

Northern Exposure

*An insight into the Scottish
Community Diet Project's
Northern Exposure Study Tour*

September 2001

**Skye, Laggan, Portgordon,
Fochabers, Lhanbryde,
Elgin and Aberdeen**



Scottish Community
Diet Project

*Supporting local
communities tackling
inequalities in
diet and health*

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Carina, Lucy, John, Gordon, Anna, Jane and Katrina at Glasgow Central station before heading off in the mini-bus

Introduction

Northern Exposure, a tour of community food initiatives, food manufacturers and policy makers in the North of Scotland, was organised by the Scottish Community Diet Project (SCDP) in September 2001. Financed by the project's budget from the Health Department of the Scottish Executive, Northern Exposure aimed to give volunteers from community food initiatives in the South of Scotland the opportunity to network with individuals involved in similar activities in the Highlands and Islands.

Northern Exposure was the return leg of Southern Exposure, which gave volunteers from the North of Scotland's community food initiatives a tour of projects in the South. A Southern Exposure report is also available from SCDP and can be downloaded from www.dietproject.co.uk

Six participants joined the four-day tour. The tour was co-ordinated by SCDP's Networking and Communication Development Worker Lucy Gillie and was made possible with the navigation skills of the tour's mini-bus driver, Gordon McAlonan, who is also a community food activist with Fresh Loaf, part of the Ferguslie Park food initiative.

This report summarises the tour and gives an insight into the participants' thoughts of each visit and what it inspired them to do on their return.

Why organise a study tour?

The organisers hoped that the tour would achieve the following purposes:

- ◆ Broaden participants' knowledge and familiarise them with a range of community food initiatives.
- ◆ Explore the varied practical skills required to work in different community food initiatives.
- ◆ Examine the role of individuals who do paid work or volunteer work in different community food initiatives.
- ◆ Help participants to make comparisons and identify areas for developing and improving their own roles.
- ◆ Make available the participants' experience and range of different community food initiatives to others who work in the same field through a report.

Participants on the tour

Gordon volunteers for **Fresh Loaf**, a community food initiative, in Ferguslie Park, Paisley. Gordon has been involved in various projects in his local community for over ten years. He is also a volunteer for community transport and kindly offered to drive.

Jane worked as a part-time trainer in the hospitality section of a college campus in Stranraer. She has recently become the manager of the **community café** in Dick's Hill Resource Centre. The café is in the process of taking on New Deal workers. It also provides two meals a day for the after-school childcare centre.

John is chairman of the **Dick's Hill Centre** which houses the community café in its renovated kitchens. John has been in the voluntary sector for 53 years! He has worked with tenants associations, victim support and youth clubs. John is also chairman of Wigtownshire Council for Voluntary Service.

Anna is a **lay community food worker** based in Irvine for a network which is part-funded by the Scottish Community Diet Project grant scheme. The post is linked to a new community school project and Anna works with local groups delivering cooking skills, tasting sessions, food talks and shopping and budgeting skills. She enjoys the challenge of making food fun and helping people to adopt healthier eating patterns. Anna is very involved with community issues and runs a local community women's support group. She is also a lay breastfeeding support worker in her spare time.

Previously **Carina** volunteered at a coffee bar in the adult learning centre in Wakefield. She recently moved to Polbeth and visited the local community centre where she put her name down for a voluntary position at the food co-op based at the local clinic. She now **serves customers fruit and vegetables** once a week.

Katrina works with the **Food Train** in Dumfries, which is a food delivery service between supermarkets and those people with mobility problems such as the elderly or housebound. She has also been involved in healthy eating classes for adults and children run by Gingerbread. There is also a pilot community café starting up in the area.

Lucy is the Networking and Communication Development Officer at the **Scottish Community Diet Project**. She has recently moved from the Soil Association based in Bristol and also worked for Sustain: the alliance for better food and farming.

Programme

Day 1

Monday 3rd September

- ◆ Meet at Glasgow Central station.
- ◆ Catch ferry from Mallaig to Skye.
- ◆ Visit to Skye and Lochalsh Permaculture Group.
- ◆ Visit Chris Marsh, organic vegetable grower and box scheme co-ordinator and Calina MacDonald, of the Skye Horticultural Association.
- ◆ Stay at Gaelic College on Skye.

Day 2

Tuesday 4th September

- ◆ Meet Andrea Matheson and Julie Cavanagh, from local education organisations, in Kyle Seafood Restaurant, to find out about the mobile demonstration kitchen.
- ◆ Visit Laggan Community Trading Limited near Newtonmore, one of the few community-run co-op stores in the Highlands.
- ◆ Stay at Old Coach House Hotel, Buckie.

