



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

A taste of tomorrow

“The time is right for a fresh new future for Scottish food. We have listened to the people of Scotland and they have told us what their priorities are - health and nutrition, education, local food and local economies.”

Richard Lohead, Cabinet Secretary for Rural Affairs and the Environment

A flavour of what the future holds for Scottish communities tackling food access, social exclusion and health inequalities was given in the Ministerial announcement on a National Food Policy at the recent Royal Highland Show.

Health was given a high profile in the announcement as well as an assurance that no parts of our society should be excluded from the benefits of an improved food system. This edition of Fare Choice highlights both the hopes and concerns raised by communities that took part in the national food policy discussions that led up to this announcement (see pages 8&9) as well as the direction of travel that has now been outlined by the Minister (see page 2).

This edition contains no shortage of examples of the contribution communities have made and can make to creating the food culture that Scotland aspires to (see page 10) as well as to the pursuit of nationally and locally set targets, outcomes and indicators (see page 6)



Scotland's first Cooking Bus - see page 2

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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

Next steps towards a National Food Policy for Scotland

Richard Lochhead, Cabinet Secretary for Rural Affairs and the Environment used this year's Royal Highland Show to outline the next steps towards a national food policy. Several measures were announced including;

- a Food and Drink Leadership Forum to oversee the way forward for the developing policy;
- a series of working groups and studies to tackle issues such as healthy eating, sustainability, labelling, skills and innovation;
- a major campaign to improve the quality and visibility of Scottish produce served in Scotland's restaurants and pubs;
- Scotland's first Cooking Bus;
- an investigation into 'Scottish' labelling;
- a world class health and nutrition centre through the future merger of the Rowett Research Institute and Aberdeen University;
- a new Scottish Government catering contract with greater emphasis on healthier menus and the procurement of fresh and seasonal produce; and
- a study into the rising costs of food to look into the national and global issues currently affecting food prices in Scotland.

“ I believe the high level of responses to the discussion is indicative of a changing mindset towards food and drink in Scotland. The discussion has set the tone for the future by having a more consumer-focused approach to the new policy. ”

More information is available from www.scotland.gov.uk/food

Moveable feast

Scotland now has its own Cooking Bus - a kitchen on wheels designed to teach cooking and healthy eating skills to children, parents, teachers and community groups across the country.

Following its launch at the end of June, the Healthier Scotland Cooking Bus will be on the road from September.

Funded by the Scottish Government in partnership with the Food Standards Agency Scotland, the bus will be run by the Focus on Food campaign (www.focusonfood.org)

Scotland's Cooking Bus will involve not only pupils and teachers but also mums, dads and community groups.



What's Cooking?

In order to help make sustained changes, the Cooking Bus programme will provide schools and community groups with cooking materials and training in how to use them. It is the intention to have a contact for the bus within each local authority.

Minister for Public Health, Shona Robison, said including adults in the scheme was an important development:

"The Cooking Bus is a fantastic way to teach children some of the basic lessons about where our food comes from and how to cook healthy, tasty meals. Cooking doesn't have to be complicated and that will be an important lesson for the young chefs on the Cooking Bus. But by bringing adults on-board too, we can ensure these new skills can be sustained. Adults can then share the skills they've learned on the Cooking Bus, and educational resources will be left behind when the bus leaves for this very purpose."

"Fabulous!" was the reaction of Stella Stewart, from Fife's Community Food Project, when she saw the bus at the Royal Highland Show prior to its official launch at an Edinburgh primary school. "This is a

wonderful resource that will be a real boost to any community it goes to."

Already, around 200 schools in Scotland have requested a visit from the Cooking Bus and applications are now being invited from other Scottish schools who would be interested.

Requests can be submitted online at www.focusonfood.org or by phone on 01422 383191.

Stop Press

A £30 million Scottish Investment Fund has been launched to help enterprising Third Sector organisations become more effective and efficient. The fund opens on 1st September. For more details visit www.scotland.gov.uk/Topics/People/15300/funding/scottishinvestmentfund.

The Enterprising Third Sector Action Plan 2008-2011 has also been launched. For a copy visit www.scotland.gov.uk/Topics/People/15300/Actionplan/Actionplan.

an update on our recent/forthcoming work

Annual networking conference

We are delighted to announce that our networking conference will take place in Glasgow on Tuesday 11 November at the Thistle Hotel. Attendance at last year's conference saw a notable increase in participants and we anticipate that this year's event will continue to be "an ideal opportunity to network and share experiences" for all those involved in food

and health activities in low-income communities across Scotland.

Our annual conference is generally workshop-based, led by volunteers, fieldworkers and policy makers, and essential to its success is the commitment and contribution of all participants.



Team Talk

In preparation and planning for this year's event we are keen to hear what activities and issues you would like to see and hear at this year's conference. If you would like to submit any suggestions to the event programme, please fill out the enclosed form and return it to us **no later than 11 July**.

Please keep an eye on our website for more details as they become available.

Early years self-evaluation collaborative

Stage one of the work we are undertaking with Evaluation Support Scotland to support six food and health projects working with parents and children 0-5 to improve their self-evaluation skills is now complete. Over the last six months a series of workshops, peer-learning sessions and site visits have provided participants with the skills, confidence and knowledge to develop their evaluation systems to show the difference their work is making. Their journey and experiences so far are illustrated in a short interim report which will be available to read and download from our website from mid-July.

