

Community Study Exchange
between
Glasgow and Newcastle

Winter 2002



Scottish Community
Diet Project

*Supporting local
communities tackling
inequalities in
diet and health*

Scottish Community Diet Project

Our overriding aim is to improve Scotland's food and health. We do this by supporting work within and with low-income communities that improves access to and take-up of a healthy diet.

Major obstacles being addressed by community-based initiatives are:

AVAILABILITY - increasing access to fruit and vegetables of an acceptable quality and cost

AFFORDABILITY - tackling not only the cost of shopping, but also getting to shops

SKILLS - improving confidence and skills in cooking and shopping

CULTURE - overcoming ingrained habits

We help support low-income communities to:

- identify barriers to a healthy balanced diet
- develop local responses to addressing these barriers, and
- highlight where actions at other levels, or in other sectors, are required

We value the experience, understanding, skills and knowledge within Scotland's communities and their unique contribution to developing and delivering policy and practice at all levels.

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Overview

This report is the result of a two-way exchange between people working with and within low-income communities on food and health inequalities in Glasgow and Newcastle.

The report aims to inform people working on issues of food and health inequalities in communities about the benefits of exchanging ideas. In particular, it aims to:

- identify some of the initiatives in each city
- identify lessons learned from the visits and
- communicate the impact that the visits had on those who participated



Patsy, a volunteer at Milton community shop in the north of Glasgow, chats with the volunteer who runs the Canny Shopper, a food co-op which opens a few times a week in Newcastle

Background

The Scottish Community Diet Project (SCDP) has organised study tours as a catalyst for those people working in community settings to find out about other approaches elsewhere. Study tours give participants an opportunity to network and forge their own relationships with similar people and projects. A mixture of professional staff, lay workers and volunteers have all participated in study tours and learned much from being in each other's company. The idea behind the community exchange was to take participants from the same geographical community to another and encourage a return visit.

In this way the community study exchange was designed to give a group, made up of community volunteers and paid workers tackling inequalities of food and health in two different cities, the opportunity to see how similar issues are tackled in the other city.

The community study exchange was made up of reciprocal visits, one to each city. Glasgow and Newcastle were chosen as they both have networks of community initiatives working on food and health-related activity.

While it is recognised that participants often learn a great deal from each other in a group, participants were also encouraged to spend one-to-one time with projects or individuals that they may have a particular interest in. So on the first day participants were matched to initiatives with similar aims and objectives as the initiatives they were familiar with. For example, a worker from a food co-op in Glasgow gained the opportunity to spend a whole morning in a food co-op in Newcastle and help out behind the till, observe the ordering system and take the time to ask the questions which were on her mind. In this way, participants were given the opportunity to build up their own relationship with the contacts in the other city. Throughout the stays in each city participants were encouraged to swap experiences as a group, usually at the evening meal. Participants also visited initiatives together as a group on the last day. Before the journey home participants swapped experiences with the host from the city visited, to feedback their impression of the visit.

The first leg of the exchange, which was a visit by the Newcastle participants to Glasgow, occurred in October and the second, where Glasgow participants visited Newcastle, took place in November. Each visit was approximately four days (including travelling time).

The Scottish Community Diet Project worked with local agencies in both cities to organise, co-ordinate and fund the exchange. The Newcastle Community Food Initiative, which was set up to address food issues by supporting community groups and organisations, put together the programme of visits in Newcastle. There were about forty community food initiatives and another forty food projects in schools supported by the Newcastle School Food Initiative to choose from. In Glasgow the Greater Glasgow Health Promotion Department, which supports community initiatives across Glasgow, assisted with putting the Glasgow programme together.

Challenges

◆ The planning process was slow and time-consuming

In order to design an exchange which yielded relevant opportunities for the participants, the exchange programme had to reflect the experience each participant had to offer. When potential participants were approached to take part in the exchange some were initially reluctant to spend several nights away from home. Most of the people who did take part had to make arrangements for their responsibilities to be covered while they were away. The programme, which took in to account the experience of each participant, could not be finalised until participants committed to the trip.

◆ Working with an area outside Scotland

Agencies, policies and local priorities vary in different areas and in particular between countries with different administrations. One participant commented, *“It can be quite difficult to get to know the different structures south of the border, but once you get chatting to people it is easily explained, and often similar to structures in Scotland, but just called by a different name.”*

◆ Giving participants enough time to create their own links

Participants found the individual visits where they were given the opportunity to build up a relationship with someone working in a similar area rewarding. However, individual visits involved creating a complicated programme and organising individual travel arrangements in an unfamiliar city.



