



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

Be seen

The common advice given to children and cyclists as they venture out in dark mornings is just as appropriate for all those communities tackling health inequalities and social exclusion through food.

The spotlight this edition of Fare Choice places on excellent initiatives in Renfrewshire, West Dumbartonshire and the Lothians amongst others, needs to be constantly replicated locally and nationally.

It is particularly important that it is not just the incredible efforts of local communities that are recognised and appreciated, but also the outcomes they achieve. We are therefore particularly pleased to have begun working, alongside a number of community initiatives and Evaluation Support Scotland, on the first phase of a programme aimed at strengthening the acquisition and application of evidence by initiatives working with parents and children (see page 4).

This year's annual networking event, held in Murrayfield in October, highlighted yet again how enthusiastic community food initiatives are to be in touch with each other. This year's event, however, more than ever reflected the importance of ensuring

planners and policy makers are just as aware and in touch with the current work and future ambitions of Scotland's community food initiatives (see page 6).

With the work of local communities already reflected in the responses to the Better Health, Better Care consultation, it is equally important that the efforts and aspirations of local communities are as visible as possible as a National Food Policy is developed (see page 2, 3 & 6).

The development of national health improvement performance measurement systems should also be seen as an opportunity to raise the profile of the impact of community activity and a chance to present the logic of appropriately investing in achieving outcomes and addressing priorities (see page 13).

As our new Government pursues national priorities and Community Planning and Community Health structures attempt to meet local needs and aspirations, it is crucial that Scotland's community food initiatives raise their profile and are seen, heard and listened to.

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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**

As the debate around a National Food Policy for Scotland begins, we asked people working with local initiatives what they would see as essential to any policy.

Michelle McCrindle, The Food Train, Dumfries

It has to turn around a nation where many people are failing their own health through food! Since the days of rationing, food has never been so cheap or so readily available. The hunter-gatherer in all of us will stock up our bodies in preparation for times of starvation, but we're stocking up with the wrong things and storing for starvation not destined for our shores.

A National Food Policy must address: choice and access to good quality healthy food, wherever you live, and whatever your social circumstances or whatever your age; the impact advertisers, manufacturers and shops have on our nation's health, and the role they can play in turning around our nation's poor diet; our own individual responsibility for our diet and health

To be successful a National Food Policy must help Scotland shake off its 'deep fried mars bar image' forever.

www.thefoodtrain.co.uk

John Hancox, Chair of the Children's Garden, Glasgow Botanic Gardens

A National Food Policy for Scotland has to start with children, and to set them up with good habits. The children's garden encourages children to plant seeds, to look after and grow plants – and harvest their own salads, vegetables and fruit, and to cook and eat it... It gives them a great sense of achievement, and the food they have grown themselves tastes so much better, and taste and pleasure is an important part of eating well.

Through our Cool Fruit Company we have encouraged children to sell tasty, ready-to-eat fruit in the children's garden in the Botanic Gardens. The children really like the fruit – and keep coming back for more – and will happily eat it, so long as sweets and chocolate are not available as an alternative... They also are happy to take part in fruit treasure hunts for a healthy Easter...

We'd also like to ban food adverts aimed at children. That is unless they could advertise fruit or vegetables. One idea which came back when I was asking people what they thought should be in a National Food Policy – would be to stop football players advertising beer: Why not get them to advertise healthy carrots on their shirts instead?

Dave Simmer, Strategic Co-ordinator, Community Food Initiatives North East (CFINE)

These are the four key factors:

Access - making fruit, vegetables and other healthy produce accessible to disadvantaged and excluded groups;

Availability - ensuring the range of produce is available;

Affordability - keeping prices to a minimum; and

Awareness - information/education to increase awareness re the importance of diet to health and wellbeing - the hardest 'nut to crack'!

What's Cooking?

The four A's will be most successfully achieved if the National Food Policy for Scotland is set in a resourced framework based on the principles and practice of:

- the social model of health which recognises the range of determinants of health and wellbeing including economic, social community, environmental etc; and
- community development which involves those affected by the issue at every stage of development in partnership with key agencies.

We need investment in and with disadvantaged and excluded communities – the reality, not just the rhetoric of community development and the social model!

Joanne O'Suilleabhain, Have a Heart Paisley

A debate on a National Food Policy for Scotland must have a focus on food access for our poorest communities. It is vital to include a comprehensive mapping of all the food poverty related issues within existing strategies (e.g. sustainable development, neighbourhood renewal). This would assist in addressing the causal factors of food poverty and would allow the identification of any gaps within the existing policy framework.

Following on from this, structures between government departments, the health sector and education need to improve joined-up working – this includes cross transference of funding streams.

A food voucher or subsidy scheme directed towards those who are most disadvantaged should also be considered. This could be integrated with other cross cutting strategic objectives and in particular sustainable development.

Finally, changes in food retailing have had a significant impact on food poverty in the UK. Out-of-town retail parks need to be limited within planning decisions and policies should aim to support small independent stores selling healthy foods, to remain in business. This could be linked with a food voucher scheme.

We are very grateful for the above contributions to this piece. If you would like to give your opinion on what you would like to see in a national food policy, please visit our website discussion forum at www.communityfoodandhealth.org.uk/discuss/viewforum.php?id=2

If you would like to have your say on a hot topic or current issue related to community food and health please let us know. The deadline for the spring edition of Fare Choice will be mid February 2008.

Team Talk

an update on our recent/forthcoming work

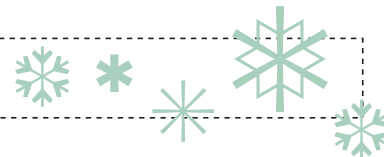
Back in touch

Community Food and Health (Scotland) welcomed 180 participants to our annual networking conference in Edinburgh on 11 October. This is the highest attendance so far. With a busy programme of workshops on offer there were plenty of opportunities to share and learn from a broad range of activities and effective approaches being presented by groups from all over Scotland. Lizanne Conway, Health Improvement Programme Manager, Communities and Voluntary Sector, NHS Health Scotland led participants through some current developments taking place in the world of policy emphasising that, *"We all indeed need to be at the heart of it to shape it and take it forward in ways that make sense to communities we all live in and work with"*.