We hope that their learning so far will be of benefit to others who want to measure and evidence the impact of their work. Stage two of the collaborative, which will focus on analysing evaluation information to report on outcomes, is now underway and a report on this activity will be available in the autumn.

Roll-out of Scottish Grocers Federation 'Healthy Living' programme

CFHS is currently working with the Scottish Grocers Federation (SGF) and community food networks to roll out the SGF 'Healthy Living' programme to community food co-ops and outlets.

A pilot project will begin in September in three areas - Glasgow, East and Central Scotland, and Aberdeen and North East Scotland - offering members of community food co-ops and outlets an opportunity to take part in the 'Healthy Living' programme's training and make use of its promotional materials (display stands, signage, etc).

The training is very practical, and includes promoting fruit and vegetables to increase sales, caring for fruit and vegetables to keep them looking good and cut down on waste, and when different fruits and vegetables are in season and at their best.

The pilot will be externally evaluated to identify: how useful these resources are to community food outlets; how the resources could be adapted to better suit their needs; and if using the resources increases their customers' awareness of the 'Healthy Living' brand in their neighbourhood shops.

The opportunity to be part of the pilot is open to all volunteers and staff from community food co-ops and outlets in the three areas.

Further information about the pilot - including the dates for the training, more details about the resources and how to apply to take part - will be sent out shortly to food co-ops and community food outlets in these areas, and will also be available on our website.

UK Liaison event on food access and older people

16 April saw the last in a series of Food Access Network/FSA UK Liaison events take place at the Millennium Centre in Cardiff. This networking day was an opportunity for organisations and relevant players from across the UK to come together and share their knowledge and practice around food access and older people, and explore how to highlight the importance of this topic more widely.

Lisa Wilson from the International Longevity Centre UK kicked off with a thought-provoking presentation on older people and malnutrition. This was followed by an insight into policy and action on food and older people from the Welsh Assembly Government. The morning session concluded with a series of lively discussions on how to take this agenda forward.

A small delegation from Scotland was present and the Community Health and Regeneration Project in Midlothian (CHIRP) contributed an informative workshop on the Midlothian Food Train and more generally on their food and health activities with older people and the wider community. Other workshops included research from Northern Ireland, intergenerational cooking workshops in Wales and food access for older people in Oxford.

The report of this event is available at www.sustainweb.org/page.php?id=442

The Welsh Consumer Council's report on 'Tackling Malnutrition Among Older People in the Community' is now available as a pdf from www.wales-consumer.org.uk (scroll down to latest news)

For more information on the Welsh Assembly Government Strategy for Older People in Wales visit <http://wales.gov.uk/topics/olderpeople/publications/strategy?lang=en>

For more info on research taking place in Northern Ireland visit the Consumer Council for Northern Ireland's website www.consumercouncil.org.uk/publications/s/10/q/s/

For more information on the Midlothian Food Train, phone 01875 823 922.

What are you looking at?!

If you have visited our website recently, you will have noticed that we are currently running a small survey to find out what users are looking for on the site. This is to help inform development of the site in order to provide even more information and resources for community food and health activity.

We would be very grateful if you could take a few seconds to complete this, as your input is crucial to this development. If you have a little more time to spare, there is also the option to provide contact information and take part in a short telephone survey. Participants in the telephone survey will be rewarded with books and chocolate.

Please visit www.communityfoodandhealth.org.uk to take part.

Food, health and homelessness capacity building fund update

All 32 successful applicants to the food, health and homelessness fund have now received, or are in the process of receiving, funding towards developing food activities that enhance the confidence, life skills and independence of their homeless service-users.

The quality of the applications we received was impressive and we were enthused by the wealth of activity planned, some of which is already underway. Activities funded are hugely varied, ranging from the development of a growing project in Fife and promoting peer education with young people at risk of homelessness in Edinburgh, to developing cooking sessions with young families fleeing domestic violence in Dundee and promoting social inclusion among elderly homeless men in the Western Isles.

We look forward to sharing information from recipient projects both in future editions of Fare Choice and



in Food Matters, the e-newsletter on food, health and homelessness, which you can subscribe to by contacting Claire.

Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health tutor promotion

CFHS is keen to support organisations in the homeless sector to strengthen their capacity/ability to deliver food and health promoting activity by helping to increase the number of accredited REHIS Elementary Food and Health course tutors in the homeless sector. If you work with homeless people or people at risk of homelessness and would like to find out more about this initiative, please contact Claire for more information.

Study tours

Organisations are always telling us how much they value hearing about the experiences of other groups and how much this helps them reflect on their practice and draw inspiration to develop their own activities. This is why we are offering Fare Choice readers the opportunity to take part in one of two study tours that we are organising with partner organisations.

The study tours will take place in Aberdeen on 17 September and Edinburgh on 25 September, and will offer participants a unique opportunity to learn more about innovative projects that are providing services for homeless people while operating as social enterprises. Participants will come away from the study tours inspired and enthused, with practical ideas about developing food activities and an increased understanding of the role that social enterprise is playing for organisations involved in delivering services to homeless people.

The study tours are for community food and health organisations wanting to find out more about social enterprise from social enterprises and/or involved in work with homeless people.

Each study tour will take place over one full day with an overnight stay for those travelling from outwith Edinburgh or Aberdeen. Travel and accommodation expenses will be covered by CFHS.

