



FARE CHOICE

Your chance to gain pounds!

The Scottish Community Diet Project is pleased to launch this year's **Small Grant Scheme**. This special edition of Fare Choice highlights some of the experiences of last year's grants recipients to give you a taste of the kinds of work that can be undertaken to encourage healthy eating in groups and communities. Last year, 55 applications were successful out of a total of 186.

For those of you who wish to apply for a small grant we have given you some extra tips on how to apply. To receive an application form, complete the enclosed slip. Or, alternatively, call or email us (contact details on back page). You can also download the application form from our website www.dietproject.org.uk

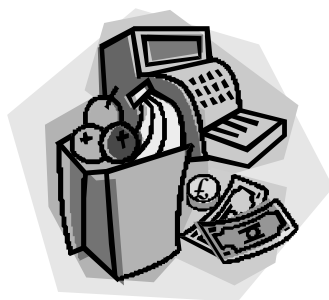
A big thanks

to last year's recipients for sending in some excellent reports on their work.

We appreciate the effort made.

News from last year's grants

There was a huge variety of successful applicants last year, tackling the barriers to healthy eating in many ways, from providing fruit to taste, to running peer education programmes. Grant money was used to purchase a range of goods from vegetables, cooking utensils and children's Wellington boots, to picnic tables and cookers. Successful applications came from a range of organisations and groups from all over Scotland, from those working with teenage mums in Glasgow, to an Asian senior citizen group in North Lanarkshire, to a high school in Mull and a women's group on the Western Isles. Some projects ran activities that built on tried-and-tested activities and others tried something new. Cooking, tasting and promoting healthy foods were popular projects with many groups and a few tried to tackle physical access to affordable healthy foods by developing food co-ops, growing projects or box schemes. Some projects were part of larger healthy eating initiatives, while others may have never tried promoting healthy eating before.



Many of last year's grant recipients fit nicely into at least one of the four themes of work that underpin Scotland's Health Improvement Strategy (Improving Health in Scotland: The Challenge, 2003). The four themes are: the **early years**, **teenage transition**, the **workplace** and **community-led**. All grant recipients aimed to tackle one or more of the barriers to healthy eating that are reaffirmed in the more recent 'Eating for Health' (Scottish Executive, 2004) policy, such as access to, and availability of healthy affordable foods, culture and skills.

Here is a flavour of what a handful of last years grant recipients got up to ...

A large number of grant recipients delivered projects that fit into the **early years** theme, such as projects working with children or their families. **Cooking projects** involving children were particularly popular last year, and are an enjoyable and sociable way of tackling some of the barriers to healthy eating, such as culture, skills and even affordability. The **Groovy Lunch Club** in Arbroath ran a 6-week cookery

project for a group of families attending their family centre. Parents took turns to cook in pairs and provide a meal for the rest of the parents and their young children. Meanwhile, the parents and their children took part in food related activities, including singing fruit songs and tasting different fruits. The parents were taught to cook a variety of dishes, including pumpkin soup, risotto, vegetable lasagne and fish pie. The project was evaluated by using feedback questionnaires, focus groups and one group also undertook food frequency questionnaires. The parents said they enjoyed the course and that their families had liked the dishes when they had cooked them at home. A few said that they would have preferred to have had the opportunity to learn more about the dishes that were cooked when it was not their turn in the kitchen.

Home-Start Angus also ran cookery sessions for parents attending a support group. The theme was 'one-pot' cooking and parents who regularly attended the group were rewarded with a cooking pot and a hand blender at the end of the course. Attendance at the support group had been sporadic, but was improved during the cookery sessions. All participants were taught to cook a variety of one-pot dishes including rice pudding, soups, meat and vegetable stews and curry. The participants' children were able to try the foods, but were not always initially that keen. Despite this, the parents said they were now cooking some of these dishes at home and were keen to continue a cookery group, with the theme of 'family meals for under a fiver'.



Some cookery courses were run especially for children. **Glenburn School**, a special needs school in Greenock, ran healthy eating cookery sessions for eight boys in Primary 5/7. The boys attended four weeks of theory and food hygiene sessions, then for another four weeks their parents were invited in to support the boys whilst they did some cooking. At the end of the sessions the parents said that they would now be more confident to let their sons help them in the kitchen and that the sessions had been very enjoyable.

Not all projects go to plan. A project in Glasgow attempted to encourage young mothers to attend informal healthy eating and cooking sessions. Unlike the other projects above they did not have a group already to work with; this was to be a new group for any local young parents and getting a group together took longer than anticipated. The workers had to devise new strategies and visit other projects to get advice. After advertising and talking to young parents in the local shopping centre, a group was eventually set up. They now have a core of four to six parents attending each week with their children. The project provides a healthy lunch, has visits from health professionals and hopes to run cookery sessions in the future. The young parents will be involved in deciding future activities in this new group.

Tasting and eating healthy foods was also a popular activity with children and their families and is a good way of overcoming an ingrained culture of eating too few healthy foods. **Sauchie Tiny Tots**, a volunteer-run toddler group used their grant to provide their toddler group with healthy snacks every week. Different types of snack were provided each week, such as exotic fruits or steamed vegetables or smoothies. The children were involved with the preparation of the foods where possible, such as making the smoothies. The youngest children enjoyed the steamed vegetables, but older children were not so keen. However, the volunteers confirmed that young children often need to taste new foods many times before they accept them, so they have no plans to give up serving foods that were initially rejected. Parents also tried new foods and some report that they now buy some of these foods. The toddler group also purchased a toy kitchen and multi-cultural toy foods. The kitchen is in constant use and the children are learning to recognise a variety of unusual foods.