CFHS over the coming months will keep you updated on policy developments. For current news on a National Food Policy for Scotland see page 6 and visit the publications section of our website to read about a support programme from the Community-led Task Group Implementation.

Lizanne's presentation was followed by a table discussion enabling participants to consider what they had heard and discuss how policies and community activities can influence each other. A summary of responses will be available in the conference report due out early in the New Year.

Janet Mc Vea, Team Leader, Food and Health Team, Scottish Government Public Health and Wellbeing Directorate, summed up her general impressions of what she had heard on the day using the words *"energy, optimism and realism"* and welcomed the *"breadth of work, experience and responsiveness to communities"* that participants had shared during the day. Janet emphasised the priority that new Ministers attach to tackling health inequalities and to the food and health agenda. She reiterated the importance of participants taking part in the consultation on 'Better Health, Better Care' and in due course to discussions regarding the proposed National Food Policy for Scotland; and noted that future food and health action plans will continue to focus on the key areas of improving food access to affordable healthy food in lower income and vulnerable communities, in particular for families with young children.



A Taste for Independence

The new CFHS guide 'A Taste for Independence' was launched at our annual conference. The guide, based on the experience of 21 Scottish initiatives, discusses how these organisations have used food activities, such as cooking and food shopping, to help individuals develop their life skills. More information on this guide, including summaries of two of the case studies, can be found on page 10.

Supporting work with parents and children (0-5)

CFHS has commissioned Evaluation Support Scotland to lead the first stage of a longer-term project to support six community projects that work with parents and children (0-5) to improve their self-evaluation skills. These projects will be able to show the difference they are making and ultimately be able to influence other people about the benefits of community based work with parents and children (0-5) that address local needs and national priorities. A short report and six case studies will be available for circulation at the end of stage one of this project towards the end of April.

Participatory Appraisal in Dumfries

Sixteen very enthusiastic individuals from community food and health projects in Scotland took to the streets of Dumfries during September as part of a five-day residential training course in participatory appraisal. The group was divided into two groups to undertake two different pieces of work on behalf of NHS Dumfries and Galloway.

One of the groups was involved in finding out more about the food choices and food access issues of homeless people in the town. The group's findings were then fed back to an NHS Dumfries and Galloway representative, who in turn will feed back to the Dumfries and Galloway Health and Homelessness Steering Group for inclusion in the local NHS Health and Homelessness Action Plan. Comments and information provided by service-users were recorded visually and put on display where the homeless people access services. The second group were based in North West Dumfries and engaged with the local community about a food initiative which is planned to open in this area in 2008.

Many participants from this training course have a range of future community engagement activities planned using this approach and we look forward to hearing how they get on.

If you would like to read more about what other past participants have done since their training, our recent publication *Fruitful Participation* pulls together a range of experiences including nine case studies. **Hard copies are available from CFHS or alternatively download a copy from our website. We also still have graffiti walls available - contact Alice.**

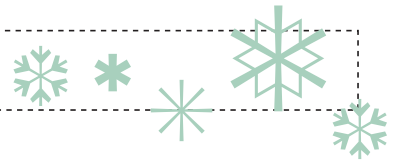
UK Liaison

CFHS and a small delegation from Scotland attended the recent Food Access Network/FSA UK Liaison event in Belfast in November. Gary MacFarlane, Co-chair of the Public Health Alliance for the island of Ireland, gave a stimulating and thought provoking presentation on the newly launched study 'Food Poverty in Northern Ireland – Fact or Fictio?' (available at www.phaii.org/index.cfm/section/events/event_key/17). A number of workshops took place showcasing effective approaches in the UK, as well as a workshop on community food projects in the west of Ireland. **A report on this event is now available on www.sustainweb.org/page.php?id=390**

Getting it together

"The research undertaken has highlighted the collective scale and strength of the food networks examined, and their common challenges. However, it also revealed five unique network organisations with widely differing approaches and aspirations." from 'Scoping study: collective action to address community access to food' produced by EKOS Ltd for CFHS, August 2007.

With many years experience of networking in their own areas, a number of key community food initiatives in east-central Scotland are now trying to maximise the benefits of networking their networks. West Lothian Food and Health Development, Edinburgh Community Food Initiative, East Lothian Roots and Fruits, the Community Health Improvement and Regeneration Project based in Midlothian, and Lanarkshire Community Food and Health Partnership have been meeting for a couple of years and have already negotiated a common price list with a major supplier. However, they are keen to take their co-operation further in ways that will strengthen them both individually and collectively. Sharing practice, joint training and increasing local procurement were amongst the ideas raised at a recent joint meeting, which also discussed the findings of a study commissioned on their behalf by CFHS.



The report is available to download from www.communityfoodandhealth.org.uk/fileupload/s/cfhsscopingstudyekos2007-0535.pdf

The networks are also exploring acquiring some dedicated time/resources to take forward their collective ambitions and would be happy to hear from anyone with any suggestions. You can contact any of the groups involved for further information. **If you have any information or advice for their next meeting to be held in Lanarkshire, contact ian.shankland@btopenworld.com**

Getting Down to Business

Getting Down to Business are two free one-day events for community food initiatives interested in finding out more about social enterprise. Participants will be able to 'meet the experts' - community food initiatives that are operating successfully as social enterprises, and key social enterprise support agencies. In addition, there will be an opportunity to book one-to-one sessions with a social enterprise adviser to assist projects identify their organisation's strengths, weaknesses and key actions to take forward. The all-day events are being held on 7 February in the McDonald Meeting Rooms, Edinburgh and on 28 February in Fairways House, Inverness from 10 am to 3.30 pm. **To book a place, or for more details, please contact Anne.**

Food, health and homelessness

Capacity building fund

The end of summer saw the launch of CFHS's two-stage Food, Health and Homelessness Capacity Building Fund. The aim of the fund is to provide a practical financial boost to homeless organisations who want to develop food-related activities. The idea is for the planned activity to involve homeless service-users, promote their health and wellbeing and provide them with opportunities to develop their independent living skills.