For more information and an application form for either of the study tours, please contact Alice or Rita. Please remember to state which study tour you are interested in.

Policy

Scotland

Single Outcome Agreements

A central proposal from the concordat between the Scottish Government and the Convention of Scottish Local Authorities (CoSLA) was the creation of a Single Outcome Agreement (SOA) reflecting the Scottish Government's National Performance Framework, which is available at www.scotland.gov.uk/Publications/2007/11/13092240/9

SOAs are currently being developed and should be in place by the end of June 2008.

As the process develops SOAs will include more partners and it will be vital for community organisations to demonstrate how they can contribute to the delivery of outcomes both locally and nationally.

For more general information on SOAs visit www.improvementservice.org.uk/core-programmes/single-outcome-agreements. If you would like to know what has been agreed in your local area, many local authorities have already posted their SOA on their websites and more should follow.

Announcement on community empowerment

"For the Scottish Government and CoSLA empowering communities is not jargon, it is a key element of what we are both about... We see community empowerment as a process where people work together to make change happen in their communities by having more power and influence over what matters to them."

A joint statement from the Scottish Government and CoSLA at the end of April confirmed their commitment to empowering communities as well as promising "an Action Plan in partnership with the community and voluntary sectors over the coming months."

Early Years and Early Intervention

A joint policy statement from the Scottish Government and CoSLA sets out their vision for an Early Years Framework. This framework will have a focus from pre-conception, through pregnancy, birth and up to the age of eight and will be based on evidence-based approaches to supporting children and families.

A final framework document is due to be published in autumn 2008. To read the statement in full visit www.scotland.gov.uk/Publications/2008/03/14121428/6

UK

Welsh Assembly Government: The Strategy for Older People in Wales 2008-2013

As mentioned in Team Talk on page four, Phase II of this strategy was recently launched. The Welsh Assembly is committed to a ten-year plan to "encourage processes and policies which will underpin long term actions to change the lives of older people" in all policy areas. It has four key themes, including wellbeing and independence, and aims to improve the health and wellbeing of older people through a range of initiatives. These will include increasing access to affordable and high quality food (which also links to the Quality of Food strategy below), improving the quality of food served in community settings and tackling malnutrition.

To read the strategy in full visit <http://new.wales.gov.uk/strategy/strategies/2166490/olderpeoplell.pdf?lang=en>

Quality of Food Strategy

Following the Welsh Assembly's Welsh Food Debate consultation, feedback from engagement with key delivery partners and Welsh citizens has been used to develop a Quality of Food Strategy which will focus on ensuring everyone in Wales will be able to eat food that is healthy, affordable, and produced in a sustainable way, as well as supporting a strong and diverse Welsh food industry. This strategy will also reflect and support Wales' diverse population and address the link between food and health improvement to develop a 'whole life approach' to public health.

For more information visit <http://new.wales.gov.uk/topics/health/improvement/food/foodhealth/qualityfood/action/?lang=en>

World

World Food Summit

"Boldly, quickly, fairly," was the advice on how governments around the world should respond to issues of food security, from the United Nation's Food and Agriculture Organisation's Deputy Director-General, at the recent conference on world food security held in Rome.

Further information on the summit's conclusions can be viewed at www.fao.org/foodclimate/hlc-home/en

Men and the Obesity Epidemic: Promoting Healthy Scepticism

Fighting fat seems to be a good thing and something that should be promoted in order to benefit public health and national wealth. After all, we are reportedly witnessing an obesity epidemic, with about two-thirds of adults at a weight-for-height that medicine labels overweight or obese. Specific concerns are also being expressed about men's health and weight. According to proponents of public health, men are more likely than women to be 'excessively' heavy and especially vulnerable to the medical dangers of fatness. Yet, little is known about what this might mean for men's everyday lives and how it might connect with critical weight studies. For readers who are unaware of this literature, *Fare Choice* offers some insight with Lucy Aphramor's recent piece on women's experiences of size discrimination (Aphramor 2007)

Research Focus: Given the tendency to concentrate on women in critical weight studies, and a longer tradition of feminist literature that challenges negative cultural meanings of fatness, I decided to study men's understandings of weight-related issues (Monaghan 2008, 2007). Through interviews and observational data, my research documents the views of men attending a mixed-sex slimming club and men whom medicine might have defined as 'too heavy' but who did not necessarily agree with such definitions. For example:

- I explored men's attempts to 'fit in' a society where fatness is equated with disease, risk, gluttony, immorality and irresponsibility (to oneself and others).
- I also considered issues pertaining to the feminisation of especially large male bodies and the ways that fatness is equated with failed manhood.
- More broadly, my research critically engaged claims that fatness is a massive public health problem and fatness should be fought on an unprecedented scale.

Promoting Healthy Scepticism: My work is informed by sociological wisdom which tells us that things are not always as they seem. While there are many good people committed to fighting fat, there are also many problems with public health campaigns that amplify the perceived wrongs of being seen as

fat in everyday life. For instance, my research documents the unintended consequences associated with fat fighting, such as anxiety, guilt, fear, weight fluctuation, binging, smoking and disappointment. It also explores the sense, or rather nonsense, of the Body Mass Index (BMI kg/m²), which defines most men as overweight or obese. Most contacts knew about the BMI and many considered it ridiculous. Other themes included the stigmatisation of much larger men in contexts ranging from the street to the clinic. Because stigma is a product of social definition, one conclusion is that health promoters and clinicians should reflect critically on their role in amplifying this. A few healthcare providers, such as Lucy Aphramor, similarly challenge their professions for taking a prejudiced rather than compassionate and evidence-based approach.

