



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

All talk *and* all action

This edition of Fare Choice highlights yet again the enormous amount of activity undertaken by communities in Scotland and their enthusiasm to reflect, share learning, and have an even greater impact.

Demand for places at this year's annual networking conference has been huge (see page 3). Murrayfield will be full of volunteers, lay workers, professional staff, planners and policy makers sharing experiences, raising concerns and highlighting aspirations.

Research coverage in Fare Choice has always been well received and issues such as 'the Glasgow factor' (see page 2) and SCOFF (see page 5) are particularly enlightening.

At the front line it appears, despite the financial uncertainty and insecurity faced by many, that life is busier than ever. We were stunned by the response to the offer of free resources (seeds, shopping bags, aprons, tabards and bibs) made in the last edition of Fare Choice and delighted by the information supplied on how they were to be used. We can only commiserate with those whose requests came in too late to be met.

Equally stunning has been the imagination, enthusiasm and commitment reflected in the requests for small grants (see pg 3). The number of requests continues to rise as does their quality. From past experience, the successful applicants will make good use of the investment and as ever we will be bringing the aspirations of unsuccessful applicants to the attention of local potential funders.

As ever, in this edition of Fare Choice you'll find news and articles on practical initiatives taking place throughout urban and rural Scotland (eg



Fife Community Food Project making good use of their new aprons

Glasgow pg 9, Edinburgh pg 10, Fife pg 6, Upper Nithsdale pg 9)

A momentum has been building for some time in the battle against food

poverty, social exclusion and health inequalities. Local communities taking stock and taking action should continue to play a key role in the ongoing national effort to improve Scotland's health and wellbeing.

inthisissue

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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.



What's Cooking? **spotlight on a hot topic**

Research Associate with the Medical Research Council, Lindsay Gray, talks us through the recently published Comparisons of Health-Related Behaviours and Health Measures between Glasgow and the Rest of Scotland report commissioned by the Glasgow Centre for Population Health.

To improve understanding of the multi-faceted health problems confronting the population of Glasgow, it is beneficial to gain insight into the area's position within a national context. Since poor health is associated with poverty it is important to investigate whether negative aspects of health and lifestyle in the Glasgow area are due to it being generally more deprived than the rest of Scotland. This new report provides comprehensive comparisons of adult risk factors - including aspects of diet, morbidity and mortality in Glasgow and the surrounding area compared with the rest of the country, and establishes the extent to which differences can be explained by the unique socioeconomic profile of the region.



Based on data on over 25,000 individuals from the Scottish Health Surveys, as well as national mortality and population statistics, the research makes comparisons of three geographical areas: West Central Scotland, Greater Glasgow Health Board region (pre-dating merger with Clyde) and the Glasgow City area, with the rest of Scotland. A variety of both individual and area-based measures of socioeconomic status have been used.

The findings are illuminating. Aspects of diet are distinct in the Glasgow vicinity compared with elsewhere in the country, even once differences in socioeconomic factors had been accounted for: men in Greater Glasgow and Glasgow City consume less meat than those living elsewhere although there are no differences for meat products. Green vegetable consumption is lower in men and women in the West Central Scotland area and among men in Greater Glasgow. However, it has been found that men in Greater Glasgow are actually more likely to consume the recommended five or more portions of fruit and vegetables than those living elsewhere, once the higher levels of deprivation in Glasgow have been taken into account. Higher proportions of soft-drink consumption among women in Greater Glasgow, West Central Scotland and Glasgow City are all explained by socioeconomic factors, whereas a persistent excess addition of salt to food at the table was found in all three areas among women, although these differences have narrowed over time.

Considering other features of lifestyle and health, elevated rates of excessive alcohol consumption and binge drinking are found among men in Greater Glasgow, West Central Scotland and Glasgow City compared with the rest of Scotland, even following adjustment for differences in socioeconomic circumstances. There are higher levels of long standing illness, acute sickness and poor mental health in men in West Central Scotland, even once adjustment has been made. Acute sickness and poor mental health levels also remain high among men in Greater Glasgow and in Glasgow City. Excess male mortality from all cancers, lung cancer, chronic liver disease and mental and behavioural disorders due to the use of drugs persist in Greater Glasgow after adjustment for socioeconomic conditions. Among women there are higher levels of poor mental health in West Central Scotland, Greater Glasgow and Glasgow City compared with the rest of the

What's Cooking?

country which can not be explained by socioeconomic differences. Women in Glasgow City are also identified as having higher rates of poor self-reported general health and low quality of life in terms of mental aspects.

The work also underlines substantial disparities in health characteristics within the Glasgow region itself. Diets are less healthy in deprived areas with higher prevalence of usually adding salt to food at the table, higher consumption of meat products, non-diet soft drinks, and lower intake of fruit and vegetables compared with other areas in Greater Glasgow. With the exceptions of alcohol consumption and physical activity in adults generally, and obesity and coronary heart disease among men, which are not patterned according to area deprivation, other aspects of health are significantly less favourable in the most deprived areas.

In conclusion, the strong social patterning of many of the negative aspects of diet, other health behaviours, morbidity measures and mortality accounts for much of Glasgow's unfavourable health profile. Thus, if Glasgow had the same socioeconomic distribution as the rest of Scotland, many, but not all of its excess health problems may disappear. Among the dietary measures considered, low green vegetable intake and, among women, excess salt consumption in the Glasgow area require particular attention. Improving Glasgow's health does remain fundamentally linked to overcoming problems associated with deprivation and poverty but concerted effort is required to tackle sub-standard diet, high alcohol consumption and poor mental health in the area.