Day 3

Wednesday 5th September

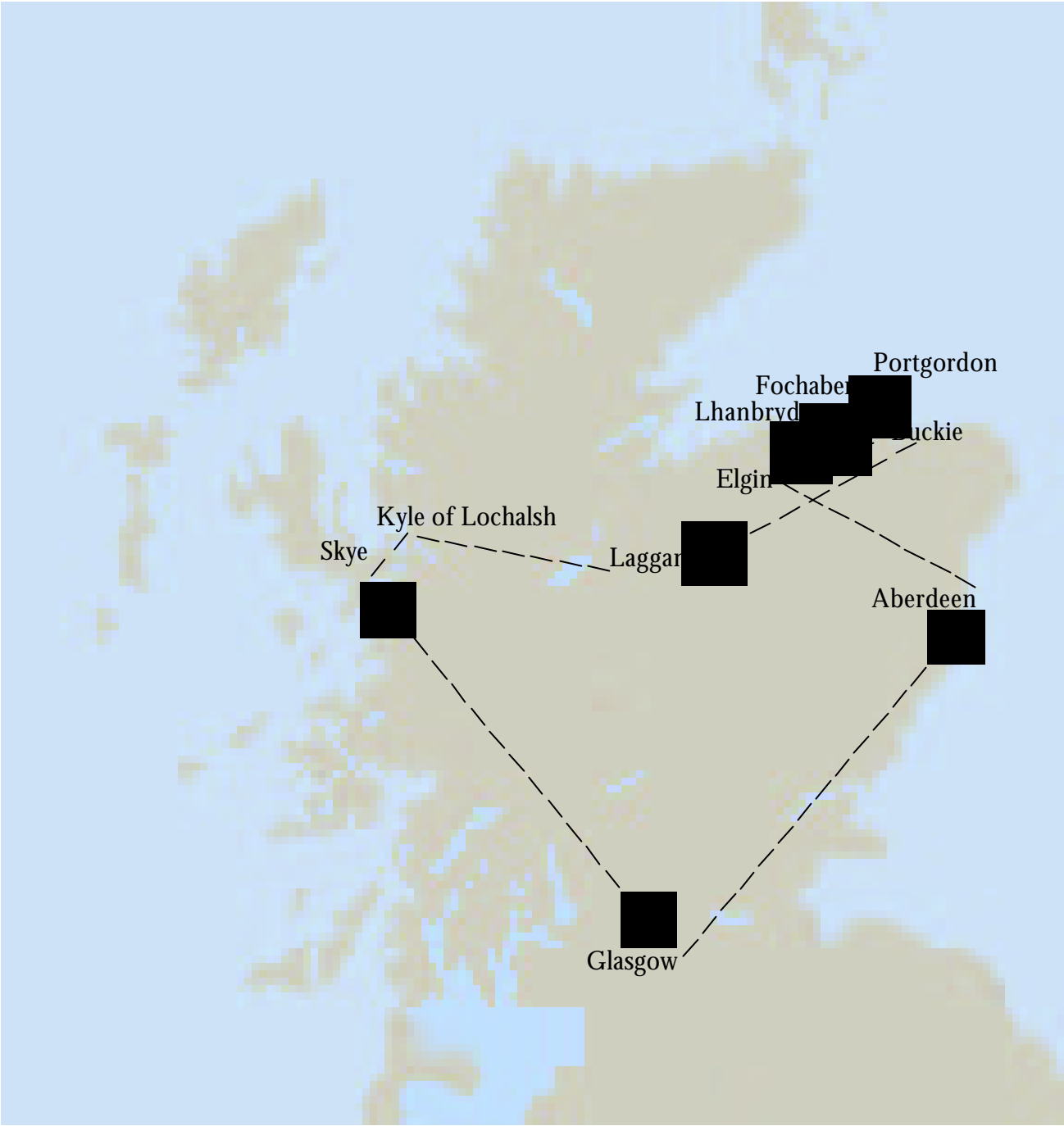
- ◆ Visit breakfast club in Portgordon for breakfast and discussion with organiser, teachers and kids.
- ◆ Go to Baxters' Visitor Centre for a film, cookery demonstration and lunch.
- ◆ Visit Mother and Toddler Lunch Club in Lhanbryde.
- ◆ Meet with Grampian Health workers at the Health Promotion Centre in Elgin.
- ◆ Stay another night at the Old Coach House Hotel, Buckie.

