

Special Grants Edition

And enjoying it!

It will not be a surprise to anyone that many of the grant recipients mentioned in their reports that participants had built their confidence as the result of taking part in food activities and had also valued and enjoyed the experience.



The **Haven project** (part of Circle Scotland) based in Edinburgh is in the process of running cooking sessions for family groups. They will run three lots of eight-week cookery sessions, with two families attending at one time, with children varying from 18 months to eight years old. So far, they have completed one eight-week course and are now running their second. Before attending the courses, the families were visited at home to find out what they wanted to achieve from the course. The aim of each session was to involve the whole of each family with the choice, preparation and cooking of a meal and to sit and eat it together at the end of each session. The project has kept in touch with the families after the sessions and families have reported that they enjoyed the course, learnt new skills and have tried some of the recipes at home. One boy who was normally 'fussy' began to try new foods because he was able to get involved in preparing and cooking food. One dad involved enjoyed the cooking sessions as he liked the idea of being involved in a shared activity with his family after school instead of sending the children to after school clubs.

To find out more

Policy and local food and health work

To find out about food and health in your area, visit your Local Authority and local NHS Board/local NHS websites. You can also find out about your local Community Health Partnership (or Community Health and Care Partnership) and local Community Plan from these websites. You may also be able to get information on these at your local library.

To find out about community food activity nationally and locally, visit our website www.communityfoodandhealth.org.uk

To find out about national policies around food and health, visit the Scottish Executive's website www.scotland.gov.uk/Topics/Health/health/19133

Healthy eating information

Further information on healthy eating is available from www.healthyliving.gov.uk/healthyeating/ or you can call the healthyliving team on 0845 278 8878

The Food Standards Agency educational website is www.eatwell.gov.uk

A list of the contact details of all Scottish NHS Health Promotion Departments is available at www.healthyliving.gov.uk/links/index.cfm?contentid=1559. Your local health promotion department will be able to help you source educational materials and provide information on what is going on in food and health in your area.

For information on the REHIS Food and Health Course call or email Graham Walker at gw@rehis.com or call 0131 225 6999.



Contact

for an application pack:

Alice Baird
Admin/Information Officer

Rita Campbell
Administration Assistant

for further information/advice:

Kim Newstead
Development Officer
(Grants)

Anita Aggarwal
Development Officer

Bill Gray
National Officer

Geraldine O'Riordan
Development Officer

Claire Street
Development Officer

CFHS
c/o SCC
Royal Exchange House
100 Queen Street
Glasgow
G1 3DN

Tel: 0141 226 5261
Fax: 0141 221 0731
cfh@scotconsumer.org.uk

www.communityfoodandhealth.org.uk



healthyliving

www.communityfoodandhealth.org.uk

farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

SPECIAL GRANTS EDITION

2007 Small Grant Scheme now open

Community Food and Health (Scotland) is happy to open this year's small grant scheme. Small grants of between £500 and £3000 are available to groups or agencies working with or within Scotland's low-income communities to tackle one or more of the barriers to healthy eating that many people face when considering eating healthier foods. Last year 40 applications were successful out of a total of 213. A total of just over £75,000 was given out in grants.

To find out more about our small grant scheme, please call or email us and ask for a grant application pack. You can also download an application pack from our website.

The closing date for grant applications this year is Friday 29 June, 5pm. Please note that faxed or emailed forms or late applications will NOT be accepted.

Last year we provided funding for food activities throughout Scotland delivered to and by many different groups including schoolchildren, parents with babies, people with sensory impairments, people with learning disabilities and the elderly, to name just a few. Some also aimed to run activities open to all people in their area, such as community cafés and fruit and vegetable stalls. Grant money was spent in a huge variety of ways, from buying dining tables, store cupboard ingredients and vegetable plants to transport costs, training for café volunteers and for monitoring and evaluation. To see a list of last year's grant recipients please visit our website.



Are your planned food activities contributing to national or local priorities? After ten years of driving food policy in Scotland, the Scottish Diet Action Plan was reviewed last year. We continue to focus on addressing the barriers outlined by the Scottish Diet Action Plan. Namely,

the **availability** of healthy foods, the **affordability** of healthy foods, **skills** around cooking and shopping and the **culture** around long-ingrained dietary habits. Last year all grant recipients addressed one or more of these barriers. The recent review will help to shape food policy in the future. The Diet Action Plan Review can be found at www.healthscotland.com/understanding/evaluation/policy-reviews/review-diet-action.aspx. Many grant-funded activities were also linked into more locally based plans and priorities or worked with local partners.

We would like to thank grant recipients for sending in some fantastic reports and photos from the work they have done so far.

Here's a small selection of some of the great work that last year's grant recipients have been doing since last September...

APRIL 2007

SPECIAL GRANTS EDITION

About Us

Our over-riding aim is to improve Scotland's food and health.

We do this by supporting work within 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 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 them 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.

Special Grants Edition

Responding to demand...

Many of the grant recipients last year made sure that their planned activities were needed and wanted by those who might take part in them. Some went a step further and made sure more people were involved at all levels of decision making.