For further information on the report contact:
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Team Talk

an update on our recent/forthcoming work

Back in touch

Final arrangements for our annual networking conference are well under way. As ever, demand for places at this event has been huge, with higher than ever applications received. This can only reflect the interest in and need to share and learn from others tackling health inequalities through food across Scotland. Our workshop programme this year will give a wide range of projects and agencies an opportunity to share their work widely with all participants. If you have been lucky enough to secure a place, please ensure that you return the conference workshop booking form back to us as soon as possible, as places will be allocated on a first come first served basis. In the meantime we look forward to meeting with acquaintances old and new on 11 October.

New Development Officer

Anne Gibson has recently joined the team. The focus of Anne's work will be capacity building. She is looking forward to having the opportunity to meet as many of you as possible in the future.

Funding

Successful applicants to our small grant scheme are in the process of receiving their grants. Again, as in recent years, the grants panel had difficulties choosing which of the many deserving applications would receive funding. Fifty six applicants will receive funding out of a total of 210 applicants. We are looking forward to hearing about their activities next spring. Their planned activities include food shopping and budgeting with young parents in Aberdeen, a school garden in Glasgow, and a peer education programme in Orkney. A list of successful applicants will shortly be available on the CFHS website.

Coming soon – 'A taste for independence' a new guide on using food activities to help promote life skills

The guide will use information from 21 projects to show how food activities, such as cooking, can be used to develop life skills as well as promote healthy eating amongst individuals who are learning (or relearning) to live independently. As well as discussing many of the issues involved, such as encouraging participation and deciding what to cook, there will be case studies from

Team Talk

projects. These will include cookery classes in a hostel for young homeless people in Edinburgh, an independent living skills programme for people with learning disabilities in Aberdeenshire and food preparation sessions at a club for young carers in Oban. To get a copy when it is launched in October, sign up to our Publications library e-bulletin on our website.

Food, health and homelessness **New funding opportunity! The Food, Health and Homelessness Capacity Building Fund**

This new fund aims to promote and support practical examples of ways in which good food, by improving the health and wellbeing of homeless people, can be a pathway to social inclusion and ultimately to resettlement. It is open to organisations working with homeless people, or those at risk of homelessness, who wish to develop food-related activities that involve service-users and promote their health, general wellbeing and in particular their independent living skills. We are offering funds between £3,000 and £10,000 from a total of £50,000. Application forms and further information are available from our website. You can also contact Alice or Rita for an application form. Please note that the closing date for applications is **5 October 2007**.

Sharing good practice on food, health and homelessness locally and nationally

We supported a food forum on food, health and homelessness in Dumfries and Galloway on 6 September in Gatehouse of Fleet. The aim of this

networking event was to bring together statutory and voluntary agencies from across the area, as well as nationally, to raise awareness of food as a tool for tackling homelessness and to explore ways of developing local food and homelessness-related activity. As this event took place as Fare Choice 41 was going to print, a full write-up on the day's activities will be available in our next edition.

Roundtable Discussion on 0-5's: parents and children including infant nutrition

In response to the constant demand and requests for support and guidance around work with children and families, we felt the time was right to invite a number of community food and health initiatives and national agencies to a roundtable discussion. The aim of this was to enable sharing and learning around effective approaches being used, examine what works and why, raise awareness of practice with other agencies, identify key themes and look at how CFHS and others can further support and develop these approaches. Nine community initiatives were able to attend the discussion as well as the Scottish Executive and the Food Standards Agency. We are very grateful for all the contributions that were made on the day. A report from this discussion is now available to download from the Publications Section of our website. The recent UK Liaison event held in Glasgow (see page 13) was another opportunity to enhance networking, sharing and learning on the same theme.



Scotland

Have your say

“...where we must place particular focus is the widening health gap between the richest and poorest people in our society...Our Action Plan will place particular emphasis on preventing the same problems occurring in future generations as have blighted past and current generations...We must do all we can to put the expectations of people at the heart of decision making in NHS Scotland”

Nicola Sturgeon MSP

Cabinet Secretary for Health and Wellbeing

A discussion document 'Better Health, Better Care' has been launched by the government, designed to inform the development of a 'health and wellbeing action plan', due to be published by Christmas. Key concepts of the discussion document include tackling inequality, intergenerational ill health and having the public at the heart of decision-making. Responses to the document are sought by 12th November. See www.scotland.gov.uk/News/Releases/2007/08/16105204

Free school meals

Further information on the proposed universal free school meals pilots, mentioned in the last edition of Fare Choice, and due to commence next month, is available at www.scotland.gov.uk/News/Releases/2007/07/11120943

UK

Folic acid

Having made their decision in principle in May, as covered in a previous edition of Fare Choice, the Board of the Food Standards Agency have now discussed the practicalities of implementing mandatory fortification and controlling voluntary addition. A recommendation package will shortly be made to UK health ministers. See <http://www.food.gov.uk/news/newsarchive/2007/jun/folatupdate>

Healthy Start

For the latest information on the Healthy Start initiative, see the news article on page 12.

Europe

White paper

The end of May saw the launch of the European Commission's White Paper on 'A strategy for Europe on nutrition, overweight and obesity related health issues', setting out an integrated European approach building on previous policy initiatives. The White paper highlighted, "that the development of effective partnerships must be the cornerstone of Europe's response." However, "a disappointing, unambitious and minimalist response to the problems of obesity and diet related diseases" was the unambiguous response of BEUC, the European consumer organisation with members in over thirty countries. BEUC Director, Jim Murray, stressed the need for urgent action, stating, "We would like the current Commission to do much more before they go but we urge them at least to bring forward a robust proposal for simplified nutritional labelling. Like many slimming regimes the White Paper is built on false hopes and unrealistic expectations."