Day 4

Thursday 6th September

- ◆ Breakfast meeting with the Food Standards Agency Scotland in Aberdeen.
- ◆ Visit the opening of the Torry Food Co-op.
- ◆ Lunch at Aberdeen Foyer community building and a discussion with the co-ordinator of the Food Co-op Network North East.
- ◆ Depart for Glasgow.

The Northern Exposure route



Day 1 Monday 3^d September

The participants met at a coffee bar in Glasgow Central station at nine o'clock. The co-ordinator introduced the group to each other, handed out folders with background information on each visit and workbooks so the participants could write down their views during the tour. Everyone then got on the mini-bus and the tour began making the first leg of the journey to Skye.

The mini-bus arrived at ***Skye and Lochalsh Permaculture Group*** to find Sandy Mason busily collecting salad leaves to fulfil an order for a local restaurant. The participants got to work immediately and helped pick leaves. Sandy identified and explained the significance of the different leaves as the group followed and helped. The task was completed and the leaves delivered to the piper who plays for the ferry and also takes Sandy's order to the restaurant. Sandy gave the participants a guided tour of the project and explained the other activities such as training courses and provision for campers.



Jane, Anna and Carina
help Sandy (centre
right) pick salad leaves

The mini-bus then quickly made its way to an ***organic croft*** before it got dark. The tour found Chris Marsh, who farms the croft, with Calina from the Horticultural Development Association, in his polytunnel to escape the midgies. Chris explained how he had trained to be a crofter and his plans for expansion to meet increased demand over the next year. Calina explained the support the Association had provided for growers like Chris. Chris told the group about the benefits of the mentoring scheme, which he is part of now that he is a qualified grower.

The tour stayed at the Gaelic College and ate in the local Ardasar Hotel where Chris's potatoes were served.

What the participants thought of the day

Skye and Lochalsh Permaculture Group

I was impressed with how the project encouraged children to get involved. Katrina

Stranraer's 'no-mans land' could very easily be used to accommodate a permaculture project. Jane

I found out about a whole new concept of arranging and growing herbs for their healing properties e.g. depression, headaches etc. I also learnt about flowers and leaves which I could eat in my own garden. Anna

The view from around the area was breathtaking. John

I already knew about some plants but I found out about new ones too! I was impressed with how everyone worked together and I didn't realise that some herbs can be used just for their medical qualities such as purple sage for hot sweats. Carina

The organic croft

I learnt loads new, this was a real eye opener for me. Didn't realise how much hard graft is done on these crofts for a pittance for years, until it is established. It's clear the Horticultural Development Association has many benefits of sharing information, emotional support, tools and bulk buying. I have been impressed by people's guts and passion for doing this and how the results benefit the community with their produce. Katrina

I now realise that growing organically will be much harder than I thought as we planned to start some organic growing in Paisley. Gordon

The hard physical labour and personal input of time and commitment made me realise that organically grown food may be more expensive but worth every penny. Although we have the land back home to do this, I think it would be very difficult to find someone with the passion and integrity, like Chris to give it any staying power. I was most impressed by the communal support. Jane

I was impressed with the planning involved, Chris had taken it step by step with no bank loans. Most produce was sold locally with little spent on marketing. John

I was impressed with Chris and his dedication and determination to achieve goals. He has built up his customer base to be within his means and he is also looking ahead to future achievements. Great to taste his potatoes that evening. Anna

I learnt about how a box scheme operates and the benefits of polytunnels. Carina

Day 2 Tuesday 4th September

The tour crossed the bridge from Skye to Kyle and met Andrea Matheson, from the Local Learning Partnership and Julie Cavanagh from the Education Business Partnership in the Seafood Restaurant in the railway station. Andrea and Julie explained how they had set up with the help of a SCDP grant and run the **mobile demonstration kitchen** on Skye.

The tour then made its way through the Highlands to Laggan, home of Monarch of the Glen. Betty Nicolson who works in **Laggan Community Stores** told the participants about the history of the store and the involvement of the community in keeping the store open. Lunch was bought from the store and the participants ate it and wrote postcards in the sun on the tables in front of the store.



John, Jane, Carina and Katrina outside Laggan Stores



One of many notice boards

The long journey was then made to Buckie where the tour stayed in the Old Coach House Hotel.