Thanks to additional funding from the Food Standards Agency Scotland and NHS Health Scotland, a substantial number of applications meeting the criteria for stage one will be offered an opportunity to progress to stage two. **For more information on how the work is progressing you can subscribe to Food Matters, an e-bulletin on developments in food, health and homelessness in Scotland, by contacting Claire.**

Food, health and homelessness seminar in Gatehouse of Fleet

CFHS supported NHS Dumfries and Galloway to hold its first food and homelessness seminar in early September. Through a variety of presentations and workshops, focusing on local practice and also projects from elsewhere in the country, the event explored creative ways in which food can be used to support people out of homelessness. The seminar was also an opportunity to explore local homelessness action planning around food and health - ideas generated will be fed into the local NHS Health and Homelessness Action Plan.

For a copy of the seminar report visit the website or contact Claire for more information.

Health and homelessness conference

On 20 November, Clackmannanshire Council held their local Health and Homelessness Conference in Coalsnaughton. This upbeat and informative event brought together a variety of organisations working with homeless people from across Clackmannanshire. The morning presentations offered participants an overview of local practice as well as an opportunity to hear about work from elsewhere in Scotland via the Edinburgh Cyrenians and the Good Food in Tackling Homelessness Programme. After enjoying some delicious home-made soup prepared by the volunteers at the Community Centre, the afternoon gave participants a chance to browse stalls and network with their colleagues. **If you would like more details on this event or for contact details of the organisations present, please contact Claire.**

REHIS course promotion

As highlighted in the previous edition of Fare Choice, CFHS has been promoting the REHIS (Royal Environmental Health Institute for Scotland) Elementary Food Hygiene and Elementary Food and Health courses since February 2007. After a successful year that will have seen (by the time the funding ends) the delivery of 11 Elementary Food Hygiene courses and five Elementary Food and Health courses to a range of homelessness agencies from across Scotland, the funding will come to an end in mid-December. In the new year Claire aims to begin looking at how participants have applied the learning to their practice. An update will be available in the next Food Matters.



Policy

Scotland

Better Health, Better Care

The Government's Better Health, Better Care consultation has been concluded and a national action plan for health and wellbeing is expected to be published by the turn of the year. Visit www.scotland.gov.uk/Topics/Health/Action-Plan for the latest position.

Spending plans

The Government's spending plans for the next three years were announced in mid-November with a commitment from Cabinet Secretary for Health and Wellbeing, Nicola Sturgeon that, *"Reducing health inequalities with action across all the Health and Wellbeing responsibilities is critical to meeting our objective of a healthier Scotland. Our spending plans target resources in particular at communities most at risk of poor health."*

New Task Group on Health Inequalities

A Ministerial Task Group on Health Inequalities has been established by Government. For details on membership, remit and supporting papers visit www.scotland.gov.uk/Topics/Health/inequalitiestaskforce. A report to Cabinet is expected next May.

National Food Policy for Scotland

"Parliament believes that Scotland should have a national food policy and would benefit greatly by having a clear, consistent and coherent approach to food covering health, environmental, social, cultural and economic factors..."

From motion passed by Scottish Parliament, 7 November 2007

The Government has indicated its intention to launch a National Food Policy early next summer. An initial 'open space' conference took place in Dundee in October to look at what would be the key elements of a National Food Policy. A report from that event is available from www.scotland.gov.uk/Resource/Doc/198505/0053902.pdf

A parliamentary debate on the subject was held in early November and a full transcript of the discussions is available from the Scottish parliament website www.scottish.parliament.uk/business/official/Reports/meetingsParliament/or-07/sor1107-02.htm.

During the debate the establishment of a short-life expert group and a summit in the new year were announced by the government.

Similarly, a national conversation on food was launched at the end of September at a Cardiff food co-operative by the Welsh Assembly Government. Incorporating regional roadshows hosted by the Chief Medical Officer, the debate is intended to give the public a chance to help shape the way food is produced, supplied, marketed and consumed. For more information visit

<http://new.wales.gov.uk/topics/health/improvement/food/food-health/quality-food/?lang=en>

Europe

Obesity

"If we are urging people to lead healthy lifestyles, our message has to be supported by structural measures that are in line with it. People need to be given the possibility of choosing and buying healthy foods and accessing physical activity..." Maria Iglesia-Gomez, European Commission directorate-general for health and consumer protection.

The first European Parliamentary symposium on the fight against obesity took place in October.

For more details on what was discussed on the day see www.sio-obesita.org/documenti/congressi_012.pdf

