



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

In focus

This is the first edition of Fare Choice to be published under the banner of Consumer Focus Scotland, a new consumer body formed through the merger of three organisations - the Scottish Consumer Council, energywatch Scotland, and Postwatch Scotland.

A consumer organisation was identified as an ideal home for us 12 years ago and the new consumer agency has reaffirmed its focus on disadvantage (see page 6).

As the repercussions of the current financial uncertainty unfold, it is more important than ever that the focus of all agencies remains on disadvantage and that there is a clarity of thinking around the contribution the community and voluntary sector makes to tackling inequalities.

This edition of Fare Choice certainly focuses on the sector's contribution to specific policies (see page 2), and gets down to the detail of effective local practice (see page 8). The challenge to the sector is whether it can present a clear and compelling picture of the outcomes it can deliver and not allow competing pressures on budgets to encourage funders to overlook its contribution.

We are delighted to announce that the Scottish Government has agreed to not only continue funding Community Food and Health (Scotland) until 2011, but has also agreed an increase in our

capacity. It goes without saying that all this capacity will be focused on doing all we can to add value to everyone's efforts to create a healthier Scotland in the coming years.



New social enterprise opens in Dumfries (see page 13)

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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

Early years

In this issue we are delighted to hear from Ruth Campbell, Infant Feeding Co-ordinator, Scottish Government Health Directorates, as we focus on another key theme highlighted in the 'Healthy Eating, Active Living' (HEAL) action plan (see edition 45).

I took up post at the Scottish Government in May as the national Infant Nutrition Co-ordinator with a remit including improving maternal nutrition, breastfeeding and feeding of children up to age two. The main purpose of the role is to develop an infant feeding strategy for Scotland. Dr Lesley Wilkie (Director of Public Health, NHS Grampian) will chair a national group set up to help develop this strategy and Community Food and Health (Scotland) will play a key role in the group.

A number of Scottish Government publications have been featured in recent editions of Fare Choice, including Better Health Better Care; Equally Well – the report of the Ministerial task group on health inequalities; and Healthy Eating, Active Living. All of these key documents have highlighted the importance of encouraging mothers to breastfeed and establishing healthy eating patterns early in life. Each document also recognises, sadly, that there are marked inequalities in relation to breastfeeding and early eating patterns – for example we know that mothers living in less affluent areas of Scotland are less likely to breastfeed compared to mothers living in more affluent areas. Furthermore, children from low-income families are more likely to be weaned earlier than recommended, generally have lower intakes of fruit and vegetables, and have a higher intake of foods rich in fat, sugar and salt.

Healthy Eating, Active Living places improving the nutrition of women during pregnancy and children in the early years at the heart of Government action. NHS Boards have been issued with a health improvement target to increase the proportion of babies who are exclusively breastfed at 6-8 weeks from 26.6% in 2006/07 to 33.3% by 2010/11. To support Boards to meet this target, and improve the nutrition of pregnant women and young children more generally, £19 million has been made available over the next three years. It is intended that the funding will be used to increase uptake of Healthy Start – for a variety of reasons many people who are eligible don't take up their entitlement to the food and vitamin vouchers. There is huge potential for community and voluntary groups to play a key role in this process and extend their work to support eligible families to overcome the well known barriers to a healthy diet. Funding may also be used to provide healthy eating training for a variety of groups involved in supporting pregnant women and parents with young children, so if you have staff or volunteers in your project that would benefit from such training – contact your local NHS colleagues.

Healthy Eating, Active Living recognises that the contribution of third sector agencies is fundamental to improving children's early eating patterns and we know there are literally hundreds of community and voluntary groups such as community food initiatives, healthy living initiatives, and child and family centres, who are day in, day out working to support parents in providing a healthy diet for their families. With the funding that has been provided, Health Boards are expected to develop plans for action in partnership with local community groups – so now is the time to approach NHS colleagues within your local area to find out what's happening. **For further details on the funding visit**
http://www.sehd.scot.nhs.uk/mels/CE L2008_36.pdf



Team Talk

an update on our recent/forthcoming work

Learning disability care workers benefit from national food and health qualification

Earlier this year CFHS worked in partnership with the Scottish Learning Disability Dietetic Network to promote the Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health Course within the learning disability care sector. CFHS provided funding for nine people to register as tutors for this course and to deliver it to care workers or family members of people with a learning disability. Five of the tutors also carried out practical sessions to complement this theory-based course. Tutors used the practical sessions in various ways, such as teaching cooking skills, menu planning and addressing issues specific to people with a learning disability. Out of the 79 care workers, care home chefs and family members that attended this course throughout Scotland, 77 passed the REHIS exam.