Concluding Thoughts: None of this means rejecting efforts to promote health. There is evidence, as with the Health at Every Size paradigm, that key dimensions of health can be improved through 'healthy lifestyles' without people obsessing about weight. Furthermore, in developed Western nations, the ability to participate in society without shame is ultimately much more significant for people's health than is body weight. Yet, the visibly fat cannot always escape shame and blame amidst alarmist claims about an obesity epidemic. Hence the public and personal fight against fat will likely persist in societies where 'the obese' are considered to be their own worst enemies and a whole industry promises to 'help' people, more often women, become 'fabulously slim and trim'.

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Further details about Health at Every Size, formulated specifically for healthcare professionals, can be accessed through:

<http://www.jonrobison.net/size.html>

References

- Aphramor, L., 'How does size discrimination affect health?', *Fare Choice: The Quarterly Newsletter of Community Food and Health, Scotland*, ed. 39, Spring 2007.
- Monaghan, L. F. (2008) *Men and the War on Obesity: A Sociological Study*. London: Routledge.
- Monaghan, L. F. (2007) 'Body Mass Index, Masculinities and Moral Worth: Men's Critical Talk about 'Appropriate' Weight-for-Height'. *Sociology of Health & Illness* 29 (4): 584-609.

Take Stock

National Food Policy for Scotland discussion paper responses

We had a significant response to both a national seminar and local meetings to discuss and respond to the 'Choosing the Right Ingredients' discussion paper on a national food policy for Scotland.

Here's an indication of the messages that have been sent to the Scottish Government:

Participants at the national seminar hosted by **Community Food and Health (Scotland)** gave general support for a national food policy, with food seen as a cross-cutting theme that could deliver improvements in health and equality. The main hope was that the Scottish Government will demonstrate a commitment to putting health and social justice at the heart of food policy in Scotland.

Some key priorities identified in the discussion were:

- Equal access to healthy food addressed through services and funding and the essential role that the food industry have in reducing health inequalities.
- Increased community enterprise opportunities around food production and distribution as well as food redistribution.
- Improved Information, which includes consistent food labelling and the presentation of food and health messages
- Education and schools: their key role as learning centres, community centres and food providers
- Food growing projects should be encouraged and more widely available to all ages in all communities
- The role of the community and voluntary sector in developing and delivering a national food policy

"Ensure that community level contribution to national policy is resourced, invested in, and on an appropriate scale considering the size of the problem."

The full report can be downloaded from www.communityfoodandhealth.org.uk/imageuploads//food-discussion-seminar-cfhs.pdf

North Glasgow Food and Health Framework offered a range of groups the opportunity to respond to the discussion paper and touched on numerous themes.

In summary here are a few suggestions addressing 'What would help us eat better?'

- more choices, more chances
- innovations around healthier convenience food and its availability in local shops

- cookery classes and opportunities to try new things
- growing or picking 'own' vegetables would help them eat better.

"I love vegetables! I could cook them myself..cos my mum doesn't buy them....so I don't know how to cook them."

Milton Food Project's 'Waist Winners' group reported that to them it was important to target parents, especially new parents and children, as well examine advertising and standards in food outlets particularly those offering 'fast' or processed food specifically to children.

Possil and Milton Forum on Disability reported that physical access was an issue, they would like more access to cookery skills especially as many lived on their own and more support for speciality shops.

"Pricing of healthy food is a problem: Twenty burgers for a pound...make healthier food cheaper and junk food dearer."

Broompton Road Community Centre, a service used by older people, suggested that cooking skills could be passed on through intergenerational education projects, food provision improved in local shops and more value placed on home cooking.

"I don't drive so my shopping needs to be in walking distance."

North Glasgow Community Food Initiative volunteers called for more educational and practical skills, space to grow food, and improved solutions to accessing food through long-term support to projects such as food co-ops and community cafés to deliver health improvement outcomes in low-income communities.

"Home grown, organic veg in season, in people's gardens, in allotments, in local green spaces..."

Skye and Lochalsh Food Link is a social enterprise that promotes and supplies local produce and provides a valuable link from producer to plate in the local area.

A survey carried out to businesses and consumers noted that a 'healthier' Scotland would be the most likely impact of addressing food issues and that direct engagement with local groups should be continued. In terms of supporting local food, this activity would have economic, environmental, health and community benefits to a rural community such as Skye and Lochalsh. However, resources to deliver on this need to be supported such as, improved local transport

systems, small business support and the ability to retain local food locally to benefit the health of local communities.

“Long-term sustainable food production is vital to the future wellbeing of Scotland’s citizens and Scotland’s natural systems.”

To view its response in full visit www.tastelocal.co.uk/skye/news/08-04-29.html

West Alness Residents Association, a community organisation in Easter Ross, raised a number of issues, such as:

- Agreed standards for ingredients in food as well as food labelling and food mile labelling.
- The responsibilities of large companies and the media should be challenged.
- Tax unhealthy food, provide incentives for local producers to sell food locally.
- Review Healthy Start scheme to assess its impact.
- Resources for community growing schemes and food co-ops.
- Public services enabled to purchase food locally.
- Well resourced educational schemes for families, schools and communities in cookery and food production.