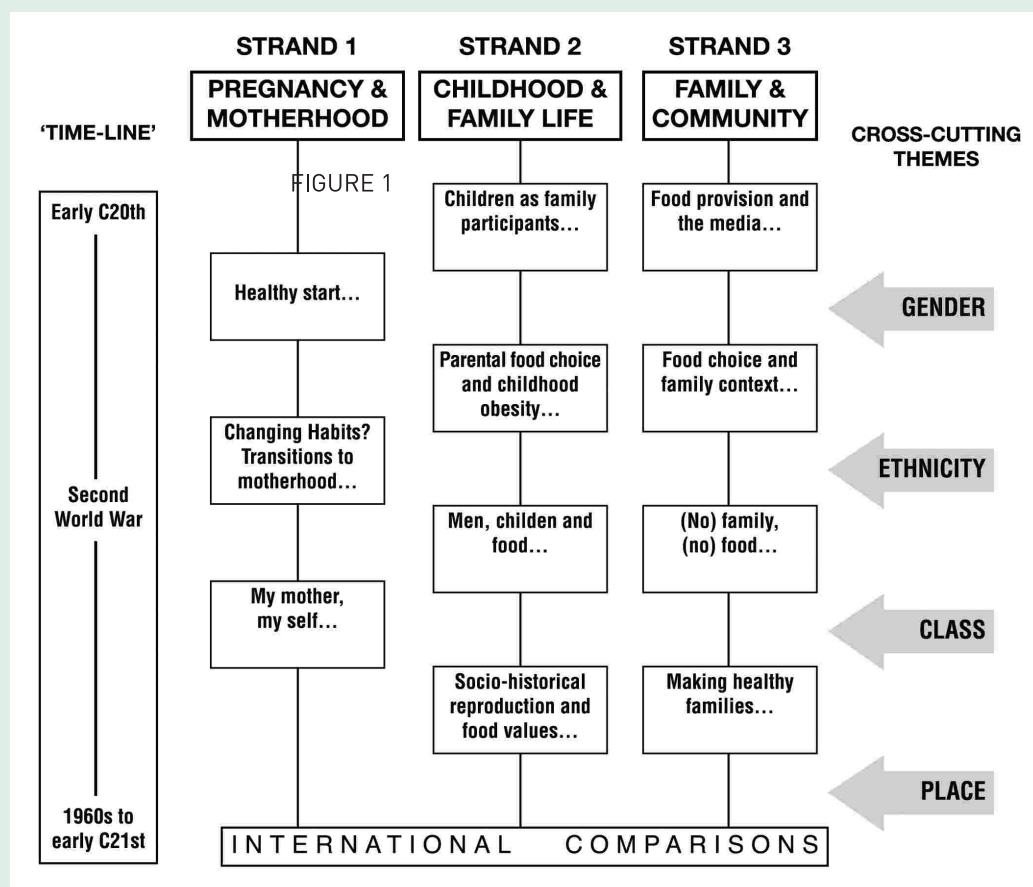


Changing Families, Changing Food Peter Jackson, University of Sheffield

Changing Families, Changing Food is a research programme, based at the University of Sheffield (in collaboration with researchers at Royal Holloway-University of London) which aims to provide a better understanding of the relationship between families and food. The programme begins from the premise that decisions about what we eat are deeply embedded in our domestic routines and family lives. As families have changed - with greater numbers co-habiting, later marriages, higher divorce rates and increasing numbers of single-person households - so have food habits. As more women have entered the paid workforce, food manufacturers and retailers have responded with more oven-ready meals and convenience foods. But food 'choice' and 'convenience' are heavily loaded terms which often obscure more deep-seated inequalities in food provision. Changes in what we eat and how much exercise we take need to be understood alongside wider social changes if government advice is to lead to real improvements in people's life chances. Changing Families, Changing Food attempts to address these issues in an integrated way, through an inter-disciplinary research programme, designed to explore the agency of ordinary people (parents and children, young and old) in varied social and economic circumstances. We conclude that advice about 'healthy eating' needs to be rooted in a better appreciation of the social context and cultural meanings of food rather than assuming that improving dietary advice will, in and of itself, lead to radical changes in people's food-related behaviour.

Changing Families, Changing Food is funded by a programme grant of £1.2m from The Leverhulme Trust, beginning in 2005 and planned to run for three years (until December 2008). It is an inter-disciplinary initiative, bringing together sociologists and health researchers, historians and nutritionists, geographers and psychologists. The programme consists of 15 projects, organised into three research strands, broadly following a life-course trajectory, from pregnancy and motherhood, through childhood and family life, to families and the wider community (see Figure 1).

Each box in the diagram represents a separate research project. Besides the projects in each of the three strands, there are also two 'time-line' projects, designed to understand changes within living memory, through both quantitative (statistical) and qualitative (life history) sources, and two international comparisons, designed to reveal what is different about the British situation by comparison with Eastern Europe (Hungary) and East Asia (Japan). Issues like class and gender cross-cut several projects rather than being the subject of individual projects in themselves.



The Changing Families, Changing Food research programme

Taking some specific examples demonstrates the value of our inter-disciplinary approach. The project on food provision and the media is an historical analysis of food writing in women's magazines since the 1960s. It seeks to document trends in representations of women in the media and to assess the extent to which these resonate with socio-cultural changes in family life. Unlike most such research, however, the project team involves a nutritionist, Margo Barker, and a cultural historian, Joseph Burridge. The inter-disciplinary nature of the project allows us to assess changing media representations of women and food since 1960 while simultaneously examining the changing nutritional content of the food displayed in editorial content and advertising imagery. The project charts the rise and fall of home baking, the protracted influence of war-time rationing and recent changes in dietary advice. It focuses on two best-selling women's magazines: *Woman and Home* (a monthly magazine with a current circulation of over 320,000) and *Woman's Own* (a weekly magazine with a circulation of 425,000). The project gives a valuable historical dimension to our current obsession with dieting and body image.

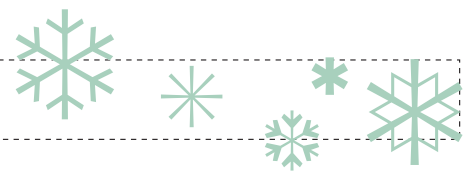
To take a second example, Graham Smith's research on 'Families Remembering Food' (the qualitative time-line project) also provides a historical perspective on current debates about the alleged demise of the 'family meal' and changing gender roles and responsibilities within the household. In this case, the team consists of an oral historian (Graham Smith), a human geographer (Peter Jackson) and an English literature specialist (Sarah Olive). Drawing on life history interviews from 'The Edwardians' and the '100 Families' archives, the research suggests that there has not been a sudden decline in the prevalence of families eating together but that, even in the Edwardian period, a common family meal time was rarely achieved in practice and was far from universal. Sitting down together for Sunday lunch may have been (and often remains today) a middle-class ideal, but working-class families in Edwardian Britain struggled to eat together on a regular basis, having to fit meal-times in with the demands of factory work and variable shift patterns. The project also sheds light on men's changing domestic roles. While it is often assumed that men have only recently begun to cook and clean, the project suggests that some men have taken responsibility for certain domestic tasks, including cooking, for many years but usually only on special occasions (such as weekends and celebrations), when they had professional experience (as chefs or army cooks, for example) or when their partners were incapacitated (following childbirth or illness, for example). The project confirms the historical continuities in these highly-gendered domestic roles and suggests that the extent of recent change is easily exaggerated.

Projects such as these have led us to conclude that current food policy is too narrowly focused on providing nutritional advice. A recent survey by the Food Standards Agency showed that while 67% of UK consumers were aware of the 5-a-day scheme for increasing the consumption of fresh fruit and vegetables, only 30% actually met these targets. Simply telling people to eat more healthily and to exercise more has not led to the scale of changes that the government envisaged. The recent Foresight report on 'Tackling Obesity' (OST, October 2007) reached similar conclusions regarding the need for food-related policies to address 'wider cultural changes' requiring coordinated 'action by industry, communities, families and society as a whole'. Our programme anticipates these policy changes. It is an agenda that we are keen to help pursue.

For further information, please visit the programme website: www.sheffield.ac.uk/familiesandfood or contact our administrator, Jackie Pickering (j.m.pickering@sheffield.ac.uk, tel. 0114 222 6061).