The tutors attended a roundtable discussion in September to discuss their experiences of delivering the course with this sector and were joined by a selection of national organisations. CFHS will publish a short report in the new year which will include information gathered from the roundtable discussion and from the tutors' evaluation reports.

Although some of the tutors experienced challenges tailoring a national course to the learning disability sector, there were some very positive results. Some tutors reported that participants had gone back to care homes and had started changing menus, and participants said that what they had learnt would be useful both in their workplace as well as with their own families.

Making a Difference

Our annual networking conference took place on 11 November at the Thistle Hotel in Glasgow. Many of you will have attended the event along with almost 200 other participants. Once again we were overwhelmed by the demand for places and we were delighted to be able to welcome participants from Stranraer to Orkney.

The main focus of the event was the important contribution from community based food and health initiatives working towards achieving national priorities on health improvement. To set the scene Kay Barton, Deputy Director of the Scottish Government's Public Health and Health Improvement Directorate, gave an overview of the big **policy** drivers, currently in operation in Scotland, with tackling inequalities a top priority. Michael Craig, Public Health Advisor, Evidence for Action Team with NHS Health Scotland, followed with a whistle-stop tour of what and how the government and other agencies are **measuring** health improvement outcomes. This focused on themes relevant to participants such as healthy weight strategies and early years. Ian Shankland, from Lanarkshire Community Food and Health Partnership (LCFHP) concluded with a presentation about how LCFHP **activities** are making a difference and how they are working to demonstrate this to others.

A varied programme of workshops throughout the day sharing experiences and the impact of food and health activities in low-income communities supported what was shared in the morning plenary. The conference was also an opportunity for Consumer Focus Scotland to launch its guidelines on commercial sponsorship. These contain seven principles that are relevant to all public sector



organisations and include guidelines on health promotion and children and young people (see page 15)

Ruth Campbell, the Scottish Government's National Infant Feeding Co-ordinator, also used the event to encourage groups and organisations involved in maternal and infant nutrition activities to access a web questionnaire mapping current activity across Scotland.

The event concluded with summaries of the day from Dave Simmers, CEO of Community Food Initiatives North East, and Kate Barlow, Co-ordinator of the Food and Health Alliance within NHS Health Scotland. Dave is a food champion for food access and affordability on the Food and Drink Leadership Forum, which is contributing to a national food and drink policy for Scotland. He complimented everyone on all the positive activities he had heard about, despite the difficult financial climate we are now in. He commented that finding money is a challenge and current priorities such as health inequalities are as important as ever.

Kate commented on a variety of points that had struck her throughout the day, including the importance of partnership working in achieving health improvement outcomes, the issues of timescales when measuring medium and long-term outcomes and the importance of having networking events on a regular basis.

A report on the conference will be available early next year. Plenary presentations will be on our website soon.

Scottish Grocers Federation 'Healthy Living' programme pilot update

The 'Healthy Living' pilot is well under way. Training sessions have been delivered by Ross, the programme's co-ordinator, to food co-ops and community food outlets in the six community food co-op network areas included in the pilot.

The consultants carrying out the evaluation of the pilot are analysing the feedback from the training participants, and the display stands and other promotional resources are on their way to the groups taking part in the pilot. In response to demand, an additional training session was held in Stirling on 1 December, for members of food co-ops operating in Fife, Stirling and Clackmannanshire.

For more information on the pilot, please contact Anne

Study tours

CFHS held two study tours in September to social enterprises in Aberdeen and Edinburgh that are delivering services to people who are homeless or at risk of homelessness. Sixteen people took part in the tours which visited CFINE and Aberdeen Foyer in Aberdeen, and Edinburgh Cyrenians' 'Good Food in Tackling Homelessness' programme and Cyrenians Farm in Edinburgh. An evaluation of the tours showed that everyone enjoyed them, with most of the participants stating they have taken something from the tours that will add value to their work. A report of the study tours can be downloaded from our website.

Scoping study – collaborative working in Glasgow

CFHS has commissioned EKOS Ltd to produce a scoping study for Glasgow, looking at options for collaborative working for organisations involved in community food and health work, focusing on the supply and demand for fruit and vegetables. The report produced will be shared with the newly-established Glasgow Community Food and Health Network (see page 14), and will be widely circulated to other potential stakeholders.

The study will be completed by February 2009, and the final report will be available to download from our website. For more details, contact Anne.



Team Talk

Public Health Conference

The theme of this event, which was held in Aviemore in November, was 'Forging New Collaborations' recognising 'the importance of local and strategic interventions to improve the health and wellbeing of the public'. Over two days a wide variety of speakers and parallel sessions focused on addressing some of the key health challenges in Scotland. Professor Harry Burns, Chief Medical Officer for Scotland, emphasised that addressing health inequalities is a key priority and revealed that 'Equally Well' is receiving significant attention from other EU countries in relation to its recommendations on child and maternal health.