Consultations facilitated by **East Lothian Roots and Fruits** and **East Lothian Council** heard recurring themes come up within four communities representing groups of professionals and community members. These were:

- Measures to address affordability and accessibility to food particularly within rural communities by supporting local food co-ops, farmers and produce.
- Sustainable funding to deliver services that can increase cooking and nutritional skills across all generations.
- Information that provides consistent messages across all sectors which would also include standardised food labelling.
- Support for growing your own food.
- Recycling as it is everyone’s responsibility.

East Lothian Council Homelessness Unit frequently mentioned that accessing food was difficult for many reasons, due to circumstances encountered by people experiencing homelessness and in temporary accommodation. Access to regular public transport was also problematic in the area. Locally many small shops did not stock enough fresh produce for their needs and parents experienced difficulty with accessing food vouchers from the Healthy Start scheme due to moving around temporary

accommodation. In general, participants in the discussion felt that living on benefits was not conducive to accessing a healthy diet.

“Everything is going up in price but our benefits do not match this, how can we eat well when the good food is so expensive.”

Participants in the discussion suggested a range of recommendations such as:

- Actions to minimise losing contact with the Healthy Start scheme and ensuring local authorities include this information in tenants handbooks.
- Local authorities provide accessible information on where to access healthy produce and where to seek support with a healthy diet such as cookery classes and social eating groups.
- Continued support to local community food initiatives who are working to address many of the issues identified by the group.
- Working with local transport agencies to reduce costs as well as plan more accessible routes.
- Work with supermarkets to help increase healthy and local produce on offer, and work to minimise food waste, eg. ‘Buy one get one free’ offers often go to waste (inadequate food storage provision), excess packaging and free reusable carrier bags.

Falkirk and Clackmannanshire Food Networks came to the consensus that a national food policy for Scotland could present a range of positive opportunities especially to low-income communities, such as access to more locally produced, seasonal and affordable food and improved nutrition with better long-term health outcomes. They also felt that it presented challenges to the food industry in that the ‘Choosing the Right Ingredients’ discussion paper had ‘too much emphasis on food for export and not enough on food security’. Echoing this, they also enquired if a food policy would have ‘real influence across industry’.

Both networks outlined various measures in their reports that could help achieve the Government’s aims, for example:

- Practical food skills across all generations
- Addressing planning of food outlets and advertising of unhealthy foods
- Stronger promotion of healthy foods even if it not profitable
- Investing in resources including delivery of food activities within community and voluntary sector organisations
- Clear/consistent nutrition and health messages
- Support to local growers and support for growing own food

A Flavour of...

community-based food and health activity in Scotland

'RARE' success!

The Healthy Valleys initiative was delighted by the outcomes achieved by a pilot project called 'RARE' (Rural Access to Recreation and Education).

The pilot was funded through South Lanarkshire 'Changing Places' fund which targets the most deprived areas in South Lanarkshire. The aim of 'RARE' was to provide a range of health improvement activities for children, young people and adults to promote healthy eating and physical activity.

The pilot began with consultation exercises with local people. Julia Howatson (Lifestyle Development Worker) from Healthy Valleys took part in 'Participatory Appraisal' training through CFHS in September. Julia used the new skills and techniques that she had learnt and put them into practice during the consultation.

"This was a great way to engage with people and we gained valuable information about the area and the people who live there, which I believe lead to the success of the RARE project. The people who took part felt comfortable and enjoyed the experience - it certainly worked better than a written questionnaire."

The consultation process led to a variety of programmed activity being delivered between January - March 2008. An impressive 119 children took part in the 'Ready, Steady Get Cooking' course, which is a four week 'hands-on' approach to learning about food and nutrition.

The children prepared healthy eating dishes including spaghetti bolognaise, vegetable soup, fruit kebabs and smoothies.

And parents were in on the action too. Twenty-five parents and carers participated in 'Feeding the Family' and nine parents took part in the 'Healthy Weaning Initiative'. 'Feeding the Family' is a six week course learning how to prepare healthy and delicious meals and the 'Healthy Weaning Initiative' teaches parents how to wean their baby using fresh healthy ingredients. To complement the healthy eating programme over 40 'Get Active' sessions were also delivered giving local people the opportunity to take part in sport and exercise classes.

As the pilot was a 'RARE' success, funding has now been continued and supported by NHS Lanarkshire.



Communities in charge

The Community Retailing Network was set up to support and develop community-owned shops and amongst its members are some wonderful examples of how local people can take action to improve life in their community, create jobs and in particular, improve access to good quality food.

One of these is Uig Community Co-operative on the Isle of Lewis. The community bought the shop in 2004 following concern that it would close and have transformed it into a successful multi-service facility that includes a well-stocked shop, petrol pumps, post office and cash point. The community co-op currently employs six full-time equivalent staff and is soon to open a new extension that will enable it to diversify further to include an outlet for local produce and crafts, a social area with coffee and microwave facilities, a laundrette, a community room with video conferencing facilities and a service point for the Local Authority.

“ *In the quest for improving access, availability and affordability of fresh, healthy food, community-owned retail is an option worth considering.* ”

Kirsty MacColl,
Co-ordinator of the
Community Retail Network

The whole operation will be powered by renewable energy through the installation of a wind turbine.