For information about SCOFF/BSA study groups visit www.food-study-group.org.uk





A great year on the Cyrenians farm

Cyrenians Farm is a social enterprise producing organic food and generating training opportunities for clients on ten acres of West Lothian countryside. The business is certified by SOPA (Scottish Organic Producers Association), and in addition to its core social and economic aims, the land is managed with a high degree of environmental concern.

The farm provides a focus for the resident community, made up of eight young people (16-25) at risk of homelessness, and an international group of seven residential volunteers. The young people play an active role in the daily life of the farm and are able to try their hand at a broad range of activities; from picking fruit outdoors, to making jam in the commercial kitchen, to selling produce directly to the customer. Other opportunities on offer include animal husbandry, market gardening, beekeeping, and trade skills such as fencing and carpentry.

The core of its work involves offering supported volunteering opportunities to its resident client group, over 1000 hours already since April this year. In addition to the practical skills to be gained, work on the farm can also help with development of key transferable 'soft skills,' such as reliability, problem solving, and group working. The service-users are encouraged to take a sense of ownership in the farm and its products, and are involved in new projects from the inception, helping to plan and develop ideas. In this way people can feel a great sense of pride and satisfaction, for example when selling a jar of jam that they helped to produce to a member of the public at the farmer's market.

Through participation in farm work, clients can work towards the 'Outside In' qualification, accredited by City and Guilds. This modular programme offers a progression route into training and employment for

young people who have experienced instability in their lives. The course is part of the personal development package offered by the Cyrenians' Residential Care Service. It is currently working to identify further modules that could be delivered entirely on the farm. Educational opportunities extend beyond work on the farm. The opportunity to taste really fresh fruit and vegetables can be a new one for community members, and its eggs are locally famous for their quality. A cooking class at the farm, offered by another Cyrenians service, Good Food in Tackling Homelessness, can show people ways to make the best of the food available to them here.

Members of the wider community can also access volunteering opportunities at the farm. This year so far, it has delivered 336 hours of 'day volunteering' from members of the public who come along to contribute skills and enthusiasm.

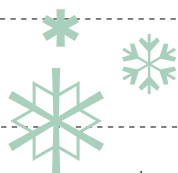
Another way for the wider community to become involved in the farm is through its programme of corporate team challenge events. The events provide a commercial income stream, with teams raising money to fund capital developments on the farm, such as the planting of fruit trees, which will in turn provide a future income. The corporate teams benefit from a team building perspective, and also from the positive corporate social responsibility profile. The days offer a vehicle for greater social cohesion and understanding, with corporate workers and disadvantaged young people able to work side by side to share a task and some laughs.

During this year there have been five challenges, with teams planting hedgerows and new orchard areas. Residents took an active role in hosting challenges, including touring groups around the farm, assisting with catering (lots of wholesome farm produce!), and presenting teams with certificates of appreciation. By the third event two residents had sufficiently familiarised themselves with the hedge planting process to be able to lead large parts of the task.

The land hosts a number of complementary enterprises, with a large area of market garden, six polytunnels, soft fruit plantations, newly established apple and plum orchards, small apiary, 200 laying hens and a few Shetland sheep. The farm, established in 1973, has seen significant developments over the past five years or so, shifting focus from mixed livestock to horticulture.

The current land use has been designed along permaculture principles, giving rise to a productive system that minimises external inputs, and whose

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different elements are interconnected in a way that maximises their mutual value. Some examples: Orchard areas produce more fruit when pollinated by honeybees, and provide grazing for hens, which in turn reduce weed competition around the trees, and enrich the soil.

The Farm is keen to make optimum use of available resources, and these often include re-used 'waste' items. A good example is the use of end of life touring caravans as chicken houses. With a few adjustments to provide perching and nesting areas, the vans are perfect for the task, and are mobile, so the hens can be moved onto fresh grazing periodically, boosting their nutritional intake. Although such projects can carry a powerful environmental message, there is also room for confusion; visitors sometimes believe that the caravans are provided to house the farm community.

There have been a lot of highlights in the year:

During the spring the Farm undertook the development of a commercial standard kitchen in an existing building block. The increased productivity of the land in recent years raised the possibility of entering the secondary produce market, and the opportunity was made possible by a grant from the Garfield Weston trust. The kitchen has been a great success thus far, and under the guidance of Assistant farm manager Rob Davidson, a trained chef, the community are producing a range of jams, chutneys and other preserves. Residents were recently invited to suggest new products, and so our banana jam was born. Members collect bananas from Fyffes in West Lothian, who have very generously agreed to donate their grade outs.

The summer was memorably wet, but this did no harm to the raspberry crop. 2000 canes were planted in December 2005, assisted by a grant from CFHS (then SCDP) and their first full crop was harvested this year. The canes should go on being productive for around 10 years.

Apple trees that were planted as team challenge events during the same month produced their first few fruits this year, and during the autumn community members were able to taste mouth-watering heritage fruit varieties such as Golden Pippin, Lady Sudely, Egremont Russet and Irish Peach straight from the trees.

If you would like to find out more about the Farm, please visit www.cyreniansfarm.org.uk. If you want to know more about the charity in general, or other Cyrenians services, please visit www.cyrenians.org.uk

New CFHS guide – A Taste for Independence: using food to develop skills for life

A Taste for Independence shows how food activities, such as cooking, food shopping and budgeting can help vulnerable individuals develop a range of life skills. The guide is based on the experiences of 21 organisations working throughout Scotland and will be particularly useful for organisations working with people who are learning (or relearning) to live independently. These could include young people, those with learning disabilities or those who have mental health support needs. A Taste for Independence has information on how the various organisations have developed food activities, such as how they encouraged people to take part in activities and how they decided what to cook. It discusses the benefits that groups found as the result of delivering these food activities, such as an increased interest in food and cooking, and increased confidence as well as improved independent living skills. The last section of the guide has information on where to find other useful resources, from cookery club guides and healthy eating information, to where to find evaluation assistance and policies.

The guide has ten case studies, including organisations working with adults experiencing homelessness, young carers, and prisoners preparing to leave prison. Here are summaries of two of them:



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Romany Youth Action Group – West Dunbartonshire

This existing young travellers group, supported by the Youth Information and Support Network were keen to learn some cooking skills. Most of the group (all girls aged between the ages of 12 and 25) had little or irregular experience of formal education, but were keen learners.