What the participants thought of the day

Mobile demonstration kitchen

Really liked the food diary idea, where by children note they consume on a day to day basis. Katrina

A good solution for rural communities. Gordon

The design and concept of the kitchen is marvellous. This idea could be applied to any community but a great boon to communities which are widely spread. Jane

I was very impressed with the way they had overcome difficulties and their optimism for the future. John

I learned how local produce could be used to raise people's awareness of what is on their own doorstep i.e. healthier fruit and veg and fresh fish. I was also impressed with how Andrea and Julie had worked as a team to support the project and the link they had made to employment opportunities. Anna

I was disappointed that the project was not run by someone originally from the area. Carina

Laggan Community Stores

Totally amazed that a small population seemly worked together to stop the loss of their shop. Laggan takes the biscuit for interesting information – no less than 3 notice boards and regular newsletters. Katrina

This shop is completely different to the one we plan for Ferguslie Park, which will be a commercial business with all the profit going back to the community. Gordon

This is the first time I've come across a community shop. The wee shopkeeper should be highly praised for sticking in, long after most people would have thrown in the towel. Jane

I was impressed with the enthusiasm with which the project started but saddened to hear that the original members who had left had not been replaced by new people. John

I know exactly what problems this store is up against, as I grew up in a small village. The store is reliant on the village custom which is being taken away by Tesco's. The shopkeeper wasn't sure if the next generation would want to keep the shop open. We managed to buy ample provisions for our lunch. I would love to revisit this store in years to come to see if it has changed. Anna

I was shocked that a lot of people do their messages at the local Tesco's in Newtonmore, when really they should try and support this business. Carina

Day 3 Wednesday 5th September

The tour got off to an early start with breakfast at the **Breakfast Club** in neighbouring **Portgordon** which had opened that week. The tour ate with the children and took the opportunity to ask questions. The Headmistress from the local primary school, the two breakfast club workers, the catering assistant and the support worker from the council were all there to answer questions. The local paper, the Banffshire Advertiser, arrived to take pictures and write a story on the club and the visit from people from the South of Scotland.

The tour then drove to **Baxters' Visitor Centre** and factory in Fochabers to view a promotional film on the history of Baxters and a live cookery demonstration. This was an opportunity to see the impact of a large local food business on the surrounding area and view a professional cookery demonstration.



Breakfast at the club



The Health Promotion Centre on the High Street

The tour travelled to Lhanbryde to see the **Mother and Toddler Lunch Club**. The participants sat with the mothers and asked them about the club and why they used it. Both Christiane from the National Children's Home Family Resource Project and Jenny McLean, the Youthstart Health Development Worker, who help run the club were there to explain how they set it up and kept it going on a week-by-week basis.

Afterwards the tour visited the **Health Promotion Centre** in Elgin run by Grampian Health Promotion who also supported the lunch club in Lhanbryde. The participants were shown around the centre, which has a shop front on the High Street. Ian McLennan, a Health Promotions Assistant who runs cooking sessions in the community; Laura Sutherland, Moray Joint Breastfeeding Co-ordinator; Susan who runs slim and trim classes and Natalie Vicca, a community dietician based at a local doctor's surgery, all talked about their work and answered questions.

The tour returned to the Coach House in Buckie for another night.

What the participants thought of the day

Breakfast Club Portgordon

It was good to see the children getting everything out of their system before the start of class, also a healthy variety of food and no rush for digestion as school is over the road. Katrina

Good club but not sure if it would be sustainable if they increase staffing costs as planned. Gordon

Our community is developing a breakfast club, so it was rewarding to see another venture so new yet settled and organised. Simplicity seems to be the answer. Problems highlighted were very similar to our own. Jane

It was a very happy atmosphere, all the children I spoke to said they enjoyed it. John

I learnt how important it was to have familiar faces serving breakfast. The Catering Assistant from the school's lunchtime service was excellent as the children responded to her and took different fruits and cereals. I was generally impressed by the organisational skills shown. I talked to Ricky, one of the pupil representatives on the management committee and he talked about trying different foods and a time to play with friends. Anna

It was so fascinating to see the children eating their breakfast and drawing pictures. It looked so professional. Carina

Baxters' Visitor Centre

Even though I had imagined a multi-million pound business, they have not turned their back on the local community with many people being employed and a substantial amount of local produce used. Katrina



Baxter's chefs pose for the study tour

Very impressive, I liked the shop. Gordon

I was very impressed by Baxters' marketing strategies. Jane

I was most impressed by the way they treated their employees. John

It was interesting to find out about Baxters' plans to diversify their product range to impress young people. I liked the layout of the site and how it encouraged tourists to spend money. The whole experience was so enjoyable, I felt that Baxters really had helped to make the community a wealthier place. Anna

The cookery demonstration was interesting as it showed how to use jam in cooking instead of just in a sandwich or on toast. Carina

Health Promotion Centre

The idea I was most impressed by were the stickers provided by the mum's breastfeeding group to put in cafes, shops etc. to show they were breastfeeding friendly. Katrina