For more information on BEUC's views on nutrition visit www.beuc.eu/Content/Default.asp?PageID=824 and the White Paper can be viewed at http://ec.europa.eu/health/ph_determinants/life_style/nutrition/documents/nutrition_wp_en.pdf

Scoff

Food and Illness: a family's dilemma

This study was completed in 2000 and followed previous work on how families respond when one member changes diet (eg: vegetarian), and focused on the impact of a diet-related medical condition on food and eating in the family. I utilised two very different medical conditions diagnostically: coeliac disease, little known with a purely dietary treatment, and coronary heart disease (CHD), well known and widespread with dietary advice just a part of the treatment. Once stabilised, these conditions tend to be seen as 'chronic' rather than 'acute', meaning that potential dangers of the condition remain for the person's lifetime, but, with careful (dietary) management, risks are reduced considerably.

Coeliac disease requires exclusion of gluten (found in wheat) from the diet completely; gluten is a major part of today's diet, (eg: bread, pasta, biscuits, even sausages), while the CHD diet is similar to the generally recommended 'healthy diet', found in much public health policy.

I wanted to find out what family members felt about the 'special diet', so conducted qualitative face-to-face interviews with the family member primarily responsible for food and meals and with the person with the condition. To elicit family histories around meals and eating I arranged to visit participants twice, a few weeks apart, focussing on the impact of the illness and the diet in the first, and, in the second, asking them for childhood memories of food choices and traditions that they might have brought into new relationships with partners and children. I found that when the person with the condition was male, their wives were happy to take part, but it was less likely for me to interview husbands of the women with the condition, so in some cases I interviewed people alone and in others the couple together. These relatively unstructured interviews revealed a picture of participants' lives as a process of routine negotiation and (re)construction. Without this openness to the ordinary as well as the contingent, it is unlikely that the impact of the family relationship, and the need for the 'normal' in family practices, would have emerged. This idea of 'normality' is, like notions of health, evident in the absence of difference; a desire not to be different from others and/or what it was like before the onset of the illness.

An overwhelming message was that chronic illness in the family created a major tension between the desire to maintain 'normality' (implying no change) and the need to follow the diet (requiring lifestyle change). Food and eating bring with them social meanings that go well beyond nutrition and so can make changing diet as difficult as giving up smoking. Nevertheless I found that a diet related to a medical condition was often seen as a family project, with all members involved in some way. The illness experience and the special diet generated demands that varied in actual and perceived difficulty and involved time and commitment, but was part of 'leading a normal life'.

Reference

Gregory, S. (2005) Living with Chronic Illness in the Family Setting. *Sociology of Health and illness*.27, 3, pp370-90

Susan Gregory - Research Unit in Health Behaviour and Change, University of Edinburgh

For more information about SCOFF/BSA study groups see WWW.food-study-group.org.uk

Take Stock

Fife Community Food Project

Background

A new Community Food Project was set up in Fife in August 2006, employing four Community Food Development Workers (CFDWs) to work in the four regeneration areas of Fife. The project was funded by the Fife Community Regeneration Outcome Agreement until March 2008.

The aim of the project is to improve access to and take up of a healthy diet by communities within the regeneration areas of Fife. It is managed by a multi-agency working group, which includes NHS Fife, Fife Council and WECAN (a social enterprise established to support and assist with the development of community food initiatives within disadvantaged areas).

Using work around food, the project seeks to build individual and community capacity to help overcome some of the barriers to health and well-being. It works in partnership with communities, organisations and professionals to help those on a low income explore and act on their own food and health needs, empowering them to have more control over their eating habits and ultimately enabling them to eat more healthily. The CFDWs have been involved in a wide variety of activities, working with a diverse range of groups including young parents, young people with drug and alcohol issues, elderly people, schools, nurseries and children using after school care. Below is just a snapshot of some of the work that they have been involved with in the last year.

Take Stock

Cooking Classes

A group of mums at Fair Isle Nursery in Kirkcaldy took part in a course of cookery classes run by the CFDW. As a result of this course, a regular breakfast club has started. The mums hope that their children will “learn by example” when they see them eating a healthy breakfast. Eight of the mums now want to set up a weekly fruit and vegetable co-op.



The Kirkcaldy CFDW has also worked with Clued Up, a project for young people with drugs and alcohol issues, to run a six-week cooking club. The young people became actively involved in running of the course. The aim of the CFDW's work was to ensure that these activities become sustainable by training a group of participants in cooking and food hygiene skills so that they could continue to run the courses in the future. This is well on the way to being achieved.

The CFDW in Levenmouth worked with Homestart to run a nine-week 'Healthy Cooking on a Budget' course, which was followed by a four-week course on Elementary Food Hygiene. The courses were seen as a means of improving the confidence of the participants, as well as providing them with skills that may help them get back into work.

The parents attending the course were keen to use ingredients that they could buy locally. The CFDW contacted a local butcher who was happy to produce a range of healthier sausages. As well as being produced for the cookery sessions, the sausages have gone on sale and are proving to be a hit with local shoppers.

Also in Levenmouth, the CFDW is working with the Integrated Community Schools programme to develop a project which is aimed at increasing communication between parents and “middle” children in families. The project will be multi-activity, and will include sessions on healthy diets. It begins in October this year.

Growing projects

In Kelty, the CFDWs have been working with the Kelty Allotments Association, to encourage local people to take on unused plots. The CFDW helped set up an open day in partnership with Elmwood College to promote the allotments, with a six-week course on managing allotments on offer to interested local people beginning in September. The CFDWs will be working with the allotment association to identify how the site can be developed in the future.

The CFDWs have been instrumental in the establishment of Kirkcaldy Allotments Group, formed in response to the demand for additional allotments in the town. The group is lobbying for the development of additional allotment sites in the area, and is intending to become involved in the Greenspace mapping exercise being carried out by Fife Council.