Margaret from Skypoint community café in Glasgow spends the morning with Marie who runs Fawdon community café in Newcastle

Benefits

◆ Positive impact on the people involved

Feedback from the participants described the trips as enjoyable, informative and stimulating.

◆ Networking between participants and initiatives in the same city

Since the exchange has taken place, there has been further networking between participants in each city. For example, many of the Glasgow participants took part in the Glasgow Community Café Development Intervention and were also involved in work with Glasgow Food and Health Group.

Newcastle participants visit Glasgow (7-9 October)

Programme

The participants travelled up from Newcastle by train together. Although some of them already knew each other this was a good opportunity for the group to form and all get to know each other better. After settling in at the hotel, the Scottish Community Diet Project organised a get-together so the participants could meet some of the people they would be visiting in an informal setting. This proved to be a great opportunity to get past the 'getting to know you' stage before the visits.

The next day each participant from Newcastle had one or two visits which suited his/her area of interest. The hosts of the individual visits had been briefed about the experience the participants had to offer and were encouraged to get them involved with the day-to-day running of the initiative. At the end of the day all participants met up at the Coach House Trust, a project which covers several areas such as growing, catering, environmental issues and training. That evening the participants ate together and swapped stories about each other's visits.

One of the participants had picked up that the Milton community food project was looking for a good fruit wholesaler and another participant highlighted that Skypoint were particularly pleased with their fruit supplier. The participants realised that they had a networking role to play and could put the Milton project in contact with Skypoint.

On the last day the participants visited two initiatives as a group, ate lunch together in a community café in Castlemilk, and attended a health fair in the shopping centre in Castlemilk. The participants then met at the Scottish Consumer Council to reflect on their visits and feed back to the Scottish Community Diet Project team.

The full programme, including an example of some individual visits, is in the appendix.



Mary, Rachel, Maureen, Asra and Kevin have lunch in the Jeely Piece community café in Castlemilk, Glasgow

Participants from Newcastle

Asra Kamum Volunteer for community gardening project	Experience to offer: Asra was a member of the management committee of the organic garden organised by First Step, a voluntary organisation, which provides informal and formal education for women. The garden provided herbs, fruit and vegetables. Other organisations used the garden so they worked in partnership.
Maureen Moon Member of community café management committee	Experience to offer: Co-ordinated a basic skills project at the Community Service Volunteer centre. Ran personal development courses in the community centre. Also was secretary of community centre with community café.
Kevin Proud Chef at a community café	Experience to offer: Managed a community café in the brand new Fawdon Community Centre. The café provided breakfast and lunch for young mums, old people and single people. Healthy options were available. Kevin is a chef by trade.
Rachel Scott	Experience to offer: Worked at Stepney Bank stables and ran 'cooking with kids' classes. Also set up a kitchen for the stables with a commercial arm. A committee member of Byker city farm (which has been revamped) and a volunteer for a community food co-op called the Canny Shopper in a deprived area.
Mary Quinn	Experience to offer: Volunteered at the Stables community café. An experienced cook and community caterer.
Clare Levi	Experience to offer: Co-ordinated Newcastle Community Food Initiative Network. Worked at a local and strategic level. Created learning, networking and capacity-building opportunities for community food initiatives in Newcastle.

Reflection

"All the food in the community café was healthy – I'm not sure that people would eat that stuff in Newcastle. However, I think the cooking lessons with teenage boys were a great idea."

"I enjoyed the hands on approach of the community exchange....not just watching but getting involved and doing things, also exchanging recipes and talking about what works and what doesn't work."

"I now realise that the people involved in the projects are very dedicated – I captured so much information from them in the short time I shared with them. It was great to be able to talk face to face with people. And ask the questions on your mind."

"Great to meet people with similar agendas, build links and share ideas. We have been stimulated to think about new ideas and keep in contact."

"The exchange has made me feel like being part of a family that has got together after a long time. Familiar environments and similar roles meant that it was easy to break the ice. It built my confidence – I had never been on my own in a big city."

Glasgow participants visit Newcastle (4-6 December 2002)

Programme

The participants from Glasgow arrived in Newcastle during the afternoon. Clare Levi, the co-ordinator of Newcastle Community Food Initiative, had organised an informal introductory session in a restaurant near to the hotel. This was a valuable opportunity for the participants from Glasgow to meet and get to know the people they would visit over the following few days.