We already do a lot of the promotions mentioned. Gordon

I didn't know that health authorities had such shops – every community should have one of these. Jane

The cooking classes idea could be used in Stranraer to support the work of the community café. John

The shop had so much to offer the community. Ian's role is very similar to mine. I learnt from him how cooking skills can be improved and how training courses can be used as a stepping stone to further education. The pack they produced was excellent. I was also interested to find out about peer support for breastfeeding mothers, mum to mum groups, development of CV's and generally making the best use of their skills I enjoyed the down to earth way Susan spoke about their slim and trim classes. Anna

Mother and Toddler Lunch Club Lhanbryde

Having been a young single mother, also in an isolated community, also poor, I could identify with the same problems which affected me 25 years ago. Why is there no progress??? Something more has to be done to improve the lives of these mothers and children. Jane

There are similar projects to this in Ayrshire. One of the young mum's told me it had really helped her coming to the club. Anna

The project was a lifeline for young mums but I was concerned about health and safety arrangements in the kitchen. John

Nice to see the club used organic fruit and veg. Carina



Elaine serves the food while the mum's feed the babies

Day 4 Thursday 6th September

The tour made another early start to drive to Aberdeen for a breakfast meeting with the **Food Standards Agency Scotland (FSA)**. Sam McKeown from the Nutrition Division gave a presentation of her work at the Agency and answered questions from the participants. Sam gave the participants a tour of other departments in the Agency and the participants had the opportunity to ask questions.

The tour then crossed the city to see the opening of a **Torry Food Co-op** and invited Sam and Elaine from the Food Standards Agency with them. The food co-op was based in a church. Tea and coffee were also sold and there was a tasting session and recipe cards provided by Grampian Health Board.



Jane, John, Lucy, Anna, Sam and Katrina on the steps of the FSA



The tour then visited the Aberdeen Foyer where the **Food Co-op Network North East** is based. Teresa, who works for the Network explained to the participants how the Network supports the work of small local food co-ops in the area. The study tour participants as well as the workers from the Food Standards Agency took the opportunity to ask Teresa questions.

The tour then started the long journey back to the central belt and dropped participants off at Glasgow Central station.

Torry Food Co-op's organiser with shoppers

What the participants thought of the day

Food Standards Agency Scotland

Preconception of government advisors was wiped away, as I looked in the face of bureaucracy and it smiled. Katrina

Handy to get the website address. Gordon

This faceless institution has real people who work hard for our health and well being. I feel I could communicate with the agency without feeling put down or stupid. Jane

I found out how approachable the staff are and how interested they were to hear about food initiatives like ours. The agency would benefit from other groups such as school children visiting its departments so other groups can also find out what they are all about. Anna

I realised I didn't know there were so many aspects to buying and selling food. Carina

Torry Food Co-op

This shop has just opened today. The lady was worried that there would be no customers, she needn't have! It was bustling away when we arrived and continued to do so when we were there. Katrina

This was a new concept for me, that a food coop could be developed in a deprived area and survive on volunteer work. Jane

They did not appear to have any young people volunteering but they all pulled together and seemed very happy. John

The visit was full of community spirit and nice to be invited to. The food tasting session was an excellent way for some of the ladies to try recipes they have probably never eaten before such as couscous and sauce. Anna

This is similar to the project I'm involved in, it was interesting to find out that it's free for members as we charge a one pound fee! They also have a much wider variety of stuff than we do. Carina

Food Co-op Network North East

They seem to be doing good development work, giving help and advice and training but were uncertain about their funding. John

I have learnt how difficult it is to get access to funds. The development worker was very committed and spoke of the problems of getting volunteers. I was impressed by the fact that at least 8 food co-ops have been set up and one was run by young mums. Anna

It was useful to know that anyone can start up a food co-op and how it's done. I think a talk from the Network in my area would help our work. Carina

What did the participants take away with them?

The participants were asked on the last day to think about what the tour had inspired them to do, if anything, in their own community. The participants wrote down their three main ideas on post-it notes and ranked them in order of priority and how difficult they thought they would be to implement on a matrix. All their personal ideas are collected together below.

