

Fare Choice

THE NEWSLETTER OF THE SCOTTISH COMMUNITY DIET PROJECT

Catering for Training

Local people involved in, or about to become involved in, community food initiatives came together in May for two days of training, organised by the Scottish Community Diet Project, entitled **BEARING FRUIT**.

The first event, held in Churches House, Dunblane in early May had participants from initiatives in Stirling, Falkirk, Glasgow and Paisley. The second event, held later in May at Newbattle Abbey Adult Education College, near Dalkeith, was attended by people from Clydebank, Coatbridge, Glasgow, Paisley, Midlothian and Uddingston.



BEARING FRUIT had been advertised as offering a *participatory training experience* but the organisers were still amazed at how much work people were willing to put in. The participants split into teams to plan a community food initiative and over the two days discussed key areas (ie getting started, practical nutrition, business planning, food safety) with specialists from the field. The training finished with each group presenting their plans to the others.

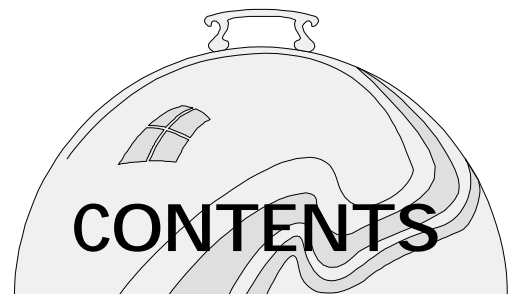
"Everyone put so much into the two days" said one of the tutors, Sandra Timmins from the Edinburgh Community Food Initiative, "the enthusiasm was amazing".



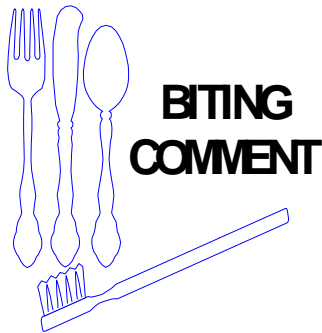
Margaret Weir from Paisley found the Dunblane event "very informative", while her colleague Annette Beattie "found the workshops particularly enjoyable".

Margaret Morton from Glasgow was attending her first event of this kind and "though initially overwhelmed, found the Newbattle residential more and more useful the longer it went on". Her colleague Betty McPhail thought one reason for the success of the event was "a good mix of people".

A full report on the event and evaluation should be available by early autumn (see next edition of **Fare Choice** for details)



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In the last edition of *Fare Choice* we asked you for examples of community food initiatives who had involved oral health in their activities. The response was small but interesting!

Possilpark & Parkhouse Community Health Project sent in the following description of their activities:

Statistically Possilpark children have the worst record of tooth decay in Glasgow. The Oral Health team was set up to find new and successful ways to encourage young primary school children to brush their teeth everyday, also in a way that the parents would be influenced by the children to pay more attention to their children's oral health problems. This criteria fitted in with the Breakfast Clubs objectives of teaching the children to eat a healthy nutritious breakfast, so rather than different agencies in the area working separately on health issues. The local Oral Health Team, Health Visitors, Community Health Project and the Local Community Dietician joined forces and pooled our resources together to encourage the children to eat a healthy breakfast which improved their, Diet, Oral Health, Social Involvement and their Education.

The Oral Health worker provided the Breakfast Club with Tooth Brushes, Colouring-in Sheets with oral health messages, Tooth Brushes, Tooth Brush Covers, the worker also comes in one morning a week to talk to the children and encourage them to brush their teeth. The children are also encouraged to eat more fruit, and if they ask for a tooth brush and toothpaste to take home we do try to encourage this although we do not always have enough supplies to do so.

Our Breakfast Club has proved to be successful, and with the financial help of the Scottish Community Diet Project we have been able to extend the service into another three primary schools in the area.

This years evaluation on the Possilpark Oral Health Project indicates there is a small improvement on the primary school children's Oral Health.

**Sadie Gordon, Possilpark/Parkhouse CHP,
Ardoch House, Possilpark, Glasgow,
Tel/Fax: 0141 347-1171/1172**

A similarly encouraging response came from **Kemnay Fit Food** in Aberdeenshire.

The Fit Food Project was set up 2^{1/2} years ago to meet a locally identified need for low cost fruit and vegetables in Kemnay, a small, rural village in Aberdeenshire with few shops and limited public transport. The five regular volunteers are supported by Community Education and, at present, Health Promotions is providing temporary funding for one of the volunteers to act as co-ordinator. There are around 140 members with an average of 70 customers of all ages using the project each week and local people contribute to the project by providing their home-grown produce, baking and participating in soup lunches, held regularly to provide cheap, nourishing meals to members of the community. The project also provides fruit for Community Education's Under 5's and Youth Groups and pupils from the local Academy use the project to develop their social skills, learning how to interact with the public, deal with money and weigh and measure.