The Community Retailing Network is the main support organisation for community-owned retailers and has recently employed a Co-ordinator to deliver further support and promote the Network. **For more information, please contact Kirsty MacColl on 0845 217 8978 or at communityretailingnetwork@phonecoop.coop**

Tried and tested recipes available from Kersiebank Community Education Project

Kersiebank community education centre in Falkirk used a small grant from CFHS last year to develop weekly ongoing cookery sessions open to anyone in the local community. These began in November and have been very successful at bringing a wide range of people of different ages and backgrounds together to learn to cook, and to share a meal together, including children with their parents,

young people in supported tenancies, people with learning needs who attended with their support staff and older people. This success is shown by the fact that many have continued to turn up each week for the last six months, have worked well together and many tell their friends and bring them along too. At least ten people attend each week.

Around two or three people teach the group to cook, and group members assist those with less experience than themselves. Everyone cooks their own meal to take home, but also prepares a portion for sharing with the others at the end. A particularly popular cooking activity has been friendly competitive cooking using a 'Ready Steady Cook!' type format.

In addition to cooking, other activities have included discussions around where food comes from using the locally produced 'food miles game', a trip to Edinburgh to buy and taste Chinese and Indian ingredients and several members have also completed the nationally accredited Elementary Food and Health or Food Hygiene courses (accredited by the Royal Environmental Health Institute of Scotland).

As well as developing a supportive local group together, the members have grown in confidence and willingness to experiment with new foods. Members have stated that they are considering their health more when shopping and eating and are also enjoying sharing their experiences about food with the others.

Staff and members involved with this project plan to apply for further funding to continue these very successful sessions. Staff also have plans to develop cooking sessions for parents and their children which will aim to encourage children to attend part of the sessions or join in with the shared meal, but include crèche facilities for those that require them. The cooking group also have their own plans to continue other types of discussion activities.

Some of the recipes that this group used are available on the Falkirk local authority website: www.falkirk.gov.uk/services/community/community_education/community_education_centres/kersiebank.aspx or to find out more about this project contact **Catriona Morrison 01324 508750 or email catriona.morrison@falkirk.gov.uk**

It's all about you!

If you or the groups you work with would like to share learning and experiences from community based food and health activity more widely there are a number of sections in this newsletter where this can be highlighted: 'Take Stock' provides an opportunity to write in detail about activities; 'A flavour of...' usually contains two or three shorter articles about an aspect of a group's work or something new that's happening; 'Bitesize' is a space for short articles of news, events or any new developments.

If there is something you would like included in our newsletter or if you would like your work featured as a case study on our website, please email us at cfh@scotconsumer.org.uk.

The deadline for the September edition of Fare Choice is Friday 15 August 2008.

Stirling Food Network

Susan Kennedy, Community Food Development Worker, NHS Forth Valley, facilitated the first Stirling Food Network which took place on 19 March 2008 at Raploch Community Campus. This event was for anyone interested in food and health issues and/or involved with food activities in the Stirling area.

Twenty-six people attended, representing a variety of organisations from both the voluntary and statutory sector. Raploch Community Campus students provided an excellent buffet lunch to all participants.

The aims of the Food Network are to help those producing or working around food to link together and to act as a forum for the sharing of information and resources. The network also aims:

- to provide a networking opportunity
- to encourage sharing of good practice/ideas
- to inform people about where they can access practical resources and materials including information on local produce
- to provide information eg sources of funding, website addresses, literature and training.

It is expected that future network meetings will enable community groups, organisations and projects to come together to promote, discuss and be informed about food issues. If funding can be sourced, mini-networks may be held in rural areas.

More information on the network or Community Food Development is available from Susan on 01786 431171 or susankennedy2@nhs.net. The next meeting is scheduled to take place in the autumn.

Bute Healthy Living Initiative's cookery sessions

As the result of receiving a small grant from CFHS last year, this healthy living initiative developed cookery courses for two different local groups, the Link group, a support group for people with mental health support needs and the HELP project, which provides housing support to young people.

Cookery sessions at the Link club worked very well. Two or three people in the group were actively involved in working with staff to prepare and tidy-up after cooking. Three of the group went on to form a 'supper club' where they meet each week and prepare meals for each other.

The HELP project also successfully delivered cookery sessions, but not as it had originally planned. They had planned to deliver group cookery sessions, but had difficulties encouraging the young people to attend. In view of this, the healthy living centre provided training to their home support workers, who were then able to deliver one-to-one cookery sessions at home.

Bute Healthy Living Initiative plans to continue developing cookery sessions, including sessions on weaning and more work with the Link club and HELP Project in conjunction with the StepUp project, to create resources such as a recipe calendar, a 'How to cook - one pot meals' dvd and photobook, and a Bute Baby Food Recipe book. All resources will include information on food hygiene and safe cooking and storing methods. Other food activities at the initiative include a community café, allotments and a lunch club.

More information on the Bute Healthy Living Initiative can be found on our on-line directory www.communityfoodandhealth.org.uk/plugins/directorysearch/index.php or telephone Yennie van Oostende, 01700 505041. If you would like to add your details to our online directory, contact Alice.

Lottery cultivates Scottish green fingered network

The Big Lottery Fund recently announced the award of a grant to the Growing Communities in Scotland partnership. This partnership brings together the Federation of City Farms and Community Gardens (FCFCG), the Scottish Therapeutic Gardening Network (Trellis) and the Allotments Regeneration Initiative (ARI).