An implementation matrix of participants' ideas as a result of the study tour:

	Easy to do	Medium	Hard to do
High priority	<ul style="list-style-type: none"> ◆ Pass on knowledge and ideas gained on trip to anyone who will listen. ◆ I may buy more fresh fish and use it in a different way to how I use it now. 	<ul style="list-style-type: none"> ◆ I would like to see a breakfast club started if possible. ◆ Find out more about wild salad herbs – make plans for a community garden. ◆ Encourage the resource centre to improve on existing projects and develop new ones. 	<ul style="list-style-type: none"> ◆ I will try and find out more from my local authority about food standards. ◆ Work towards enabling my home village to develop a community centre and incorporate many of these ideas into improving the community.
Medium	<ul style="list-style-type: none"> ◆ Cook bacon risotto. ◆ Keep in contact with colleagues for future advice and support. 	<ul style="list-style-type: none"> ◆ Start a food co-op. ◆ Find out how we can use permaculture in area. ◆ Be involved in more healthy eating initiatives e.g. try organic. 	<ul style="list-style-type: none"> ◆ Find out more about organic growing.
Low priority	<ul style="list-style-type: none"> ◆ Time to follow up skills which I have learnt from the groups. 		<ul style="list-style-type: none"> ◆ Help communities looking to do complementary therapy, why not one-stop shop with permaculture, healthy eating, community café and aromatherapy. ◆ Promote slim 'n' trim. ◆ Fight for better facilities for groups I work with.

The participants were contacted to see what they thought of the study tour four months later and what effect it had had on their lives, work and personal development. Their comments below show that many of the participants have already tackled the 'easy to do' tasks from the implementation matrix such as passing on information, changing cooking habits and following up new skills.

I've started a training course called 'Health issues in the community'¹ because I thought it might provide local networking opportunities. I'm also looking into getting our local co-op carrier bags like the Food Co-op Network North East.

Carina

I found the whole trip very enlightening especially finding out more about food production. I've found it useful to be able to inform people about food hygiene and the fact that the Food Standards Agency exists.

John

I really enjoyed meeting people who were doing the same work as me in a different area of the country. I also enjoyed the company of the other people on the study tour. I've had a few problems transferring ideas for example we are only meant to use approved recipes and I would like to use some recipes which I collected on the study tour.

Anna

It really opened my eyes to how Dick's Hill resource centre wasn't doing as well as it could be. I found out so much about healthy options which I used at work. Personally it also opened my eyes to the fact that community issues are the same all over Scotland. Since the community café has closed down, I am concentrating more on my own community and doing voluntary work. I see my village within a Scottish context now. The trip was a powerful experience for me.

Jane

I've been eating so much better since the tour. I buy my meat from the local butcher to support the local farmers who have suffered since foot and mouth. I also buy my fruit and vegetables from the local shop instead of the supermarket. The food train has come on leaps and bounds. There's a lot of stuff which is coming up like breakfast clubs and box schemes which I can contribute knowledge from the study tour to. I'm keen to do some work with growing projects in the future. I think there might be a chance of pursuing funding locally for those type of projects.

Katrina

The trip was very enjoyable, although it didn't help with the projects I'm involved in. It was good to meet the people up North and spend time with people the other volunteers on the tour doing similar work.

Gordon

¹ For more details on this course contact David Allan Training and Development Manager at Chex www.chex.org.uk or call 0141 248 1990.

Evaluation

Feedback from the participants

The feedback from the participants showed overwhelmingly that the study tour was a very enjoyable experience and inspired participants to have many new ideas. Working closely for four days with other community food volunteers, participants clearly learned as much if not more from informal exchanges amongst themselves as from the actual organised visits.

The co-ordinator asked the participants to note down what they enjoyed, found interesting and what, if anything, they were going to take away with them. The responses are listed below.

- ◆ Which part of the visit did you most enjoy?

To the croft.

Meeting different people and visiting new places, sitting.

Variety from the small croft to government advisors to be quite honest only thing I didn't enjoy were the midgs.

Permaculture experience.

I enjoyed everything about the visits and the views spectacular.

- ◆ Which part of the study tour did you find most useful?

All!

Contacts made and leaflets about different initiatives, organic farming – meeting Chris Marsh, meeting people doing similar jobs as me.

Writing reports helped me analyse and remember experiences.

Virtually all information was useful in one way or another.

I found everything very useful.

- ◆ What are you going to take away with you?

Companionship, marvellous scenery, interesting people, food ideas, great welcomes.

Ideas for food co-ops, lots of food for thought.

Brain jam packed with ideas and information.

Improved knowledge on community aspects.

Great memories of all aspects of the tour.

Feedback from the projects visited

The co-ordinator also wrote to all the people who had been visited and asked for feedback on the experience anonymously. Below are the responses.

- ◆ Did you get anything from the visit?

We are always keen to meet people who are working in/with low income communities and to find out the problems they face. I found the question and discussion session interesting, as it highlights the areas which concern people, and provides us with feedback. It was also very helpful and much appreciated, that we were able to join the group on their other visits that day.