During Dental Health Awareness Week in June, staff from Health Promotions and the Health Board came along to Fit Food to provide information on this subject. While one member of staff offered help and advice to the adults, the other provided a puppet show for the children encouraging them to eat more fruit and less sugary snacks. Posters and leaflets highlighting the benefits of healthy eating and dental health were on display and the Project managed to obtain toothbrushes and toothpaste at a low price to sell on the day. Following a very positive response, there is now a plan to highlight various health initiatives alongside Fit Food on a regular basis.

**Naida Sneddon, Community Education,
Kemnay Academy, Bremner Way, Kemnay
Tel/Fax: 01467 643535/642306**

Diabetes in Scotland is widespread and rising. Has your community food initiative tackled this issue, worked with local self help groups or the British Diabetic Association? Let *Fare Choice* know your experience and we will cover this topic in our next edition.



Professor Annie Anderson is having a break and will be back in the next edition with her insights into food research. Her column over the past year and a half has been well received.

People working at community level are clearly very aware of the importance of relating theory to practice and try to keep abreast of the latest research. However, budgets often take little account of the costs this involves. The Scottish Community Diet Project would like to help in a small way by offering three free places at each of these forthcoming events to people working at community level who would otherwise have difficulty attending.

Please let Bill or Jackie know as soon as possible if you are interested.

Travel and any other additional costs will still have to be borne by those attending.

Space, Place and Time - Contemporary issues in food research

The Scottish Colloquium on Food and Feeding (SCOFF) / BSA Sociology of Food Group is organising a one-day conference on the influence of space, place and time on food and feeding. The meeting aims to summarise current thinking and research in this area from an interdisciplinary perspective. Papers will be both theoretical and applied, and will be of particular interest to academics, health promotion specialists, policy makers and nutritionists. The meeting will provide an excellent opportunity to meet and exchange ideas with individuals from a variety of backgrounds and institutions. Lunch, tea and coffee provided. Places are limited therefore booking will operate on a first-come first-served basis until Tuesday 20 October 1998. The conference will take place on **Friday 30 October 1998 at Ebenezer Duncan Centre, Victoria Royal Infirmary, Glasgow from 10 am until 4.30 pm.**

Application forms available by calling 0131 650 6192
Cost £50 Student/unwaged £25

Speakers include:

Time and representation: food, diet and health biographies of older people

Linda McKie, University of Aberdeen

Diet, health & place: context and the price and availability of food in Glasgow

Steven Cummins & Sally Macintyre, MRC Medical Sociology Unit

Convenient food: space and timing

Alan Warde, University of Lancaster

Methods and results from studies conducted in the Western Isles and Highland Region

Sarah Skerratt, Royal Agricultural College

Mapping access to healthy food

Elizabeth Dowler & Angela Donkin, London School of Hygiene and Tropical Medicine

Vegetarians and meat eaters in South-West Wales

Janice Williams, University of Wales Swansea

Health Education: A Time to Learn

The University of Glasgow, Department of Human Nutrition is holding a one day conference on "Health Education: A Time to Learn", **7 September 1998, Westerwood Hotel, Golf and Country Club, Cumbernauld.** Cost: £85. The programme has been designed to provide you with an up-date on current issues and research on young people's health and diet in relation to life style and life circumstances.

Speakers and presentations include:

Peak bone mass and childhood influences on osteoporosis

Dr Judy Buttriss, British Nutrition Foundation

Food choice, health related behavior and diet of Asian school children

Jane Thomas, Kings College London

The impact of low income on childhood diet

Professor Annie Anderson, University of Dundee

Community Action: A review of local food projects

Bill Gray, Scottish Community Diet Project

Healthy, active school children: implications of the report on "Healthy Schools"

Karen McColl, Rowett Research Institute

Half a million cases of food poisoning a year: Why so many cases? What are we doing about it?