Homeless

The CFDW in Dunfermline and West Fife worked with Kingdom Housing and Open Door Fife, two groups who work with homeless people, to run a pilot six-week cooking course. The course was run in a homeless hostel, with 12 people taking part. The recommendations from the pilot included the need to improve the storage and kitchen facilities in the hostel, which have subsequently been acted upon. Further work on cooking skills is planned, including training staff members and working with volunteers. This work is being funded through the Community Food and Health (Scotland) small grants scheme.

Take Stock

Weaning

Weaning classes for mothers with very young babies have been run in all four of the areas, to encourage them to give their babies the best possible start once they begin to eat solid foods. In Lochgelly, new mums are invited to attend a 45 minute session, which runs every two months. Everyone attending the classes is given a weaning pack, which includes a hand blender, sieve, bowl, feeding spoons and ice cube tray. They also have the option of signing up to a free six-week follow-on cookery course which focuses on preparing family meals.

After School Clubs

The CFDWs have been asked to work with the children and staff in a number of after school clubs in Fife, to ensure that the snacks that they were providing the children were healthy. As money to pay for the snacks was limited, the suggestions chosen by the children and staff were low cost, as well as being healthier. To encourage the children to eat more fruit in one club, the CFDW went in to make smoothies with the staff and children. The club were then given a smoothie maker, which has proved a great success. As a result further work with After School Clubs in Fife has been requested.

Why has the project been successful?

A number of factors have helped the project to be successful. Firstly, the prominence of food and health on the political, social and health agendas

has increased awareness of the role that community-led food and health initiatives can play in reducing inequalities in food access. Agencies, organisations and communities are therefore more willing to “buy into” the project. Secondly, the project is a true example of partnership working, with close and productive working links having been built up between the CFDWs and organisations/groups in their areas.

Finally, the way the CFDWs have worked together to share resources and skills, for the benefit of the communities in which they work, has been a major contributor to the success of this project.

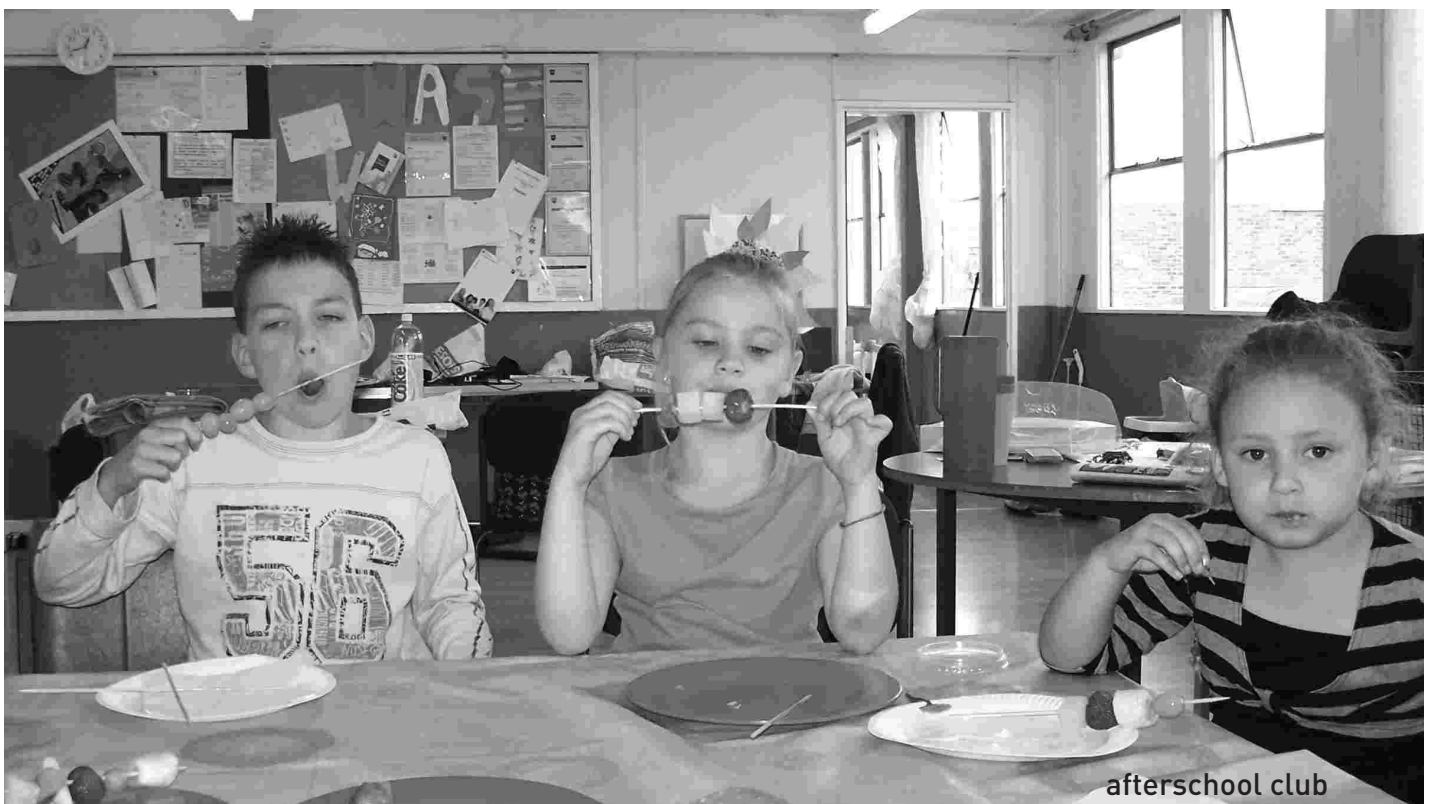
To find out more about the work of the project, contact any of the community food development workers:

Celeste Thomson (Levenmouth) on 01592 411266, email celeste.thomson@fife.gov.uk

Iain Anderson (West Fife Villages and Dunfermline) on 01383 739270, email iain.anderson@fife.gov.uk