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Again, **cooking sessions** were popular with **teenage transition** groups and clearly are very useful for those preparing to lead independent lives. **Wallyford Community Centre** outside Edinburgh ran cooking sessions for five weeks with a small group of teenage girls. The course was open to any teenagers in the area. Attendance throughout the course was consistent and all the participants enjoyed learning to cook new dishes. An additional benefit of the course was that the girls gained confidence in weighing and measuring food; some had said that they had little experience of doing this before.

All of the grant recipients ran activities that were **community-led** in some way. One grant recipient was a new **Community Health Group** in rural Aberdeenshire. The group was developed by some young parents in the area who have gone on to organise a health fair, some cooking sessions, a weight loss programme and will soon be assisting the local school with a health project. A group of local people are also responsible for setting up and running the **Kincaidston Food Co-op** in Ayr which improves access to healthy foods by selling quality affordable fresh fruit and vegetables to over 120 members. Presently the co-op is based in the local Youth Café, but the volunteers are hoping to get their own premises soon, although finding funds for this has been difficult. The group hopes to expand their project by running healthy eating sessions and talks. They are also in the process of working with a local healthy eating initiative to supply pregnant women with fruit and vegetables purchased with free vouchers.



The **Dundee West Church Healthy Cooking Co-operative** has been running healthy cooking demonstrations every week since September. Between 50 and 80 people attend each week and participants are able to enjoy a meal for 50 pence. Each session also promotes access to local food as it sells quality low-cost vegetables provided by local farmers. On a particularly remote scale, **Habost Development Association** on the Isle of Lewis is in the process of developing a 'grow your own scheme'. Volunteers will grow produce in polytunnels so that the local population of 50 will have improved access to fresh

fruit and vegetables. Unfortunately, the project was affected by the hurricane force winds in January, which destroyed some of the equipment. Despite this, progress is being made.

Many other projects support a number of health improvement themes and priorities - such as **mental health**. **East Lothian Involvement Group** is a mental health collective advocacy group based in a resource centre for users of mental health services in Haddington. The project promotes healthy eating skills by encouraging service-users to get involved with the cooking and preparation of healthy foods that are then served for lunch for about 15 to 20 people. Many service-users have had a turn in the kitchen, although there is a core of dedicated volunteers. The project had planned to ensure that volunteer cooks received cooked food to take home – however, the food is so popular that there is never any left over after lunch! The resource centre also has a garden where volunteers have been successful at growing fresh herbs and vegetables to be used in the kitchen. Another grant recipient is in the process of planning work with another priority work area, **health and homelessness**. This project in Perth will use educational materials and healthy snacks to promote healthy eating with local young homeless people. These and other projects all help to support independent living skills and assist people to prepare for the workplace.

References

Scottish Diet Action Plan, 1996, Scottish Office
www.scotland.gov.uk/library/documents/diet-00.htm
Improving Health in Scotland – The Challenge, 2003, Scottish Executive
www.scotland.gov.uk/library5/health/ihis-00.asp
Eating for Health: Meeting the Challenge, 2004, Scottish Executive
www.scotland.gov.uk/library5/health/efhmtc-00.asp

For further information on healthy eating: www.healthyliving.gov.uk or call 0845 278 8878



healthy living

Help to gain £££££s

Here are some tips to use in addition to the guidelines available with the application form.

When to apply - we must receive applications by **29 July 2005**. Faxed or e-mailed copies are not acceptable.

How much to apply for - we will accept applications for funding from £500 to £3,000.

What we will fund - we will fund applications that tackle the barriers to healthy eating. Major barriers to healthy eating include: availability, affordability, culture and skills, as outlined in the Scottish Diet Action Plan and Eating for Health: Meeting the Challenge.

NB: We particularly encourage proposals which will assist communities to work in partnership with other organisations in their region and/or those linking their project to local plans or strategies such as Community Planning, Food and Health Strategies, Joint Health Improvement Plans, Community Health Partnerships, etc. Networking with local plans or strategies can increase the impact of your project by linking in with local resources and help ensure sustainability and future support for your project. In the past a number of grant recipients based their applications on targets from regional and national Health Improvement strategies, others were more directly involved by being part of local community partnerships.

How we decide who is successful - last year only about one quarter of applications were successful. Members of the SCDP steering group work together to decide which applications are successful based on the guidelines. We are aware that unsuccessful applicants in the past have gone on to receive funding from elsewhere. For further information see our guide to other funding, 'Source 2004', on our website or call us for a copy.

When you will find out the result of your application - we aim to let you know if your application is successful *or unsuccessful* in early September 2005.

When you will receive the money if you are successful - we aim to send out grants to successful applicants by October 2005.

When you need to spend the grant - wherever possible, you must aim to spend the grant within one year of receiving it.

What monitoring and evaluation is required from you - we would encourage you to carry out an evaluation of any project that receives funding from us. At a later date we will ask you for some information on how you used your funding, such as how many people benefited from your project and what work was successful or unsuccessful. It is not our aim to burden small projects with large amounts of paperwork, however, receiving feedback from projects (whether the project is successful or unsuccessful) is extremely useful for us, not only in order to show value for money to our funders, but also so that we can share your experience with other projects and build a picture of the range of good work that is being carried out by many organisations and groups. You are more than welcome to include evaluation costs within your bid. For example, these may be for costs such as photocopying questionnaires or costs for people to attend focus groups such as crèche costs, snacks or travel expenses.

How to get in contact with the Scottish Community Diet Project

The SCDP team are: Bill Gray, National Project Officer; Lucy Gillie, Development Officer; **Kim Newstead, Development Officer (Grants)** and Alice Baird, Project Administrator. SCDP c/o SCC, Royal Exchange House, 100 Queen Street, Glasgow, G1 3DN, tel: 0141 226 5261, fax: 0141 221 0731, email: scdp@scotconsumer.org.uk. 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