The next day participants made individual visits and met with people who worked in similar settings to themselves. Participants were given information about the people in advance and encouraged to find out about their work and help out if appropriate.

Rita visited a growing and cooking project run by Asian women. The women shared a cooked lunch every day and they invited Rita to join them. Anne and Frank visited David Stobbs at Newcastle Health Promotion to find out about the Newcastle School Food Initiative and Tina Rigarisford at Newcastle University, who explained how Newcastle had dealt with the provision of water in schools. Margaret visited Marie at Fowdon Community Café. She helped Marie with the washing up while finding out about how Marie procured food and planned menus. Patsy visited a community bakery in Cruddas Park and found out about how the bakery provides fresh bread locally, but has to continually apply for core funds to stay open.

All participants met up at Scotswood community garden in the afternoon for a tour of the orchard and found out about how the British Trust for Conservation Volunteers recruited and trained groups of volunteers.

That evening participants had a meal together and swapped stories about their different experiences that day.

On the last day participants visited a community recycling project, a food co-op and a community catering business together, and they also had lunch with the co-ordinator of Newcastle Community Food Initiative, accompanied by a steering group member.



Patsy, Frank, Margaret, Anne, Lucy and Rita set off from Glasgow by train

Participants from Glasgow

Anne Gebbie Diben Health Promotion Officer Greater Glasgow NHS	Experience to offer: Provided support from Greater Glasgow NHS Board for community initiatives throughout Glasgow that tackle the inequalities in diet and health. Ensured that the experience of community initiatives is fed into regional and national strategies.
Margaret Walker Board member of community centre and volunteer in café	Experience to offer: A long-time board member of a community centre that supplied primary schools with fruit. Also a volunteer in the Skypoint community café in Faifley, Clydebank.
Patsy Taylor Volunteer at Milton Food Co-op	Experience to offer: Volunteered part-time at Milton Food Project. She worked in the shop and helped with cookery demonstrations and was a member of the Advisory Committee.
Rita Winters Outreach worker at the Coach House Trust	Experience to offer: Worked with the Coach House Trust and did outreach work with the local schools to promote food growing. In particular encouraged different composting techniques.
Frank Creighton Project Co-ordinator for Healthy Castlemilk	Experience to offer: Co-ordinated Healthy Castlemilk, a project which supports community initiatives to improve health in the Castlemilk area.

Reflection

"The great thing about talking to someone from another city is that you don't have to take account of local politics and watch what you are saying. You can just tell it like it is."

"I enjoyed passing on information about what I did. I felt useful in addition to mucking in and washing dishes. I left her with thoughts on funding."

"The group has really clicked."

"I've generated ideas to take back to Glasgow from all the projects and initiatives I've seen. The Canny Shopper was a great wee place. I hope it works out for them."

"I saw a shopping centre on a council run estate in Newcastle which looked as if it suffered from very similar problems to the shopping centre in the area I work. I was struck by the inspiration of the people in Newcastle and impressed by how they have managed to include people in regenerating the area."

"We had lunch at one of the members of staff's house. We spent some time cooking and sharing Indian recipes. It was a relaxed way to learn about each other's cultures."

"I was interested to find out that the member of staff looking after information technology provision was an arts graduate. Perhaps that is why there were so many examples of creative desktop publishing at the project."



Mary greets Frank and Patsy at the Stepney Bank Stables just outside the centre of Newcastle

"I didn't know anything about composting before we went to see the community composting project. It has made me think about how much the community café I work for and my own household throws out."

"Seeing all the projects in Newcastle through the eyes of the participants from Glasgow has made me realise what we have here in Newcastle. This exchange showed us the value of networking not only with other locations but between the projects here in the city. On the train going back to Glasgow I was full of ideas."

"I think you get back what you put in to these trips."

"Conferences and study tours are a great way to get people to understand the value of their work."

Evaluation

Which part of the visit did you most enjoy?

All of it.

The Coach House Trust – I was impressed by so much going on in one project.

The highlight for me was more around what the other participants were getting from the trip and their enthusiasm.

Found it all interesting, from the Coach House Trust and fruit barra, to eating at the community café.

Which part of the community study exchange did you find most useful?

All of it.

A great opportunity to network.

Meeting and discussing issues with other people and comparing roles and responsibilities.

What are you going to take away with you?

Lot of newsletters and information from people working with communities.

A head full of inspiration and ideas.

The atmosphere around the Newcastle volunteers – they all made friends with each other and their hosts and were so willing to share information and listen to others' experiences.

Enthusiasm from volunteers and workers.

Useful information and knowledge.