Central Fife – (Lochgelly, Benarty, Kelty) on 01592 783476

Stella Stewart (Kirkcaldy) on 07939 166287, email stella.stewart@fife.gov



60 families are awarded cookery classes certificates in Upper Nithsdale

An Upper Nithsdale partnership consisting of Building Healthy Communities, NHS, the local council and three local schools recently celebrated their year-long successful Cooking and Physical Activity project. This well-attended celebration also included lunch prepared by parent volunteers. The project's work included a programme of cookery courses for older primary schoolchildren and their parents or carers. Two primary schools and a secondary school were involved with the project. The secondary school's Home Economics department hosted the sessions and mixed the children from the two primary schools together, giving them a chance to meet each other as well as providing them with an informal introduction to the high school. Each cookery course lasted four weeks and participants learnt to cook a starter, a main meal and a dessert. Local people with a catering background, the school cook and schools/parent link worker ran the sessions. A handful of the high school pupils were also involved and received training so that they could act as mentors during the cookery sessions. The project has received a great deal of positive feedback from those involved – the local parents, children, the schools and other members of the community. The project partners believe that this success is partly because local people were involved in the early stages of planning the project as well as because the local community itself had identified that cookery sessions would help boost local confidence to cook and cooking skills. The project hopes to continue some of this work in the future.

The project also celebrated by publishing a book of tried-and-tested recipes 'Rooky Cooky'. We have a limited stock of these to give away to Fare Choice readers. Contact Alice to receive a copy. If you would like to know more about this work, please contact Libby Nimmo 01659 67701 or email libbybhc@btconnect.com

Healthy eating classes at the Hidden Gardens

The Hidden Gardens opened in Glasgow in 2003, transforming an area of industrial waste ground behind the Tramway into a Sanctuary Garden dedicated to peace. Many people are aware of The Gardens as a beautiful place to visit but not as many know it as a growing community resource. This activity takes place in The Boilerhouse, a workshop space, kitchen and office rolled into one. Cooking with their own organic veggies is central to the goal of getting people excited about seasonal produce and healthier lifestyles. They have also discovered that food is also one of the best ways for people from different backgrounds to come together and socialise.

With support from Awards for All, Scottish Community Foundation and Agnes H Hunter Trust, a year long programme of cookery classes aimed at different target groups and addressing health concerns has been developed.

Their vision has been to improve skills, confidence and enthusiasm for cooking healthier meals in a space where cultural exchange and new friendships can be built.

Ongoing dialogue with the local CHCP, health visitors and their parent and toddler group identified the need for emphasis on weaning and healthy family meals. Their first eight-week course was aimed at mums with under-fives. Each week the group learned a new recipe together and group members also received more unusual vegetables to try at home, for example asparagus. Healthy snacks, alternatives to fast food (that would appeal to fussy eaters), and simple one-pot meals which could be pureed for babies



were some of the recipe topics covered. The local oral health team took part in a session to offer advice to the mums on teeth brushing. Everyone also planted their own pot of herbs.

A Flavour of...

Feedback has demonstrated that mums feel more confident about cooking from scratch and that their families are eating healthier as a result. Further requests for places have also shown the strong demand for additional weaning focused cookery classes and they hope to secure funding to hold more next year. Currently an eight week class for over 55's is being well attended. Further classes for people with addictions and a cultural cookery class are planned in the autumn. **For more information contact Clem Sandison, Community and Volunteer Co-ordinator, clem@thehiddengardens.org.uk, 0141 433 2722.**

Developing sustainable community food initiatives in Edinburgh



Following Edinburgh Community Food Initiatives (ECFI) 10th anniversary event at the Scottish Parliament (see Issue 39) where the links between food, health and sustainable development were discussed, Lochend Food for Health, a regeneration funded initiative, has evolved in North Edinburgh.

Lochend already has two food co-ops facilitated by ECFI and residents were interested in creating other community food initiatives. Since October, Food for Health has identified a large number of community food assets within the area and created new ones with the aim of developing a community food network for the neighbourhood. The four main activity areas are Grow for Health, Shop for Health, Cook for Health and Learn for Health.

Grow for Health has developed a number of community food gardens in the area which are producing a wide range of fruit, vegetables and herbs. This produce is already being sold to numerous other community groups. At the Portlee Greenhouse project salad, cucumbers, chillies,

peppers and a large range of heritage tomato varieties are grown and are being bought by many people locally. Over 300 tomato and chilli plants have also been sold to community members. Any excess produce is sold at the food co-ops. Profits have been reinvested into other Food for Health projects with all produce grown using organic principles reducing 'food miles' for Lochend. The Grow for Health volunteer group work on other food related growing projects and have created a local herb garden and school allotment plot. Other planned projects include planting mini fruit orchards in community spaces and establishing a poly-tunnel for the area.

Shop for Health has two busy food co-ops which sell produce supplied by local organic farms when it is in season. Affordable organic produce has proven very popular with local residents. A community café sells healthy food made in part from organic produce sold from the co-ops. The co-ops have started an extensive outreach programme which includes selling fruit and vegetable packs to many other community organisations and housebound residents. This has social enterprise opportunities in addition to providing a much needed local service. Other groups use the co-ops as a community health venue, including the local doctor's surgery which has been running weaning classes and smoking cessation workshops.

Cook for Health plans to use the produce from Grow for Health projects and local farms to run cooking workshops using seasonal recipes, whilst the **Learn for Health** programme started in July with an Elementary Food Hygiene course. This provided training for 14 community activists and local community development workers. Many other activities are planned for the forthcoming year including the establishment of a Local Food Policy group for the area. It is hoped that this group can inform the Neighbourhood Planning Partnership about community health issues in Lochend. Lochend Food for Health provides a wide range of food related activities that have established volunteering opportunities, training and social enterprises potential whilst advocating the principles of sustainable communities. This programme could be easily duplicated in other low income areas across Edinburgh and ECFI is currently looking to do so in the next few years.