CFHS had the opportunity to present a parallel session on the Early Years Self-evaluation Collaborative. The parallel session also heard presentations from two community-based food and health initiatives, Confidence to Cook in Aberdeen and Huntly Food and Health Project in Aberdeenshire. The presentations were received very positively.

Both speaker and parallel session presentations should be available to download shortly from www.publichealthconferences.org.uk

20th Anniversary Caroline Walker Trust 'Eating well' Conference

A Fare Choice reader, Jill Macrae, a CFHS steering group member, Susan Gregory, and Kim from the CFHS team attended this excellent conference at Kensington Town Hall in November.

A variety of topics such as UK food policies, pregnancy, early years and older people were critically assessed and discussed by speakers.

Powerpoint presentations will be available from the Caroline Walker Trust website by Christmas. The Trust has produced a range of other publications, on such topics as early years and learning disabilities, as well as its annual lectures, which can be downloaded (a donation is encouraged in order to cover costs).

Visit www.cwt.org.uk for more information.

Being resourceful ..

Our website is currently undergoing development to include even more resources for volunteers and staff working in community food and health. As well as an expanded funding section, there will be additional information and advice on everything from handling foodstuff to sorting out your legal stuff.

Please visit www.communityfoodandhealth.org.uk in the new year to find out more.

Policy

Scotland

National food and drink policy

Following the consultation earlier in the year, work on developing a National Food and Drink Policy continues, with five workstreams feeding into a leadership forum. The workstream on access and affordability, chaired by Rev Professor David Atkinson, from the Scottish Churches Rural Group, involves representation from both CFHS and the Edinburgh Cyrenians, whilst Dave Simmers from Community Food Initiatives North East is the 'champion' for this theme on the leadership forum. Another workstream of particular interest to Fare Choice readers concerns food choice. Consumer Focus Scotland is represented on this group, which is chaired by Prof Annie Anderson from Dundee University, with Prof Phil Hanlon from Glasgow Centre for Population Health championing this theme within the leadership forum.

Recent meetings of Holyrood's Cross Party Group on food have been addressed by the chair's of both workstreams and Dave Simmers summarised at this year's CFHS annual networking conference (see page 4).

For more information on the evolving national food and drink policy visit www.scotland.gov.uk

Supermarket summit

Scottish Government Ministers and officials met with the leading retailers in late September, agreeing to establish a 'retail forum' to take forward the national food and drink policy. There was also agreement to continue working towards reducing waste, and to consider how to support Homecoming Scotland 2009, the year-long programme of events to celebrate the 250th anniversary of Robert Burns's birth.

More information on the summit is available from:

www.scotland.gov.uk/News/Releases/2008/09/24142439

UK

Eating or heating

Following the creation of Consumer Focus, the new consumer body formed by the merger of the National Consumer Council, energywatch and Postwatch, it comes as no surprise that the implications of fuel price rises and other pressures on the budgets of disadvantaged consumers has led the new agency to treat fuel poverty as its number one priority.

"The credit crunch and rising fuel and food prices illustrate all too clearly the need for a strong voice fighting in the consumer corner. That's our goal. We want to be trusted for our judgement, evidence-based in our approach, and feared by those who do down customers."

Ed Mayo, Chief Executive, Consumer Focus

More information on all aspects of Consumer Focus is available from **www.consumerfocus.org.uk**

Eating locally and eating well: exploring localism in alternative food network

Interest in eating locally and in local food systems has expanded significantly in recent years, evidenced by increasing numbers of farmers' markets and veg-box schemes, and attention from the media. This localism — or preference for local food systems — is often described as an alternative to conventional food systems, in which food is produced on large-scale agri-industrial farms, distributed over long distances and retailed through supermarkets.

This article reports from recent research exploring the politics of local food activism in Fife. Participants included producers involved in the direct marketing of their produce, the organisers of the Fife Farmers' Markets and Food for Fife, Community Food and Health (Scotland) and participants in the Fife Diet, and is described in more detail on the project website at <http://localfoods.wordpress.com>.

Central to this research is the way in which we think about scale and what we mean when we refer to the 'local', 'regional' or 'global'. This research worked with the idea that concepts of scale are socially constructed — that instead of having a fixed meaning, scale concepts like 'the local' have different meanings depending on the context. For example, 'local' might be used to refer to the streets around your house, but in the context of 'eating locally', 'local' might refer to a much wider area.