Yes – the enthusiasm and interest of a group of individuals committed to improving

access to and availability of good food in a wide range of ways and settings. The children were also pleased to have guests at their table who had come such a long way to visit them.

I think these visits are good as they give other people some idea of what is going on, and it is a chance to meet other people and hear from them. It was good to have you.

It was our opening day of the new food coop and it was a bonus for us having you visit us.

Yes, the chance to hear about other projects in Scotland and to meet others who are involved in this work. It was a good opportunity to share ideas on food work and issues.

The Portgordon breakfast club appreciates the support and interest of the Scottish Community Diet Project.

It was good to meet people working at the other end of the food chain: - especially as they were so enthusiastic.

Yes – as I am new to this work, the tour study group gave me an insight into how other food coops operate.

♦ *How could we improve the visit?*

I feel more time would have been valuable.

Given your tight schedule, I think it would have been difficult to add anything else – and I would see it as the beginning of an ongoing and fruitful dialogue, rather than an end in itself.

I think that the visit was informal and friendly and people could chat together I think it was good.

Meet more often.

From my point of view the visit was very short notice. It would have been useful to have had more time for information sharing.

More time on site?

Perhaps by forwarding on a questionnaire maybe I could have given some of the questions a little more thought and made my answers clearer.

Afterthoughts

Planning how the time is spent is essential for a successful study tour. The project has found that it is often hard to recruit people to spend a substantial time away from home with a group of people that they don't know. The evaluation from this study tour and others shows that participants value the time they spend visiting projects and often comment that they would have liked to have spent more time with each project. Each study tour is a balance between spending an adequate amount of time with each project and visiting a range of projects so participants can learn from a range of experiences.

This is the fifth study tour run by the SCDP. Reports on the other study tours are available on the SCDP website www.dietproject.co.uk or call 0141 226 5261 to order free copies. The project continues to learn from every study tour and plans to run more in the future – check the website for details.

Thank you

The Scottish Community Diet Project would like to take this opportunity to thank everyone who took part in the study tour and made the experience so enjoyable. Also thanks to Jane Brown who proof read this report.

Contact details for the people and projects visited

Sandy Masson
Rubha Phoil
Forest Garden
Armada Pier
Isle of Skye
IV45 8RS
Tel. 01471 844700
www.rubha-phoil.org.uk

The **Rubha Phoil permaculture initiative** is open to the public from dawn to dusk all year for free woodland tours. Grows fifteen varieties of edible leaves, such as lovage, French sorrel and bronze fennel and flowers plus fruits in season. Plants sold for beneficial, medicinal or companion planting at the shop.

Chris Marsh
c/o The Horticultural
Development Association

Chris runs an **organic box scheme** from his croft, available to the local community for part of the year. He also supplies some local retailers and sometimes has a stall at the farmers' market.

Calina MacDonald
Horticultural Development
Association
c/o The Highland Council
Park Lane
Portree
Isle of Skye IV5 9GP
Tel. 01478613812

The **Skye and Lochalsh Horticultural Association** aims to stimulate interest in agriculture, expand existing markets and create new ones by developing the skills and products on Skye.

Andrea Matheson
Local Learning Partnership
3 Forestry Houses
Achmore IV538UN
Tel. 01599 577 262
Andrea@llp.prestel.co.uk

Andrea is the co-ordinator of the **Local Learning Partnership**, which raises awareness and encourages adults to take up learning opportunities. It will be amalgamated into Careers Scotland in April 2002. It is one of the partners of the mobile demonstration kitchen.

Julie Cavanagh
(has now moved on)
Education Business Partnership
Skye and Lochalsh
c/o Careers Scotland

Julie is the former co-ordinator of **Education Business Partnership**, which works with schoolchildren on a range of projects which link them up with business. It will be amalgamated into Careers Scotland in April 2002. It is one of the partners of the mobile demonstration kitchen.

Betty Nicholson
Laggan Community
Trading Limited
Laggan
Near Newtonmore
Highland
Tel. 01528 544857
www.laggan.com

Laggan Community Trading Limited, near Newtonmore, one of the few community-run co-op stores in the Highlands. Also the distribution point for the Laggan Splash, the local newsletter.

Sue Mitchell
Community Development
The Moray Council
Buckie Community High School
West Cathcart Street
Buckie
AB56 1QB
Tel . 01542 832605

Sue helped get the **Portgordon Breakfast Club** started and continues to provide support. She also works with other community projects in Moray.

Clare Evans-Teuche
Breakfast Club Organiser
The Portgordon Breakfast Club
The Community Centre
Portgordon Primary School
Richmond Terrace
Portgordon AB56 5RA
Tel. 01542 831198

The **Portgordon Breakfast Club** provides breakfast for local children five mornings a week. The breakfasts cost fifty pence a day. The Club is run by a committee with representatives from the local school and children. As well as breakfast there is also a play area.