Their support worker worked with Clydebank College to set up a 12-week, tailor-made basic accredited catering course for the girls. The girls were taken to the college each week in a minibus and the worker stayed with them throughout the course. The chef found out what the group wanted to learn to cook and then tailored the course to their requests. They learnt to cook a range of foods, including vegetables, pastry and sweet dishes. For most of the girls, this was their first experience of a college environment. Nine out of ten of the girls completed the course and all of these said they enjoyed it so much that another (higher level) course was arranged for them. This higher level course was also a success and one girl chose to become a 'skill seeker' in the catering industry.

WEA Reach Out Project, Aberdeen

This adult education centre works with a variety of adults, including those with mental health support needs, substance misusers, and people with learning disabilities. The centre had found that healthy eating activities had been successful with their groups in the past (provided that they took a subtle approach to healthy eating) and wanted to build on this experience.

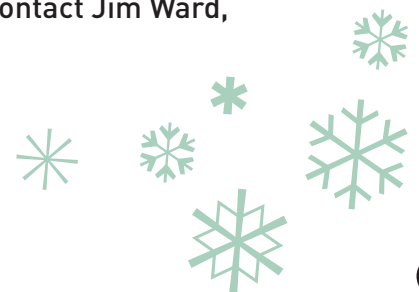
They planned to develop a range of activities, including cookery sessions, an allotment project, as well as providing opportunities for participants to make their own healthy snacks and drinks. They used a local community training kitchen to deliver seven two-hour cookery sessions and participants particularly appreciated the social aspect of sitting down together to eat the meal that they had prepared. Some said that this had built their confidence to invite friends round to their house for a home-cooked meal. Four participants enjoyed getting involved in the allotment and bringing the produce back to be used at the centre and many enjoyed getting involved with making snacks and drinks in the centre kitchen. As the result of this work, the centre applied for, and received funding from the CFHS small grant scheme to improve their kitchen facilities so that they can deliver their own in-house cookery sessions. **Contact Alice to request a copy of A Taste for Independence, or download from the CFHS website.**

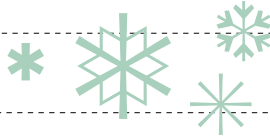
Youth club celebrates a successful year of healthy eating activities

Moorpark Youth Centre in Renfrewshire recently celebrated a year-long successful healthy eating project for between 60 to 100 young people (aged between 8 and 16 years). They celebrated with an open day which gave the young people an opportunity to demonstrate their new skills. They offered visitors a range of healthy snacks and drinks which they had planned, bought and prepared.

Over the year, the three different youth clubs at the centre provided healthy eating tasters (which focused on different textures and ways of serving foods), discussions, quizzes, and hands-on cooking and food hygiene instruction. All these were incorporated into the regular activities of the clubs. Initially these sessions were facilitated by the youth worker, but later a cook was employed to provide more support for the cookery sessions.

The young people were very enthusiastic and now often choose healthier snacks and drink options at the club. Providing more structured evening sessions and the chance to cook and eat also increased attendance levels. The youth worker reported that the young people have much more awareness of healthy eating compared to at the beginning of the year and are more aware of food budgeting. The club will continue to deliver healthy eating activities in the future. **For further information contact Jim Ward, jimfward@yahoo.co.uk, or 0141 886 1399.**





Community café plans to continue comprehensive food activity programme well into the future

Café Knowes in Faifley, West Dunbartonshire has been delivering a wide range of food activities for over five years. Their main hub of activity, the café, is open every day to serve a range of healthy foods (no chips or fried foods allowed). The café provides training for people who may be otherwise excluded from the workplace, such as people with learning or physical disabilities, and volunteers can also access training opportunities. The staff deliver cookery courses for local people and local school children and have also run sessions on cooking and weaning to young mums. Aside from the catering, the café also delivers fruit to schools in West Dunbartonshire on a daily basis and provides the same schools with healthy eating activities and cookery demonstrations to ensure maximum take up of healthy foods. Some of the fruit and vegetables for the café are bought from local people who grow produce in the grounds of the Skypoint Centre where the café is based.



The café was set up by Knowes Housing Association and has received funding from a range of partners. However, some funding is soon to come to an end, and the café is in the process of

approaching organisations for further funding. So far they have had some positive responses, although these are yet to be confirmed. **For more information contact Erica Davidson 01389 879858 or email edavidson@knowes.org**

Food Train campaign to highlight lack of supermarket support

The Food Train, a local voluntary and charity organisation which provides grocery shopping home delivery services for elderly, housebound and disabled people across Dumfries and Galloway, has had its support to customers dropped by Tesco in Stranraer. Previously they had filled customers orders so that they were ready and bagged up for Food Train volunteers to deliver. In a recent Guardian newspaper article Michelle McCrindle, the Food Train Chief Executive, reported that "Store Managers have said that it was too much effort, took up too much time and wasn't worth the money." The Food Train currently runs more than 13,000 grocery

errands for 500 customers across Dumfries and Galloway. Two local supermarkets have agreed to step in and help and the organisation has managed to highlight its concerns both regionally and nationally. The Food Train has backing from local MPs and MSPs and a letter has been sent to Tesco asking them to reconsider their decision. **The full Guardian newspaper article is available at www.guardian.co.uk/society/2007/nov/07/guardiansocietysector.voluntarysector**

Under pressure

Edinburgh Community Food Initiative (ECFI) has been working on innovative food and health projects for over ten years. This work has been core funded for the last eight years by both the City of Edinburgh Council (CEC) and NHS Lothian to the tune of £40,000 each per year. It was therefore a great surprise when a letter from the CEC at the end of September stated that they were going to discontinue this funding the following week, threatening the closure of the whole organisation.