Lots of knowledge and new ideas, to take back to my community.

How could the study tour be improved?

Could have used private transport instead of public.



Learning about community growing and composting at Jesmond nurseries in Newcastle

Lessons learned

Running an exchange between two cities requires a considerable amount of planning. It was difficult to maintain consistency between each leg of the exchange as participants who took part in the first leg of the exchange were not necessarily available for the second leg. However, all participants could see the value of taking part and were pleased to give as much time as they could.

Participants made the most of networking opportunities during the visits and within the group they travelled with. The group from each city comprised individuals who worked with community initiatives and those who had a support role with community initiatives. All participants took advantage of the time spent in a group together to learn about how they could work together in their own city.

Projects which were visited were interested to find out about other projects visited in the same city by the participants during their exchange. The participants helped put projects in touch with each other.



The Glasgow participants and people from Newcastle who hosted the visits take the opportunity to exchange their experiences before the Glasgow participants catch the train

Appendix 1

Newcastle visits Glasgow

Monday 7 October 2002

Informal evening reception for Newcastle participants in a central Glasgow location. to meet Glasgow participants.

Tuesday 8 October 2002

9 am Travelled to individual project visit No. 1

2 pm Travelled to individual project visit No. 2

4 pm All participants met up at the Coach House Trust project

7 pm All met up for meal and debrief

Wednesday 9 October 2002

9 am

All participants visited a *fruit barra* in Govanhill run by SEAL (South East Area Lifestyle) community health project. Ian, the co-ordinator of the fruit barra, showed the participants how he set up the fruit stalls in the community hall. The participants saw local residents purchase fruit.

The participants then made their way to Castlemilk to take part in the *active lifestyles day* on the concourse of Braes shopping centre. There were exhibitions from local organisations and community groups to promote a healthy lifestyle. Healthy Castlemilk, a community health project, were launching their new publication, a recipe book entitled *More bread without dough*.

All participants ate lunch at a community café called the Jeely Piece in Castlemilk community centre and met the staff.

3 pm

The participants travelled back to the centre of town to visit the offices of the Scottish Community Diet Project at the Scottish Consumer Council and feed back their experiences to the staff at the Scottish Community Diet Project.

5 pm

Caught train back to Newcastle

Appendix 2

Glasgow visits Newcastle

Wednesday 4 December 2002

5 pm Arrived at hotel in Newcastle

7 pm Informal meeting of people who would be visited and evening meal

Thursday 5 December 2002

9 am Travelled to individual project visit No. 1

2 pm Travelled to individual project visit No. 2

4 pm All participants met up at Scotswood community garden. Participants were given a tour of the garden and an opportunity to meet the staff and find out about the activities.

7 pm All participants met up for a meal and an opportunity to share their experiences of the day.

Friday 6 December 2002

9 am Participants visited, as a group, the Canny Shopper, a food co-op near the centre of Newcastle. Participants then visited a community recycling project in Jesmond run by a member of the Newcastle Community Food Initiative steering group.

1 pm Participants travelled to Byker Farm for a tour of the stables and farm. All participants ate a lunch prepared by a community catering business at the Clunny.

3 pm Participants fed back their experiences to Clare, the co-ordinator of Newcastle Community Food Initiative, and the chair of the steering group

5 pm Caught the train back to Glasgow

Appendix 3

Each participant was given information in advance about the projects they were going to visit, directions on how to get there and contact details so they could maintain future contact if they wanted. Below is an example of an agenda tailored for two participants.

Mary Quinn and Rachel Scott

Tuesday

Breakfast at the hotel is between 7.30 and 9.00 in the food court (ask at reception for directions). Your start time is 8.30 at the hotel.

Visit 1

Time	Place	Contact
9.00 – 12.00	Milton Food Co-op	Patsy Taylor (volunteer) 0141 772 7423
<i>Directions</i> Anne will take you both and Clare in her car to 460 Ashgill Road, Milton. Patsy will show you the bus stop to get a bus back into town. Tell the bus driver you want to go to Buchanan Street underground station. The bus might not go there directly but get off as near as you can and walk the rest. It won't be far. When you get off the bus and before you get on the underground call Amber, who is in charge of your next visit, to let her know you are on your way so she can meet you at Bridge Street underground station. Both stops are on the same line.		
<i>What will be going on</i> Milton fruit project delivery to health and learning centres. Help out with packing and sorting.		