Baxters' Highland Village
Fochabers
IV32 7LD
Tel. 01343 820666
highland.village@baxters.co.uk
www.baxters.com

Baxters' Visitor Centre is next to the production factory. It's advisable for visitors to book to see the film and cookery demonstration during holidays. There is a restaurant and a shop.

Christiane Brann
NCH Family Resource Project
Winchester House
1 King Street
Elgin
Tel. 01343 549557

Christiane helps run the **Mother and Toddlers Lunch Group** in Lhanbryde. She shops and cooks lunch once a week at the community centre where all local young mothers are welcome.

Jenny McLean
Youthstart Health Development
Health Promotion Centre
239 High Street
Elgin IV30 1DJ
Tel . 01343 545246

Moray Youthstart produces a quarterly newsletter on activities in the area. Jenny also helps run the mothers and toddlers lunch group in Lhanbryde.

Elaine Brown
Health Promotion Co-ordinator
Health Promotion Centre
239 High Street
Elgin IV30 1DJ
Tel. 01343 545246

The **Health Promotion Centre** in Elgin is a one-stop walk-in shop with advice on all aspects of health.

Ian McLennan
Health Promotions Assistant
Health Promotion Centre
239 High Street
Elgin IV30 1DJ
Tel. 01343 545246

Laura Sutherland
Moray Joint Breastfeeding
Co-ordinator
Health Promotion Centre
239 High Street
Elgin IV30 1DJ
Tel. 01343 545246

Natalie Vicca
Community Dietician
Dr Gray's Hospital
Elgin IV 30 15N
Tel. 01343 567 350
Natalievicca@hotmail.com

Sam McKeown
Policy Advisor, Food Standards,
Diet and Nutrition
Food Standards Agency
6th Floor St Magnus House
25 Guild Street
Aberdeen AB11 6NJ
Tel. 01224 285 153
Fax 01224 285 167
www.food.gov.uk

Margaret Richardson
or Billy Arthur
Victoria Food Basket
St Peter's Church Hall
Victoria Road
Torry
Aberdeen

Teressa Goodman
The Food Co-op Network
North East
Aberdeen Foyer
Marywell Centre
Marywell Street
Aberdeen AB11 6JF
Tel 01224 252892
Fax 01224252 899

Ian is employed by Grampian Health to run **cooking sessions** in the local community. Grampian Health produce a useful pack about preparing healthy meals.

The **Moray Joint Breastfeeding Initiative** encourages young mothers to continue breastfeeding. Laura is based at the Health Promotion Centre but also travels around Moray.

Natalie is a **community dietitian** based at Dr Gray's Hospital with a remit to visit several communities within Moray.

The role of the **Food Standards Agency Scotland** is to:

- ◆ Protect consumers by effective enforcement and monitoring of food safety and standards, in partnership with local authorities and through work with the meat hygiene service.
- ◆ Support consumer choice through accurate and meaningful labelling.
- ◆ Provide advice to the public and government on food safety, food standards and nutrition.

Torry Food Co-op is run from the local church hall and provides a range of fruit, vegetables, dry goods and dairy products to customers at competitive prices. Tea and coffee are also available.

The **Food Co-op Network North East** organises on a co-operative basis education and training for members. Bulk-buy fruit and vegetables at cost price and distribute to members.

Participants' contact details

Gordon McAlonan	Renfrewshire Flag Community Transport Tannahill Centre 76 Blackstoun Road Paisley PA3 1NT Tel. 0141 848 1915
Jane Murdoch	Dick's Hill Resource Centre 86-92 John Simpson Drive Stranraer, Dumfriesshire DG 9 7TW Tel. 01776 706644
John Tarry	Dick's Hill Resource Centre 86-92 John Simpson Drive Stranraer, Dumfriesshire DG 9 7TW Tel. 01776 706644
Anna Craven	c/o Irvine Royal Academy New Community School Kilwinning Road Irvine KA12 8SJ Tel. 01294 275 351
Carina Javens	Polbeth Health Initiative Group Polbeth Clinic Polbeth Road Polbeth West Lothian EH55 8SR Tel. 01506871274
Katrina Geddes	NCVS (National Council for Voluntary Services) Old Assembly Close Dumfries DG1 2PH Tel. 01387 269161
Lucy Gillie	Scottish Community Diet Project 100 Queen St Glasgow G1 3DN Tel. 0141 2265261 e-mail lgillie@scotconsumer.org.uk



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