in order to participate." **The Union of European Beverage Associations**, which includes most of the leading brands, announced just before Christmas a series of actions and commitments on the promotion of soft drinks. The full list of 17 actions and commitments is available on www.unesda-cisda.org/public/commitments.htm

Now in its ninth year, the **Nationwide Awards for Voluntary Endeavour** is a national awards scheme designed to recognise individuals and groups throughout the UK who have made an outstanding contribution to their local community. There are four categories of awards: young people under 18 years of age (individuals); young people under 18 years of age (groups); adult individuals; and adult groups. Closing date for nominations is 28 April 2006. Nomination forms are available from branches of Nationwide or can be downloaded from www.nationwide.co.uk/about_nationwide/community_relations/awards.asp

A number of events to highlight **Fairtrade Fortnight** have been taking place around Scotland, which you might still catch. Two cocoa farmers from Kuapo Kokoo - a Ghanaian farmers' cooperative that supplies their cocoa to a very popular Fairtrade chocolate company, have been touring Scotland to promote their work to schools, consumers, retailers and Fairtrade activists. The City of Edinburgh Council launched its 'Fairtrade Consumer Guide' in March and copies are available from Fairtrade outlets, libraries etc, throughout Edinburgh. SCDP has a limited number of copies available, please contact Alice if you would like one.

The Food Standards Agency's sixth **Consumer Attitudes to Food survey** shows we are taking a more active interest in our food and diet www.food.gov.uk/news/newsarchive/2006/mar/consumer2005

DATES FOR YOUR DIARY

March

23 Soil Association inaugural conference on organic aquaculture, Tolbooth, Stirling. For more information contact Emma Watson 0131 666 2474 or email ewatson@soilassociation.org

31 Strategies for Sustainable Credit Union Development, Management Centre, University of Stirling, fee £10. Email a.m.mcfall@qub.ac.uk

April

20 Highlands and Islands Social Enterprise Zone Annual Conference, Strathpeffer. www.hisez.co.uk

25 S2S Social Enterprise Trade Fair, Concert Hall, Perth. Jointly managed by the Scottish Social Enterprise Coalition and Indigo Project Solutions. For more information visit www.indigops.com

May

14-20 British Sandwich Week. Visit www.sandwich.org.uk/news.asp for more information.

22-28 National Vegetarian Week. For more information visit www.vegsoc.org/nvw

26 Fruity Friday. Visit www.wcrf-uk.org/fruity_friday for more details.

27-28 Loch Fyne Food Fair. Visit www.lochfyne.com/pages/content.asp?PageID=615 to find out more.

June

2-4 Gardening Scotland, Ingliston, Edinburgh. Visit www.gardeningscotland.com

10 Taste of Grampian 2006, Thainstone Centre, Inverurie. Visit www.tasteofgrampian.co.uk

11-17 Diabetes week. For more details visit www.diabetes.org.uk/dw

12-18 Men's Health Week. For more information www.mhfs.org.uk/mhfs/mens_health_week.php

12-18 National Food Safety Week. Visit www.foodlink.org.uk for more details.

19-21 The Gathering, SECC, Glasgow. To find out about all the voluntary sector exhibitors visit www.gatherscotland.org.uk

21-25 Civicus World Assembly, Glasgow. For more information visit www.civicassembly.org

22-25 Royal Highland Show. Visit www.royalhighlandshow.org for more details.

September

28 SCDP networking conference, Apex Hotel, Dundee.

October

2-6 SCDP Participatory Appraisal training. Venue to be confirmed.

November

4-5 Soil Association Organic Food Festival, Old Fruitmarket, Glasgow. For more information visit www.organicfoodfairs.org.uk

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

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