This funding will assist the three partners to work together to help community, therapeutic and allotment gardening projects develop new ideas, skills and knowledge. It will also help projects link more with each other and other organisations and agencies. It is also hoped that the collaboration between partners will help raise the profile of the network and better influence funders, planners and policy makers. FCFCG have a Scottish office where more information about them and ARI can be provided.

Visit www.farmgarden.org.uk/scotland or phone 0131 623 7058. Info on Trellis is available from www.trellisScotland.org.uk or phone 01738 624348.

Working together in Glasgow

North Glasgow Community Food Initiative (NGCFI) hosted a meeting on 23 April to explore the potential for establishing a city-wide community food network. Fifteen people from a wide range of community food and health projects and agencies attended the meeting. They heard about examples of good practice involving community food networks and overviews of current local and national policies relating to community-led food activity and social enterprise.

This was followed by a lively discussion, with the consensus reached that there was potential to set up a city-wide network. A number of recommendations were agreed which are being taken forward, with the aim of raising awareness about the idea amongst potential stakeholders.

NGCFI is holding the inaugural meeting of a Glasgow-wide Community Food Network on Wednesday 20 August. **For more details, or for notes of the meeting, please contact Jon on enterprise@ngcfi.org.uk, tel 0141 558 2600.**

New funding

Food is the theme for one of the three new funding streams from the Esmée Fairbairn Foundation. It aims to promote an understanding of the role of food in enhancing quality of life. The foundation is *'interested in work that influences policy and practice across a range of food-related areas, enabling as many people in the UK as possible to access, prepare and eat nutritious, sustainable food.'*

Meeting the Shared Challenge newsletter

"The new relationship between the Scottish Government and local government has created some uncertainty around the future of community health initiatives. However this is also an opportunity for the sector to demonstrate how it can support statutory bodies to achieve their outcomes. The support programme offers an ideal prospect for local organisations to come together to identify how to capitalise on this."

Official from Health and Wellbeing Directorate

The national support programme for community-led health, 'Healthy Communities: Meeting the Shared Challenge', has just circulated its first newsletter. It gives the background to the programme as well as local updates from and contacts for each of the 12 programme areas.

CFHS feels it is particularly important that everyone is aware of the programme and what it has to offer as it moves from its development phase into its delivery phase.

The Scottish Community Development Centre is delivering the programme, and the newsletter and any additional information from the programme can be downloaded from its website www.scdc.org.uk/shared-challenge

Free place for Social Enterprise World Forum

CFHS has a free place available for the Social Enterprise World Forum, being held in Edinburgh from 2-5 September 2008. The Forum is being organised by CEiS (Community Enterprise in Strathclyde) and will be the first international gathering of practitioners and support agencies dealing exclusively with social enterprise. It will bring together social enterprise leaders and champions from all continents to collaborate, share best practice and plan future developments.

For more details about the Forum, visit the CEiS website, www.ceis.org.uk. If you would like your name to be included in the draw for the place, please write to or email us, stating why you would like to go the Forum and how this would benefit your organisation, by 25 July.

National Regeneration Convention 2008

The National Regeneration Convention is coming to Glasgow and will be held at the Crowne Plaza Hotel from 15-17 September 2008. The convention is sponsored by the Royal Town Planning Institute, the Joseph Rowntree Foundation and the four UK Governments.

This year the theme of the convention is 'Building Successful Communities' and will focus on the following sub themes: empowering communities, connecting the mainstream, and diversity in regeneration. The aim of this event will be to share learning and best practice across the UK. The convention will combine masterclasses and workshops, visits to projects and places and provide opportunities for networking between community representatives, practitioners and policy makers.

To register your interest in this event visit www.regenerationconvention.co.uk

Gardening Scotland 2008

Four community gardening projects had an opportunity to publicise their work at Gardening Scotland, held at the Royal Highland Centre, Edinburgh from 30 May to 1 June. Over the three days, Bridgend Community Allotment Health Project, Edinburgh Cyrenians Farm, SAMH Redhall Walled Garden and North Glasgow Community Food Initiative took it in turns to promote their work on the CFHS stall in the Living Garden area of the show. As well as providing information about their work, they offered a range of fun gardening activities for visitors to the show to take part in. Despite the poor weather on a couple of days, a good time was had by one and all.



Redhall Walled Garden celebrates its 25th birthday at Gardening Scotland.

Improved climate for funding

Major new funding has become available which may benefit to those trying to develop community-based sustainable food systems. Grants, from a few pounds to a million, are now available to community groups through the Scottish Government's new Climate Challenge Fund launched in June. Food is just one area of community activity that could qualify for support, as long as it leads to the reduction of carbon emissions or building the community's capacity to sustain future reductions.

The new fund, being run by the Sustainable Development Commission on behalf of the Scottish Government, requires that all successful applications should have the community at the heart of decision-making. **Further information from** www.itsourfuture.co.uk/climate_challenge_fund/about_the_fund.html

Local food

Many people will have heard in the press or on tv about the Fife Diet (see <http://fifediet.wordpress.com>). Ed Harris, a post-graduate student at Edinburgh University's Institute of Geography, has been looking at the initiative as part of a research project on localism and alternative food networks. **Further information on Ed's progress so far is available from** <http://localfoods.wordpress.com>

Lidl healthy eating campaign

The recently launched Lidl Healthy Eating Campaign has been described by Nick Nairn as, "a great way to respond to our nation's growing health and obesity problems". As well as regular promotions on fresh produce, the company promotes its own healthy and Fairtrade brands as well as producing a free Healthy Living magazine which includes recipes from Nick Nairn's Cook School. **For further info on what Lidl have to offer visit** www.lidl.co.uk

Volunteering opportunities for students

Queen Margaret University in Edinburgh offers both a MSc in Public Health Nutrition and also BSc (Hons) Nutrition. They are frequently asked by their students for suggestions of community groups whom they can contact to get some hands-on experience as a volunteer to complement their academic studies.