Professor Hugh Pennington, University of Aberdeen

Physical activity, diet and obesity in children

Professor Mike Lean, University of Glasgow

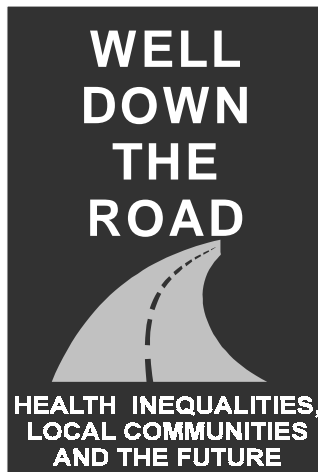
Closing Address

Dr Sam Gilbraith MP, Minister for Health & the Arts

For further information contact:

Carolyn Fraser, Short Course Development and Conference Manager Tel: 0141 201 9264

Stop Press ... Stop Press ... Stop Press
See 'Information Exchange' for details of a third conference.



"..there are local frameworks and initiatives well down the road, with much to teach. We need to listen at this stage to expert views and local voices before framing the White Paper that will follow. There must be scope within national strategies for breaking new ground locally."

Secretary of State for Scotland,
Donald Dewar in his foreword to
'Working Together for a Healthier Scotland'

Donald Dewar was literally taken at his word by Scotland's community health initiatives when they gathered in Stirling at the end of May to discuss *health inequalities, local communities and the future!* Around one hundred people from across the country met to discuss how community level activity was *making a difference* and what was needed to *make more of a difference*.

Many community food initiatives were represented at the event, which had been organised jointly by the Scottish Community Diet Project and the Scottish Community Health Network Project.

Forty people working at community level, most of whom had attended the Stirling event, went on to contribute a few weeks later in Edinburgh at "**Health, Inequalities and the new Scotland**",

a national conference organised by the Health Education Board for Scotland and addressed by Sam Galbraith the Minister for Health at the Scottish office.

Other delegates to the event came from a range of relevant backgrounds, from local councillors and health service managers to Scottish Office officials and academics. Those who work, professionally or voluntary, at community level, including many involved in tackling food poverty, made up the largest sector of the participants and took every opportunity to press home the need for action and the key role local communities should be playing.

There was a general feeling of optimism at the event tempered by realism. Many initiatives knowing only too well of the problems being faced by local projects and their funders.

There was also an enthusiasm to contribute, be involved and not leave decisions to be made at a distance. The Minister himself recognised in his final comments that he may need to rethink who constitutes *experts* when it comes to the setting up of the *expert working group* suggested in the Green Paper.

A report on the Stirling proceedings, ***Well Down the Road***, is available from the Scottish Community Diet Project (address/tel/fax on back page) and a report on the Edinburgh event will be available from the Health Education Board for Scotland along with associated papers on *health inequalities and community development and health* by late summer/early Autumn - watch out for details.



The incredible diversity of the work undertaken, imaginative approaches adopted, and effective collaborations entered in to, all emphasised the benefits of involving local people in developing relevant responses and appropriate action...

Most achievements quoted seem to have been brought about by local identification of issues and locally-led action to tackle them. It was clearly recognised as an achievement to be involved in determining what needs to be done as much as being part of doing something about it...

The knowledge and understanding brought to any piece of work by local involvement was frequently commented on as was the greater guarantee of the work being more holistic and all-encompassing than most agencies could achieve...

There was also a recognition that in some quarters a change of culture would be required to guarantee effective participation, genuine consultation, real accountability and access to decision-making processes...

Participants found little difficulty identifying obstacles from their own experiences. Lack of, shrinking, or short term funding was a common concern. Inappropriate language, timing, targets, measurements, and agendas were all also noted. Apathy and a sense of powerlessness were also raised by many as understandable but ever present obstacles...

Fundamentally what most people wanted was not only to have a voice and councils/health boards/governments that listened but also an assurance that what was being said was actually what was being heard...

Most participants hopes for the future seemed to involve matching words with actions, theory with practise, rhetoric with resources.

from *Well Down the Road* conference report

***“we need less emphasis on lifestyle
and more on life circumstances”***

“we need investment in our areas and our people”

“getting involved means taking responsibility”

quotes from
*Well Down
the Road*
conference
report

***“community projects should not be
seen as merely cheap alternatives”***

“we need confident communities”

**WELL
DOWN
THE
ROAD**



**HEALTH INEQUALITIES,
LOCAL COMMUNITIES
AND THE FUTURE**



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Stirling Health and Well Being Alliance are organising a Food Fayre in conjunction with SPUR, Health, Welfare and Family Services Task

Group in the Albert Hall, Stirling on Thursday 26 November 1998 from 11am - 3pm. The aim of the event is to give local people the chance to experiment, taste and have fun with food. They hope that this event will encourage local communities to get involved at looking at Food and Poverty in their own area. Anyone interested in being involved in the event please contact:

Anne Rennie, Stirling Health and Well-Being Alliance, 61 Baker Street, Stirling
t 01786 451770



Dumfries and Galloway Food Initiatives Network was formally launched at a meeting in Castle Douglas at the end of June. They have also just issued the third edition of their newsletter "Food For Thought", with a circulation of over 600. Further information available from:

Sheila McGoran, Dumfries and Galloway Community Health NHS Trust, Health Education Department, Nithbank, Dumfries DG1 2SD t 01387 244504



The National Federation of City Farms have just released a starter pack entitled *Community Gardens - A Growing Resource*. The pack contains information sheets on everything from "How do we find a site" to "What insurance do we need" as well as a directory of Community Gardens and other useful information. If you would like a copy priced at £5 & 75p pp contact:
National Federation of City Farms. The Greenhouse, Hereford Street, Bedminster, Bristol, BS3 4NA
t 0117 923 1800 fax 0117 923 1900

The Highland Health Board have published a report written by Dr Sarah Skerratt and Dr Linda McKie entitled *End of the Road?* It is a report in response to the Scottish Diet Action Plan and in support of the Highland Health Board's Good Food Good Health Year. The research was commissioned to consider food access and availability in two remote locations within the Board area; Loch Torridon and Thurso. The report identifies key themes and issues and concludes that the promotion of healthy eating will be enhanced by local community involvement and the combined efforts of health, food and economic organisations in a partnership process. The research will inform and guide future work between multi-agency partners concerned with food in relation to health and economic gain.

There are limited copies available of the 72 page report from Resources, Health Promotion Department, Highland Health Board, Royal Northern Infirmary, Ness Walk, Inverness, IV3 5SF
t 01463 230 600 fax 01463 713944.



Counting the Cost - The Impact of the abolition of lone parent benefits on diet and health

Is a report which illustrates the problems that lone parents living in a peripheral housing estate in Edinburgh face in providing a healthy diet for themselves and their children.

"Two-thirds of those interviewed understood the healthy eating message - fruit, vegetables, lean meat, fish and pasta were all frequently mentioned. However, in reality only 17 per cent were able to afford to eat more than one portion of fruit and vegetables a day ... if the government is serious in its aim of improving Scotland's health through better diet it has to recognise the needs of lone parents and their children".

Copies are available from:

Pilton Community Health Project, The Health Hut, 3 West Pilton Park, Edinburgh, EH4 4EL
t 0131 332 0871 Fax 0131 315 4517





The McCarrison Society was founded in 1966 by a group of doctors, dentists and a veterinarian, all members of the Soil Association, who were convinced of the supreme importance of nutrition in the promotion of health and the prevention of disease. The Scottish Branch was formed in 1981 and organise lectures, conferences and a thrice yearly newsletter.

The Scottish Branch of the McCarrison Society is offering £500 for the best written and most interesting contribution it receives on the subject of human nutrition.

One of the suggested subjects for this year is "Why is so much good dietary advice being ignored?" a subject many Fare Choice readers know a lot about.

The closing date for the competition will be 31 December 1998.

The rules for the competition and more information on the McCarrison Society are obtainable from the secretary Ingrid Burger, 70 Hay Street, Perth t 01738 629879.



Glasgow Women's Environmental Network (WEN) is currently starting work on producing a Local Food Directory for the Glasgow area. They aim to produce an A5 booklet that gives some background information on why we should buy locally-produced food, and lists what is available, and where. This would be a way of both educating the community about adverse environmental and health effects of transporting food over long distances, and of enabling consumers to make more of an informed choice about what they buy, and where.

They would like to contact local farmers/producers in the Glasgow area to find out where their produce goes, and to see if they would be interested in being featured in the directory. They will also be contacting the local trade, fruit and vegetable market and local shops. If you have any ideas/comments on the project. Please write/phone to:

Rebecca Woodsford (GEA), Glasgow Women's Environmental Network, c/o Graves, 67 Westmoreland Street, Glasgow, t0141 423 1378 fax 0141 204 0668.



Caldercruix Food Co-op held an open day in mid-July to mark a move from the local community centre to their own premises. Much of the progress in Caldercruix is down to the efforts of local volunteers like Margaret Courtney, supported by North Lanarkshire Council, Lanarkshire Health Board and the Scottish Co-op. Being part of the North Lanarkshire Federation of Food Co-operative's has also been important for the volunteers in Caldercruix. The co-op operates a home delivery service as well as a number of initiatives with local schools.