Visit 2

Time	Place	Contact
1.00 – 3.00	Gorbals Healthy Living Project	Amber (staff) 0141 429 0360
<i>Directions</i> Nearest underground is Bridge Street. Amber will meet you at the station.		
<i>What will be going on</i> Amber will take you to a café for lunch. Talk to Amber about plans for improving nutrition in the Gorbals. Tokens for healthy eating cafés in the area. They run practical cooking sessions with youths and a 'get fit for Christmas' programme. Also they run programmes which integrate healthy eating with physical activities and arts. They are looking into getting an allotment and an orchard is being designed. Would like to know how to get volunteers involved in getting the orchard up and running.		

Visit 3

Time	Place	Contact
By 4.00 until 5.00	The Coach House Trust Kelvinbridge	Sheila (manager) 0141 334 6888
<i>Directions</i> Take the underground to Kelvinbridge. Cross over Great Western Road, walk away from town. Use map in pack to find the Coach House at 84 Belmont Lane.		
<i>What will be going on</i> Find Kevin and Maureen who will have been talking to Linda McCroskie and Stevie Bayne who work in the café. You can talk to them about catering for a community project. Also Asra will have been finding out about the growing side and will be able to show you the different sites.		

Lucy will arrive at 5 pm at the Coach House Trust to take everyone back to the hotel together. Later that evening we will all meet at the hotel reception for 7.30 and go for an evening meal.

Wednesday

Breakfast will be served in the food hall of the hotel between 7.30 and 9.00. We will all meet together at 9.00 in the foyer of the hotel. Make sure you have your bags packed and have given your room key to reception. We will then walk everyone to the Scottish Community Diet Project offices (just off George Square) to drop of bags before the first visit at Govanhill.

Visit 1

Time	Place	Contact
10.15 - 11.00	Daisy Street Community Centre, Govanhill	Ian (volunteer) 0141 429 3345
<i>Directions</i> Lucy will take the group there by public transport to the old school at 6 Daisy Street. We will walk to central station and take a train to Crosshill station then walk to Daisy Street.		
<i>What will be going on</i> A <i>fruit barra</i> run by SEAL (South East Area Lifestyle) community health project. Ian will be setting up the fruit stall in the school. Elderly groups, nursery groups and the general public are the main clients.		

Visit 2

Time	Place	Contact
11.30 - 1.00	Braes shopping centre Castlemilk	Frank (staff at Healthy Castlemilk) 0141 634 2679
<i>Directions</i> Ian will drive us from Govanhill to Castlemilk in the van he uses for fruit deliveries. To get from Castlemilk back into town we will take a bus. The 75 or 175 buses run every 10 minutes from Castlemilk to town (St. Enoch's Square) and the journey takes about 20 minutes max.		
<i>What will be going on</i> <i>Active lifestyles day</i> on the concourse of Braes shopping centre. Fifteen different organisations and community groups will have stalls to promote a healthy lifestyle. Healthy Castlemilk, a community health project, will be promoting easy-to-make home-made soup and the launch of their new publication <i>More bread without dough</i> . Lunch at the community café in Castlemilk community centre (on Castlemilk Drive) 5 minutes walk from the shopping centre.		

Visit 3

Time	Place	Contact
1.30 – 3.20	Scottish Community Diet Project (SCDP)	Lucy or Bill (both staff) 0141 226 5261
<i>Directions</i> We will walk from St. Enoch's Centre to the SCDP which is based at the Scottish Consumer Council, Royal Exchange House, 100 Queen Street, Glasgow.		
<i>What will be going on</i> Informal exchange of experience in meeting room at the SCDP. Everyone will have an opportunity to explain and discuss what he or she has seen and thought during the course of the exchange. Scones, tea and coffee available. Also a chance to pick up SCDP information and publications.		

By 3.20 you will leave the SCDP with bags to walk 10 minutes to Central Station to catch train to Newcastle, which departs at 3.50.

Acknowledgements

Thanks to Newcastle Community Food Initiative for funding the Newcastle participants to visit Glasgow and organising the Newcastle leg of the exchange.

Contact details

For more information about study tours and community exchanges run by the SCDP visit www.dietproject.org.uk or write to SCDP, c/o Scottish Consumer Council, Royal Exchange House, 100 Queen Street, Glasgow G1 3DN, tel 0141 226 5261.

If you would like to get in contact with Newcastle Community Food Initiative visit www.newcastlefood.co.uk or write to Newcastle Healthy City Project, 14 Great North Road, Jesmond, Newcastle upon Tyne, NE2 4PS, tel 0191 232 3357, email info@newcastlefood.freemove.co.uk



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