South Edinburgh Healthy Living Initiative conducted a survey as well as running two consultation events (a community lunch and a supper) to find out local people's opinions on setting up a community café and a fruit and vegetable stall in their area. As a result of this, some of those who attended the community lunch have already started running a popular weekly fruit and vegetable stall and they hope to set up the café later on.

Food First in Inverness worked with several local community groups, including a parent and toddler group, a youth club and a community centre to help them set up fruit and vegetable stalls. The project linked the groups with a local fruit and vegetable grower and also delivered healthy eating and cooking activities with some groups. As a result, the various groups hope to continue to run the fruit and vegetable stalls themselves in the future.

Carrying out evaluation work, or getting feedback from those involved once the food activities have started can help improve activities as well as respond to demand. For example, **Central Healthcare** ran cookery sessions with young people living in hostels in Perth and Kinross. After trying various methods and asking them for feedback, they found that the young people preferred smaller groups, shorter courses and an element of competition (i.e. running 'ready steady cook' sessions). They will run their next course using the methods that were preferred.

Thinking ahead...

Many of the grant recipients planned to do work that would help them continue to deliver healthy eating activities long after their grant money had been spent (not an easy task, we know).

The Woodlands Parents' Activities Group in Fife received funding to deliver cookery sessions. This project already had a kitchen and a crèche facility as well as staff able to take the time to run these sessions. All they needed for a successful cooking project was some equipment and store cupboard ingredients.

Project participants are able to attend as many sessions as they like as they contribute to the cost of ingredients. The week before each session they choose a recipe and, often, this is an affordable healthy main meal that they can take home to eat with their family. The weekly cookery sessions have been popular and as participants are already in the habit of contributing to the costs, the project believes the cooking group will run well into the future.

3D Drumchapel in Glasgow applied the same principle to a parent and children's breakfast club, and a family lunch club that emphasises children and parents eating healthy meals together. 3D Drumchapel also charges parents a small fee. Although the aim of this is to encourage the parents to see the project as an affordable service, rather than a charity, the contribution could also help to sustain the service.

However, other grant recipients such as **VSA Richmondhill house in Aberdeen**, had previously tried to help their service users to try cooking new types of meals for themselves, but as service users were required to use their own

money to do this, staff found that they 'played safe' and only bought items that they knew that their children would accept. The project used their grant to buy new foods for people to cook in order to encourage them to experiment with new tastes.

Being strategic...

Being strategic, that is thinking ahead into the long-term future, and making sure your activities are valued locally and contributing to local or national plans, can help the future of your project's activities. Some grant recipients were able to do this, including...

The Annandale and Eskdale Safe and Healthy Action Partnership is part of the local Community Planning structure and its healthy eating sub-group is made up of, and is linked in with many local partners such as Sure Start and Community Learning and Development. Developing work with many partners has taken time, however the group believes that this has created local ownership and hopes that this approach will help to sustain work within many organisations over the long-term future. Grant funded work so far has included cookery sessions and information on weaning with a local parenting group, and taking part in local events and training on food and health. The group hopes that future events will include a recipe book and a garden.

The Princess Royal Trust in Clackmannanshire ran a cooking skills and healthy eating group during high school lunch times with a group of young carers. The Trust found that good joint working with other partners helped the smooth running of this lunch time club. The local Community Health Partnership is considering the possibility of involving one of the workers on this project with another similar group in the area.

East Lothian Roots and Fruits ran a 'Healthy Issues' course aimed at young people who were soon to start high school. The aim was to build the skills and confidence of the young people so that they would be able to make healthy choices during the school day. The programme planned to complement the work going on in schools, such as work involved in the national programme: 'Hungry for Success'. The course varied between four and six weeks, with one session per week. The young people took part in a variety of activities, from cooking and physical activity to facials and nail painting, with a health message throughout each activity. The courses went well with no hiccups.



Being consistent...

Although the message that the ideal diet is balanced, varied and includes plenty of fruit and vegetables has remained almost the same for decades, there is plenty of less consistent information in newspapers, magazines and on the Internet. Fortunately, there is a wealth of good resources available that can be used with a wide variety of ages (see overleaf) that support a simple healthy eating message. And for those who want to learn more, the Royal Environmental Health Institute of Scotland (REHIS), who also developed Food Hygiene courses, now accredits a six-hour Elementary Food and Health course. Some grant recipients used sources of help available locally.

Mid Argyle Health Promotion Group ran a 'Bumps and Babies' cookery demonstration course for 24 mothers. These one-hour sessions provided local parents with information on food preparation, food hygiene, and healthy eating guidelines as well as store cupboard ingredient packs. Before starting the course the group received advice from their local NHS dietitian on the nutritional requirements for babies, toddlers and adults.

NCH Lochaber Families Project works with vulnerable children and families through home visiting and group work. They applied for a grant in order to include cooking and healthy eating sessions in their clients' own homes. They needed the money to buy cooking ingredients and equipment suited to the needs and wishes of each family. So far, they have found that their work has been well received, with parents reporting more confidence and self-esteem, as well as improved cooking skills. The Project used resources from NHS Grampian that included recipes and information on a healthy diet.