For more information on Lochend Food for Health or any ECFI projects please contact Iain Goodbrand, iaingoodbrand@yahoo.co.uk or 0131 467 7326.

Schools cookery challenge brings healthy competition

Four teams of school pupils from across East Lothian met in Knox Academy to compete in the final of a county-wide cookery competition on 7 June 2007. The Little and Large Cooking Competition promotes links between secondary and primary schools while raising awareness of healthy eating messages in a fun and friendly way. Each team was made up of three pupils – two from primary six working with one senior pupil from the local secondary school. Their challenge was to prepare and cook one main meal and a healthy dessert from a bag of mixed ingredients within two and a half hours.

The four teams competing were Wallyford Primary with Preston Lodge High School, Musselburgh Burgh Primary with Knox Academy; Dunbar Primary with Dunbar Grammar; and Pencaitland Primary with Ross High School. Each team had already proven their abilities following the first round of the competition, which saw 13 teams from across the county compete for a place in the final.

The competition judges, Provost Sheena Richardson, Craig Hunter, Chef at The Rocks Restaurant in Dunbar and Joyce Marlow, East Lothian Council's Catering Manager were very impressed by the organisational skills displayed by the senior pupils in guiding the youngsters through the exercise, as well as the imagination and flair put into presenting the dishes. They had a tough job coming to a decision but ultimately based on taste and flavour, the Knox Academy/Musselburgh Burgh team were declared the winners of 2007 Little and Large Cooking Competition.

The Bridge Centre Motorcycle Project (BCMP)

Following successful funding from the Robertson Trust 'Girls on the Move' Fund, the project's aim was to engage girls/young women in sporting activities and promote healthier lifestyles. They ran two groups, one from Ross High School, Tranent and the other from Preston Lodge High School, Prestonpans, both in East Lothian. Each group involved the eight participants learning to ride off-road motorcycles (sporting activity) as well as a health promotion session (promote healthier lifestyles).

The health promotion session included a relaxation session, sexual health information and preparation of a healthy eating lunch. The practical session introduced the girls to healthy options and the opportunity to try new foods.

Throughout the programme the girls were given fresh fruit juices, water, fresh fruit and low sugar/fat snacks. BCMP believe that apart from the physical health aspects of giving young people healthier snacks it can have a positive effect on their attitude and behaviours. Consumption of high levels of sugary drinks and snacks can have affect the young peoples behaviour which can go to adversely affect their experience of the activities provided within the project. The Community Food and Health (Scotland) recipe book was used as a resource in these sessions and a copy was included in the information pack that participants received. It must have worked as a few of the girls reported back that they had tried out some of the recipes in the book at home, so it did what it said on the tin. During the summer, the project hosted a visit from

the Queen and Prince Philip. BCMP is part of the established Bridge Centre in Haddington. For further details contact Laura Scott, Rowan Mitchell and Lindsay Auld, Project Workers 01620 929817 or visit www.bcmp.org.uk



Sign up for 'Healthy Start'

'Healthy Start' is a UK-wide scheme to support pregnant women and families with children under four on low incomes to eat a more balanced diet. Healthy Start vouchers can be exchanged at any registered Healthy Start food outlets for the following range of products to the value of £2.80 per voucher.

- liquid cow's milk
- fresh fruit
- fresh vegetables
- infant formula milk

The Healthy Start scheme now enables more types of food retailers to be registered and would especially like to encourage more community food initiatives, community food co-ops, community owned shops and markets to apply to become registered as well as local shops and chemists.

If you would like to register as a Healthy Start food outlet call 0807 201668 or register online at <http://www.hsru.co.uk/register.aspx>.

As soon as an application has been approved, the retailer will be sent a supplier guide, the first claim form and window labels advertising that it is a Healthy Start food outlet. Information for retailers can also be found on <http://www.healthystart.nhs.uk/en/fe/page.asp?n1=1&n2=9>

Food establishments clamber for healthy living award

Since it was launched by the Scottish Consumer Council in August 2006, a total of 580 establishments across Scotland have registered for the healthy living award. More than 100 of these have already achieved the award, after adopting a range of healthier practices. Interest in the award has exceeded all expectations, with a wide range of establishments, from construction companies to banks, all keen to meet consumer demand for healthier options.

Claire Brown, Project Manager of the healthy living award, said, "We are delighted with the response we have received from eating establishments keen to get behind this Award, and it is encouraging to see they are from across the board, ranging from independent cafés to major catering companies."

The establishments already registered for the award include major catering groups such as Compass and Sodexo, large employers including Royal Bank of Scotland, and smaller

independent outlets such as local café. There has also been considerable interest from the public sector.

The second year of the award will see the Scottish Consumer Council concentrate on four key sectors – workplace restaurants, further and higher education sites, public sector establishments and supermarkets. **For further information on how to apply for the healthy living award, please call 0141 226 5261 or visit www.healthylivingaward.co.uk**

The Food and Health Alliance Newsletter

Staff from schools across West Lothian have completed a Nutrition Skills course which covered a wide range of topics such as food hygiene and community development. Clackmannanshire Community Food Development Project, Forth Valley Food Links and Stirling Health and Well-Being Alliance organised for volunteers to visit the Royal Highland Show in June. These are two examples

of community based activities that are highlighted in the latest edition of the Food and Health Alliance newsletter. The Alliance has recently launched their new website www.fhascot.org.uk. The site is intended as a central communications hub for its members and features the latest news on local and national food and health developments, events, research and publications.