As Ian Goodbrand, one of ECFI's development workers, told Fare Choice, *"The staff team got into gear immediately. We had a number of meetings and started to lobby councillors and informed the local press who covered our plight in great depth over the next few days. As a result of this a number of key councillors began to champion our case and supported us to make a deputation to the full council only one week after we had received the initial letter. An emotive deputation was made to the council by members of the staff and in the afternoon's closed session the Lord Provost appealed to the councillors to reinstate our funding and save us from closure. The council agreed to do so."*

This situation had come about due to a misunderstanding about the use ECFI made of this money, in combination with a need to cut funding due to council shortfalls. ECFI's funding for next year is still in doubt like so many other projects across the country. **www.ecfi.org.uk**



Glasgow's flourishing

Just as this edition of Fare Choice was about to go to the printers we heard the great news that the Children's Garden in Glasgow (see What's Cooking?, (page 2) have been chosen for a prestigious Caroline Walker Trust Award from nominations across the UK. Visit www.cwt.org.uk/awards.html and www.weegarden.co.uk/index.html for more information.

Health counts

"The voluntary and community sector are critical to improving health and reducing inequalities...outcomes must be aligned with funders' priorities...we need clear understanding on both sides of what is to be delivered."
Kay Barton, Deputy Director: Health Improvement Strategy, Public Health and Wellbeing Directorate, Scottish Government

Health Improvement Performance Management might not be a subject that you would expect to have everyone queuing up to find out more about. However, it is crucial if community food initiatives are to raise the profile of what they achieve and why they must be adequately invested in. This has clearly been recognised by the field, with representatives from community-based projects, making up a sizeable portion of those who attended a national event on the subject organised by the Scottish Government in late October, and a number of regional events that have taken place since. Presentations from the events and the specially produced discussion paper can all be downloaded from www.rocketsciencelab.co.uk/hipm/index.htm. As well as developing an outcomes framework for health improvement the events also announced proposed priorities for intermediate outcomes in the following areas: inequalities and health; tobacco; alcohol; obesity; and early years.

A great start

The ninth annual Farmhouse Breakfast Week is scheduled for January 20th - 26th, organised by the Home-Grown Cereals Authority (HGCA) with the theme 'A Great Start!'. Farmhouse Breakfast Week will also see the launch of the 'Breakfast Buddy Club', designed to encourage reluctant breakfast eaters as well as an opportunity to nominate your favourite place to eat breakfast for inclusion in an interactive website map. The website also provides recipes and images to download.

For more information visit www.farmhousebreakfast.com/phone 020 7520 3968 or email nutrition@hgca.com

The HGCA, in collaboration with the Scottish Oats Group and Scottish Food and Drink, have also been involved in a new campaign, 'All About Oats', with a new website full of recipes, educational items, images and a question and answer section. www.allaboutoats.com. A quarterly e-newsletter is also planned

Better health for former mining communities

The Coal Industry Social Welfare Organisation Health Initiative is funded by the Scottish Government to deal with smoking cessation, alcohol and associated health issues in the traditional coalfield communities across Central Scotland, particularly targeting the older members of the community. By working with local health services it hopes to deliver and promote a healthy lifestyle and provide advice on a range of health issues, including healthy eating. There are also plans to set up a network. For more information contact Moira Findlay, tel 01506 635550 or email moira.findlay@ciswo.org.uk

Scottish Public Health Network (ScotPHN)

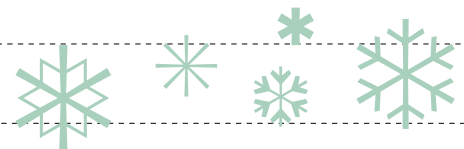
The ScotPHN was launched in 2006. Its remit is to:

- Undertake prioritised national pieces of work where there is a clearly identified need.
- Facilitate information exchange between public health practitioners, link with other networks and share learning and create effective communication amongst professionals and the public to allow efficient co-ordination of public health activity.

Web pages can be found on the NHS Health Scotland website and it is currently undertaking visits to NHS Board areas.

The ScotPHN projects are of six months duration and are undertaken by a lead author supported by a project working group whose members have a speciality or interest in a given area. The Scottish Obesity Action Resource is the first project completed and was launched in November. Visit www.healthscotland.com/scotphn for more information on ScotPHN and SOAR or contact Ann Conacher, Co-ordinator at scotphn@health.scot.nhs.uk.





The Primary Prevention of Obesity – shifting the obesity agenda away from an individual focus to corporate and government responsibility

Fiona Clark was awarded a Winston Churchill Travel Fellowship to visit California and New England to examine the work they are doing in obesity prevention by tackling environmental factors. "As a Highland Dietitian working in public health I have always been interested in ways we can shape the environment to promote healthy lifestyles. Readers of Fare Choice are familiar with the debate that very many people have very little choice over what they eat, because of the food that is available (or not) in the area in which they live.

Public health advocacy is driving many changes in California. In contrast to an NHS public health system, it was interesting to see how non profit organisations have developed public consultations and engagement to shape public policy. They are not constrained by political considerations and give a focused voice for communities.

Travel in New England was focused on Community Supported Agriculture farms and seeing how they worked with low income groups.

Please contact me if you would like any further information:
Fiona.clarke@ hhb.scot.nhs.uk".

A full report and details of the subjects for Travel fellowships in 2009 will be available from March 2008 at www.wcmt.co.uk



Commercial Sponsorship in the Public Services

In 2006 the Scottish Consumer Council (SCC) published guidelines on commercial activities in schools following widespread concern that there had been a steep increase in sponsorship, advertising and marketing targeted at schools, particularly around food (available at www.scotconsumer.org.uk/pressinfo/documents/Guidelines.pdf). The SCC has now been asked by the Scottish Government to develop similar guidelines for all public services. The work is underway and the guidelines are scheduled to be published in the summer. Visit www.scotconsumer.org.uk/localgov/currentw.htm for the latest information or contact jwallace@scotconsumer.org.uk

New Directorate at Health Scotland

Health Scotland's new Directorate of Equalities and Planning is scheduled to come into existence by next summer. It will bring together the work of the Fair for All teams with Health Scotland's Policy and Planning team to support boards to promote equality, tackle discrimination and contribute to NHS Scotland's efforts to reduce inequalities in Health. If you would like updates on the establishment of the new Directorate, please contact Sharon Pena at equalitiesandplanning@health.scot.nhs.uk or telephone 0131 536 5513.