Further information is available from: Margaret Courtney, Caldercruix Food Co-op, c/o North Lanarkshire Federation of Food Co-op's, 15/17 Renfrew Street, Kirkwood, Coatbridge, ML5 5RL t 01236 420600



"Affordability, quality and access are the key food poverty issues experienced by PPA residents in Inverclyde. Lack of money is compounded by local topography and relatively expensive transport costs which exclude residents, particularly the elderly and disabled, from easy access to town centre shopping areas. This results in a reliance on inadequate local shopping facilities frequently criticised for selling out of date poor quality produce at inflated prices. Residents in effect pay more for being poor." Last year Inverclyde Regeneration Partnership commissioned the Poverty Alliance to carry out *a study of food and low income in the Priority Partnership Area*. A photocopy of the Inverclyde Food Enquiry is available from SCDP (see address, etc on back page) and further information is available from:

Runima Kakati, Health Programme Development Officer t 01457 731 700.



'Apple Day' is a national celebration of all aspects of apples. On Sunday 11 October 11-4pm, Earthward will be celebrating 'Apple Day' with cookery demonstrations, music, games, crafts, tree sales and much more! **Earthward can be found at Tweed Horizons, Newtown St Boswells, Roxburghshire (on the A68).**

More information available t 01835 822122





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Forward Scotland's Small Project Grant Fund

Forward Scotland was established in May 1996 with the remit of furthering sustainable development in Scotland. It receives development funding from The Scottish Office, and uses these resources to fund Scotland-wide sustainable development programmes and projects, in partnership with other organisations.

Forward Scotland's Small Project Grant Fund was launched in May 1997 to support community projects that contribute to sustainable development. Grants of around £500 are available for constituted community groups with imaginative projects that address issues relating to poverty and other social matters, the economy and the environment.

Projects that relate to at least two of the eight activity areas in Forward Scotland's Sustainability Checklist which forms part of the Small Project Grant Fund application pack can be considered for a grant award. Projects should also be able to demonstrate community participation and have long term maintenance and management arrangements.

For further information about Forward Scotland's Small Project Grant Fund, please contact:

**Alison Quinn, Forward Scotland, c/o ScottishPower, St Vincent Street, Glasgow
t 0141 567 4336 fax 0141 567 4339**



The users at the Rendezvous Cafe in Dumfries are about to produce their own recipe book and would welcome examples from other initiatives. Any useful information should be sent to: **Rendezvous Cafe & Social Rooms, 20 Brewery Street, Dumfries
t: 01387 259 272**



Stop Press ... Stop Press ... Stop Press ...

The Child and Food - Nutrition, Food Choice and Health in Children Age 0 - 11

to be held on Thursday 19 November 1998 at West Park Conference Centre, University of Dundee, 319 Perth Road, Dundee at 10 am -4pm. The Conference is being organised by Dundee Initiative on Nutrition for Childhood and adolescence (DINCA).

"Ensuring optimum nutrition for babies and young children can be challenging for parents and carers. Health professionals need to be fully aware of current theories about nutrition and foodstuffs and the practical strategies needed to encourage children to eat a healthy, varied diet.

The aim of this conference is to combine recent scientific advances in nutrition and health with the practical aspects of food choice which are of particular relevance to health visitors, practice nurses, dietitians and other health professionals. We take a broad view on food issues from 0-11, highlighting breast-feeding, weaning, under-nutrition, development of eating habits and food patterns in schools. Community and clinical perspectives will be provided bringing together issues of relevance for health care teams, parents and schools. Eating behaviour in childhood is fundamental to good health throughout the life-span. How can we ensure optimum food intakes in the next generation?"

The conference is first in a series of meetings on the theory and practice of food, diet and health.

Application forms are available from:

**Prof Annie Anderson, Centre for Applied Nutrition Research, Matthew Building, University of Dundee, Perth Road, Dundee
t 01382 345383 Fax: 01382 200047
email: a.s.anderson@dundee.ac.uk**

Three free places are available through SCDP, one of which has been donated by the Centre for Applied Nutrition.

Please get in touch with Bill or Jacquie ASAP if you would like one of the free places.



The next edition of *Fare Choice* should be coming out in the early Autumn *if our bid for continued funding from the Scottish Office is successful.*

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

**Bill Gray
National Project
Officer**



**Jacquie MacIntyre
Project
Administrator**

Scottish Community Diet Project
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100 Queen Street, Glasgow G1 3DN
Tel: 0141 226 5261 Fax: 0141 221 0731
e-mail: jmacintyre@scotconsumer.org.uk OR
bgray@scotconsumer.org.uk

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