Food Standards Agency (FSA) low income diet and nutrition survey

The results of this survey and its research have recently been published by the FSA. The aim of the survey was to provide evidence on the eating habits, nourishment and nutrition-related health of people on low incomes. Groups from all over the UK were surveyed between November 2003 and January 2005. Their findings have suggested that the dietary patterns of people on low incomes are the same as those of the general population and in some aspects less healthy. Some of the other findings in this report reaffirm what has been acknowledged for some time for example 'those on low income were less likely to eat wholemeal bread and vegetables' as well as not enough fruit, oil rich fish and too much saturated fat and sugar. The report highlighted how social factors can influence food choices 'Having more money and/or greater availability of cheaper healthier foods were the factors most reported most often that would help to facilitate changes in diet'. In conclusion the report acknowledges that while some dietary targets are already being 'targeted for action in the general population, different approaches might be required to achieve effective changes in the low income population'. Data from this survey will be used by the FSA, Government departments and non-Government bodies to understand and address barriers to healthy eating by low income groups. The FSA are holding a stakeholder event in London in November to discuss the survey and future actions. CFHS will be represented at this event.

To read a summary or the report in full go to www.food.gov.uk/science/dietarysurveys/lidnsbranch

Communities, families and 0-5's

A second Sustain UK Liaison event took place in Glasgow at the Teacher Building in June on the theme of 'Communities, Families and 0-5's'. A large delegation of participants attended from projects and agencies across Scotland as well as England, Ireland and Wales. The event was a great success, facilitating a wide range of networking, and sharing practice, experiences, ideas and challenges between projects working across the UK. Sharing information on regional food policies was particularly useful as was a range of workshops. These included Glasgow's Food and Health Framework, work with gypsy traveller children in Inverness, young children and parents in Wales, work with nurseries in Birmingham and others. Summaries of the discussions, presentations and workshops from this event as well as others held previously are now available at www.sustainweb.org/page.php?id=326. The next UK Liaison event is scheduled to take place in Belfast on 8 November. This event has been timed to coincide with the launch of the 'Public Health Alliance of the island of Ireland's' report launch on the extent of food poverty in Northern Ireland two days earlier. A theme for the event will be announced shortly. If you are interested in attending the event in November please contact Ger, at goriordan@scotconsumer.org.uk. **Further details about the event will be forwarded as soon as they are available.**

Rainbow Family Centre summer show

In June the 2-5 year olds at the Rainbow Family Centre in Port Glasgow successfully performed their show 'The Balanced Bunch And The Tiny Treats'. The show, written by the parents in an adult literacy class, focused on three main health elements - nutrition, exercise and oral hygiene. Maisy Milk and her 'good 'n' healthy' friends encouraged Charlie Choc and his friends to come and join in their fun and keep fit games, and to share a picnic. The show was the grande finale of two years hard work. With the support of Community Food and Health (Scotland) and Glasgow and Argyll NHS, Rainbow Family Centre delivered cookery classes for parents and children using the Eat Well To Play Well and Adventures In Foodland packs, and Inverclyde Leisure supported the active learning exercise programmes. Over 150 guests and family members attended the performance of the show. Finally the Rainbow Family Centre will have a parents' night to see the DVD and offer support to other nurseries to continue this process.

For more information on the Rainbow Family Centre, contact Steve Halkett, steve.halkett@inverclydeschools.org.uk or call 01475 715724.



Community Food Initiatives North East

CFINE (Community Food Initiatives North East) has been awarded £517,000 from the Big Lottery Fund. £290,000 of the award will be used to meet part of the costs of the purchase of their current premise which is being recreated as a new "Aberdeen Sustainable Communities Centre", in partnership with another voluntary organisation. The remainder being used to support their

FareShare scheme – the distribution of unused food products from the food industry to vulnerable groups – and the development of the commercial side of the organisation to consolidate the organisation's



sustainability. For more details, contact Dave Simmers on 01224 596156, fax no. 01224 596166, or email cfine@btconnect.com.

Brothmix

Between 16 -21 October the Intermedia gallery in the CCA in Glasgow will be turned into a free café and platform for sharing food, ideas, seeds and produce, run by artists and backed by the resources of community food initiatives, gardeners and allotments. It is hoped the café will become "a creative hub ... with good quality food as its base." **For more information or to get involved visit www.brothmix.org**

Big plans for smallholders

Existing and budding smallholders are being invited to get involved in a proposal to set up a new Smallholders Association for Forth Valley. The idea has come from Rosemary Champion, a smallholder in Clackmannanshire who has been keen to set up a group to share interest in growing and rearing food as naturally as possible. "If local smallholders like us can get together and establish some common purposes, then the whole will be greater than the sum of its parts". Support for this proposal has come from Forth Valley Food Links, a local organisation promoting 'local food for local people' (www.fvfl.org.uk). Once interest is known, there will

be an inaugural meeting before Christmas. To register your interest contact Rosemary on 01259 729889, e-mail rosemary@accidentalsmallholder.net or visit www.accidentalsmallholder.net

Singing the value of evaluation

Over one hundred stakeholders were present at the Evaluation Support Scotland (ESS) conference at Dynamic Earth in Edinburgh on 29 August. Valuable opportunities were provided for funders and voluntary organisations to share successes and learn about the good things they are doing to evaluate their work. Some organisations presented case studies on how the support that ESS has provided has helped how they evaluate their work as well as how it has helped them make a difference in their communities.

For more information about ESS and the support they can provide visit their website at www.evaluationsupportscotland.org.uk

Routes to Sustainability

The latest Community Health Exchange (CHEX) briefing focuses attention on resources that can help organisations examine and plan their long term sustainability. The briefing is divided into topics, ranging from tackling health inequalities to planning to influencing policy to funding. Each topic presents questions and points to be considered as well as signposting to information, tools and resources that can help and support your activities. **A copy of the briefing is available to download by visiting www.chex.org.uk. A limited number of copies are available – please send an email request to Tom Warrington at chexadmin@scdc.org.uk.**

What's Cooking?