Dare to Care

CSV Scotland's flagship campaign this year is 'Dare to Care: Make time to end Child Poverty'. It is urging youth and community groups to organise activities that will help tackle the issues of child poverty in their communities. Activities can range from a Big Day Out for children, to healthy eating initiatives, to setting up community co-operatives. An ideas finder is available on its website to help with planning activities. On registering an activity, groups can apply for a small grant of £50 to help. To find out more or discuss an activity visit www.csv.org.uk/Scotland/Campaigns/daretocare/scotland.htm or contact Sarah Bromley on 0131 622 7766 or email sbromley@csv.org.uk

Do you give dietary advice to adults?

A research project is looking for health professionals interested in the communication of portion size information when giving dietary advice. The research is funded by NHS Health Scotland and is being carried out by the University of Dundee and the Institute for Social Marketing, University of Stirling. If you are a dietitian, community pharmacist, practice nurse, health promotion practitioner, healthy living or community food worker and would be willing to participate in an interview lasting a maximum of one hour in January, please contact Angela Craigie at a.craigie@dundee.ac.uk or 01382 496788 by 21st December.

Green grocers

New research from the National Consumer Council (NCC) puts the top supermarkets to the test on the environment. Its findings indicate that sustainability is fast becoming a mass-market phenomenon, with even lower-end retailers embracing a greener approach, with Asda's 'smart price' value fish fingers highlighted as NCC's green food product of the year. Sainsbury's headed NCC's annual league table and most supermarkets scored higher than in previous years, but the findings showed more could still be done and NCC was particularly unimpressed by the poor information and engagement with customers. **'Green Grocers: how supermarkets can help make greener shopping easier'** is downloadable from www.ncc.org.uk/nccpdf/poldocs/NCC178rr_green_grocers.pdf

Eating well: children and adults with learning disabilities

A new report published by The Caroline Walker Trust looks at issues around nutritional health and food choice and provides both nutritional and practical guidelines to promote nutritional health to those who support or provide care to people with learning disabilities. This report also highlights resources and support available from other sources. **A charge of £20 is payable per copy and it is available to order from** www.cwt.org.uk/publications.html

Rural advocacy

The latest report from the Scottish Consumer Council highlights that Scotland's rural communities need to be given a louder voice. The study brought together a cross section of organisations from the voluntary and public sectors to examine how people in rural communities could become more involved in influencing policy decisions that affect their lives. Amongst a series of recommendations, the report calls for funding and development for grass roots organisations that promote participation. The study and a useful summary can both be downloaded from the Scottish Consumer Council's website www.scotconsumer.org.uk

At the same time as the study was being launched, representatives from most of Scotland's 95 inhabited islands came together in Mull to launch a campaign for a stronger voice for some of the most isolated and vulnerable communities in Europe. **Visit** www.scottish-islands-federation.co.uk **for more information.**

Silver service

"If the freezers weren't there to lean on I wouldn't be shopping"

(Focus group participant)

The Consumer Council in Northern Ireland, in partnership with Age Concern, have launched research on shopping and older people, 'Silver Service – Are Supermarkets Meeting the Needs of Older Shoppers?' **The report can be downloaded from their website** www.consumerCouncil.org.uk

Ethics

"...the complex and multi-factorial causes of obesity mean that no single policy option will act as a 'magic bullet' to reduce the rising incidence of obesity. There is a role to be played by many agents, including central government, local government, industries that manufacture, market and sell food and drinks, public transport agencies, architects and building designers, clinicians and medical advisers, catering outlets, media businesses, institutions of civil society, parents and schools, and, last but not least, individuals."

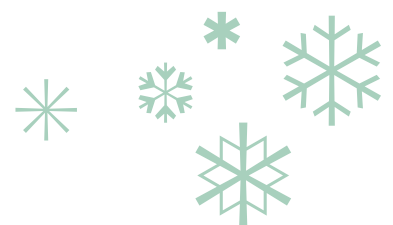
A major study on public health has just been published by the Nuffield Council on Bioethics. The study looks at some of the ethical issues that arise in tackling public health as well as roles and responsibilities, including a section on obesity. **For more information visit** www.nuffieldbioethics.org/go/ourwork/publichealth/introduction

Chief Medical Officer's annual report

"A number of initiatives identified in the report have shown that investment and support of expectant mothers, their infants and young children, can make a real difference to their future health and life prospects. A lot of vital work is underway by the Scottish Government, the NHS, the local councils and community groups, work that will bring benefits to future generations of Scots."

Dr Harry Burns, the Chief Medical Officer, presenting his annual report in November.

The annual report from Scotland's Chief Medical Officer includes a chapter on nutrition and is available for download from www.scotland.gov.uk/Publications/2007/11/15135302/0



Diary

JANUARY

Farmhouse Breakfast Week

20 - 26 January 2008

More info: www.farmhousebreakfast.com

Physical Activity and Health Alliance Conference

23 January 2008 • Murrayfield Stadium

and Conference Centre, Edinburgh

More info: www.paha.org.uk

FEBRUARY

Getting Down to Business

7 February 2008 • McDonald Meeting Rooms, Edinburgh

More info: www.communityfoodandhealth.org.uk/showlog.php?weblogid=103

Food and Health Alliance Conference

7 February 2008 • Murrayfield Stadium and Conference Centre, Edinburgh

More info: www.fhascot.org.uk

Community Health Partnerships three years on

20 February 2008 • Edinburgh Airport Hilton

Joint conference hosted by Voluntary Health Scotland and the CVS network looking at the voluntary and community sector's contribution to public involvement and health improvement in community health partnerships. More info: www.vhscotland.org.uk/events/conf/vhs_flyer_feb_08.pdf

Nutrition and Health for Caterers conference

21 February 2008 • Hilton Hotel, Glasgow

More info: www.hospitalcaterers.org/diary/2007/NHC_3.pdf

Fair Trade Fortnight

25 February - 9 March 2008

More info: www.fairtrade.org.uk

Getting Down to Business

28 February 2008 • Fairways House, Inverness

More info: www.communityfoodandhealth.org.uk/showlog.php?weblogid=103

MARCH

The 2008 Fair Trade Experience

1-2 March 2008 • Royal Concert Hall, Glasgow

More info: www.fairtrade.org.uk

Anticipatory Care: Keep Well & Beyond Conference

6 March • Beardmore Hotel & Conference Centre, Clydebank

More info: www.mhfs.org.uk/mhfs/events.php#keep

Obesity Awareness Week

9-16 March 2008

More info: www.toast.org.uk



community
food and health

(scotland)

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