Organisations interested in providing volunteering opportunities for students please contact Elaine Bannerman (EBannerman@qmu.ac.uk), or Dr Sandra Drummond (Programme Leader, BSc (Hons) Nutrition) at SDrummond@qmu.ac.uk

Publications

Safer Food, Better Business

The Food Standards Agency is in the process of developing an online version of a DVD guide to help food businesses implement the Safer Food, Better Business (SFBB) guidelines. This resource will complement the SFBB information packs already in use, with a supplement for care homes available and a new childminders' pack to be launched later in the year. **For more information visit www.food.gov.uk/foodindustry/regulation/hygleg/hyglegresources/sfbb**

Fresher Food (A student survival guide to food)

This new guide from the Food Standards Agency in Northern Ireland contains a wealth of information including nutrition facts, food shopping tips and recipes aimed at students living independently for the first time. **This is available to download from www.food.gov.uk/northernireland/nutritionni/nutritionstudents/fresherfood/**



Recipe for life

This new magazine-style publication aimed at the over 50s has been published by the Food Standards Agency in Wales. It contains eight nutritious, easy to make recipes and lots of top tips on healthy eating and can be downloaded from www.food.gov.uk/multimedia/pdfs/welsh/recipeforlife0508.pdf

To request hard copies, contact wales@foodstandards.gsi.gov.uk or tel: 029 2067 8999.

Mark and the Dragon

A new book aimed at encouraging families to try eating healthy food has been published by the Co-operative Group. 'Mark and the Dragon' is a book of adventures to help children learn about healthy eating in fun way. **If you would like copies to use in your activities, please contact Gerard Hill, the Scottish Co-op, 0141 304 5586.**

Community led health: value for money?

"In the longer term, it is hoped that by gaining a better understanding of the economic value of community led approaches, then this will contribute to more sustained investment in community led approaches." A report prepared by NHS Health Scotland and CHEX from March's seminar on 'demonstrating the economic value of community-led health' is available to download from the CHEX website www.chex.org.uk

In Good Company

'Good Company' is a quarterly magazine for everyone with an interest in social, co-operative and ethical enterprises. The most recent issue (Spring 08) focuses on food, and includes articles about a number of community food initiatives in Scotland that are running, or operating as, social enterprises. **For a free copy of this issue, please contact us. Back copies of the magazine are available from www.good-company.info**

On target?

Scotland Performs is a website on which the Government will publish data to show how well the country is progressing against the National Performance Framework. It is designed to be a clear, logical and easy to understand means of public engagement with targets, objectives, outcomes and indicators. www.scotland.gov.uk/About/scotPerforms

Flying food

A report on air-freighted food with detailed guidelines on how supermarkets should respond has been published by the Food Ethics Council. 'Flying food - responsible retail in the face of uncertainty' can be downloaded at www.foodethicscouncil.org/node/361

New co-op guide

West Lothian Food and Health Development (WELF&HD) has produced an excellent guide for food co-ops. The 39-page guide covers everything from planning and preparation to consultation and marketing.

WELF&HD has made six copies available for us to offer to Fare Choice readers. **If you run, support or are thinking about setting up a food co-op contact Alice for one of these copies. Otherwise you can download a copy from www.welfehd.co.uk**

Diary

JULY

Food, Society and Public Health

Monday 14 July 2008 • 2 day BSA Food Study Group conference to be held at the British Library Conference Centre, London
More info: www.food-study-group.org.uk/

AUGUST

International Association for Public Participation international conference: Public Participation and Corporate Social Responsibility: from why to how

27 - 29 August 2008 • University of Strathclyde, Glasgow
More info: www.iap2.org/

SEPTEMBER

Social Enterprise World Forum

Tuesday 2 September 2008 • 3 day event to be held at venues throughout Edinburgh
More info: www.ceis.org.uk/events/sewf.html

National Regeneration Convention

15 - 17 September 2008 • Crowne Plaza Hotel, Glasgow
More info: www.regenerationconvention.co.uk

Feeding Young Minds: Nutrition in Childhood - Meeting the Challenge

Friday 26 September 2008 • The Newton Hotel, Nairn
More info: www.fabresearch.org/

OCTOBER

10th Annual Food Diet and Health Conference

Tuesday 28 October 2008 • Glasgow Royal Concert Hall
More info: www.gla.ac.uk/departments/developmental/continuingprofessionaldevelopment/new%20courses/

NOVEMBER

CFHS annual networking conference

Tuesday 11 November 2008 • Thistle Hotel, Glasgow
More info: www.communityfoodandhealth.org.uk/about/currentwork.php

Annual Public Health Conference: Forging New Collaborations

Thursday 13 November 2008 • 2 day event at Macdonald Aviemore Highland Resort
More info: Richard.Snowden@shsc.csa.scot.nhs.uk

The Caroline Walker Trust conference

Tuesday 25 November 2008 • Kensington Town Hall, London
More info: www.cwt.org.uk/



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