This autumn the Food Standards Agency Scotland intends to publish its 'What's Cooking?' guide, which provides advice on how to set up and run community and school food clubs.* Members of the food clubs will learn how to plan and prepare balanced meals, read and understand food labels and budget for food. Clubs were piloted in four Scottish local authorities (Aberdeen, Falkirk, Perth and Kinross and Renfrew) and included three primary schools and three out of school care settings. 'What's Cooking?' clubs have also been successfully run in over 90 schools and community centres in North East England. The Scottish Guide will be distributed to all schools in Scotland and will be available on the FSA website. **For more information email Russell.Napier@foodstandardsagency.gsi.gov.uk**
* Based on the guide developed by FSA headquarters and ContinYou during the pilot of Cook-It! (now What's Cooking?) in the north east of England in 2005.

Well Sussed

The Future Scotland Partnership is an informal partnership of national, non-governmental networking organisations from the social, environmental, and economic development sectors which aims to promote civic participation in sustainable development. Amongst its members are CHEX, Environment Link, Scottish Civic Forum, Forward Scotland, Sustainable Scotland network and Voluntary Arts Scotland.

The 'Sus it Out' initiative is responsible for promoting and developing use of the 'Sus it Out' awareness-raising toolkit. All of Future Scotland Partners are linked in to it and are encouraged to promote use of the toolkit within their networks. CHEX has actively encouraged Health Issues in the Community (HIIC) trainers to explore use of the toolkit. Two HIIC tutors undertook the facilitator training and delivered a workshop at this year's national HIIC conference. **For more information visit www.susitout.org.uk.**

'Sus it Out' for yourself

Interest is being sought from community groups/voluntary organisations who would like an opportunity to experience 'Sus it Out'. A 'Sus it Out' session is a 90 minute facilitated discussion between group members about how they think and act as a group and how this relates to the core principles of sustainable development that underpin Scottish policy. The group is left with a poster record of their discussions and of any issues they identify for future development as well as access to the participants areas of the 'Sus it Out' website which offers development information, support and networking. Sessions will be facilitated by 'Sus it Out' staff or from those already trained to deliver the project. **If you are interested please contact damian.killeen@btinternet.com**

Food poverty and homelessness in Northern Ireland

The FSA in Northern Ireland has published a study that looks into the impact of poverty and social exclusion on the diet of homeless people in the province. **Visit www.food.gov.uk/northernireland/research/ninutritionhomeless**

Healthy Eating and depression

A short and easy to read booklet on this theme has been published by the Mental Health Foundation. **To download a free copy or order free copies go to www.mentalhealth.org.uk/publications/?EntryId=43900**

Chillies and Roses

The Federation of City Farms and Community Gardens have recently produced a good practice guide which highlights examples of multi-ethnic involvement at community gardens and farms. 'Chillies and Roses' is full of ideas, approaches and case studies showing how people have been encouraged and supported to become involved and the range of activities that have brought people together. **Copies (£10 each) are available from FCFGG, The Greenhouse, Hereford Street, Bristol, BS3 4NA. Tel: 0117 923 1800 or email admin@farmgarden.org.uk**

Scottish Public Health Observatory

A collaboration of key agencies lead by the Information Services Division (ISD) and NHS Health Scotland, the observatory aims to ensure the public health community has easy access to clear and relevant information and statistics to support decision making. **Their growing bank of local and national data is presented in a particularly accessible fashion at www.scotpho.org.uk**

Diary

SEPTEMBER

'Routes to Sustainability' Workshop

20 September 2007 • Inverness

Introducing CHEX 'Routes to Sustainability' Pack (see page 15), the workshops will draw on elements of the pack and will include input from community health initiatives and their experiences.

More info: email Aileen Skillen hlcadmin@scdc.org.uk

Scottish Council for Single Homeless/NHS Health Scotland Health and Homelessness Conference

26 September 2007 • Edinburgh

More info: tel SCSH on 0131 226 4382

OCTOBER

'Know it works? Show it works!'

4 October 2007 • Jury's Inn, Glasgow

CHEX event, supported by Health Scotland, on providing evidence of impact on health and wellbeing. To secure a place email chexadmin@scdc.org.uk stating 'Registration Know it Works' in the subject box

'Back in Touch' CFHS annual networking conference (fully booked)

11 October 2007 • Murrayfield Stadium, Edinburgh

More info on www.communityfoodandhealth.org.uk

Scotland's Organic Food Festival

13-14 October 2007 • Old Fruitmarket, Glasgow

More info: www.soilassociation.org.uk

Broth Mix – free café and platform for exchange

Tuesday 16th October to Sunday 21st October • Intermedia Gallery, CCA,

top floor, 350 Sauchiehall St, Glasgow, G2 3JD

More info: www.brothmix.org

'Routes to Sustainability' Workshop

30 October 2007 • Edinburgh

More info: email Aileen Skillen hlcadmin@scdc.org.uk

NOVEMBER

Sustain UK Liaison event

8 November 2007 • Belfast

More info: goriordan@scotconsumer.org.uk

Food, Health and Older People

15 November 2007 • The Teacher Building, Glasgow

More info: tel 0141 201 9353/9264 or visit www.gla.ac.uk/developmental/cpd/NewCourses.html

Public Health in Scotland 2007 annual conference

15-16 November 2007 • Airth Castle, Airth

21st Century Trends – threats and opportunities for Public Health

More info: www.conventionmanagement.co.uk

'Routes to Sustainability' Workshop

27 November • Glasgow

More info: email Aileen Skillen hlcadmin@scdc.org.uk



**community
food and health**

(scotland)

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