Initially the research asked how participants are involved with efforts to eat locally, and uncovered a wide range of activities and motivations. For many producers, retailing specifically to local communities through farmers' markets or farm shops allows smaller farms to remain financially viable. For others, however, eating locally is a way to reduce the environmental damage caused by food consumption — reducing personal carbon footprints by avoiding food transported over long distances.

When exploring what participants understood in the term 'local', the research found that for most participants, eating locally is not about setting strict

geographical boundaries on a 'local' area and building a food system entirely within that area. Rather, eating locally is about building relationships with food producers or consumers who, as well as being relatively nearby, share the participants' ethical and economic concerns about building more sustainable food systems. So while 'Fife' might be a useful label for the Fife Diet or the Fife Farmers' Markets, what is most important is a shared approach to food production and consumption, rather than being within a certain distance from home.

So if a geographically defined 'local' area is not as significant as a shared set of values, why is the focus on local food so popular? This research suggests that localism as a political strategy is advantageous because acting locally enables new ways of seeing, thinking and acting. While some research has suggested that localist politics can often be defensive and exclusive, the interviews demonstrated that the focus on local food in Fife is leading to new collaborations and relationships between groups such as Fife Farmers' Markets, Food for Fife and the Fife Diet. By thinking about food systems on a 'local' scale, the challenge of building a more sustainable food system becomes more achievable. It is also clear that even the most 'local' of food activities — such as the Fife Diet — are tied into global networks of sustainable foods activism — the Fife Diet was inspired by the 100 Mile Diet concept (<http://www.100milediet.org>) now popular across North America. The term 'local' has become central to the alternative food networks discourse in the UK, and this research demonstrates that people's preferences for 'local' foods are often far more complex than a simple desire for food produced close to home. In order for 'local' to join 'organic', 'safe' (or 'affordable') as measures of a sustainable food system, it is vital that we are clear about its meaning.

Edmund Harris
Institute of Geography, University of Edinburgh

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

Take Stock

Community food workers in North Ayrshire

This team of community food workers has been delivering food activities for the past five and a half years and like many projects their work has evolved as their funding has changed. Over time, the team has built a reputation of successfully reaching people who need their services the most. In the past two years alone, 285 people have completed their regular eight-week cookery sessions.

Funding and partnerships

The team has received funding from a range of organisations over the years, but currently receive funding from North Ayrshire Community Planning Partnership as part of Fairer Scotland (a government funding programme that aims to address inequalities) and Keep Well (an NHS programme that works with 45 to 65 year olds). They are trained as dietetic assistants and are based within the NHS community dietetic team. This partnership works well for all involved.

What they do

Much of the team's work focuses on developing cooking skills, food hygiene and promoting healthy eating on a budget within low-income areas and groups. Their aim is to help people improve their long-term health by making small sustainable changes to their diet. They deliver cookery courses that are run over eight weeks and each session lasts two hours. Each course is tailored a little for each group. Around eight people attend each session. All participants prepare and cook their own meal to take home using portable table-top cookers. The team concentrates on teaching the group to cook main meals for around £1, usually using recipes from their 'Munch Crunch 2' recipe book, but they also cook dishes that participants request.

The cookery sessions aim to build the confidence and skills of individuals so that they can make a meal from whatever is in the cupboard. Healthy eating is discussed in an informal way at the beginning of the course, during coffee breaks and whilst cooking. Occasionally other workers, such as the public health nurse or smoking cessation staff, will join in with the session, including getting involved in the cooking. This gives them a chance to meet informally with participants and answer any questions they might have.

How they do it

Attracting those most in need

One of the biggest challenges that the team has dealt with is making sure that their work reaches the people who need it the most. The team gave up on relying on giving out leaflets and putting up posters as a way of attracting people as these did not reach the people who needed their services the most. Instead, they use a personal approach, and go out into the communities or areas where they want to attract people. They arrange a stall or display in the street or attend community events and get chatting to people, as well as networking with existing groups and agencies. As one worker said:

"Being informal and expressing empathy with people helps us to reach people most in need. Giving away some food, soup or smoothies attracts people, and this gives us the opportunity to chat in a relaxed way. We discuss healthy eating and inform them about the courses we run. By chatting with them about any concerns they have about attending a course we help to remove their fears. Some people like to come because they feel isolated and they will meet other people from their area at the sessions."

People who have been referred by Health Visitors, nursery staff, social work, dietitians or practice nurse staff also attend the courses.



Young parents

Many of the people who attend these groups are first-time mothers between the age of 16 and 18 years old, although some are older with bigger families. These young mothers are often encouraged to attend by health visitors who are concerned about the young women's confidence or skills to wean their baby.

"We found that one of the main barriers to weaning babies onto more solid food was that the young mums were concerned about their babies choking. So we concentrate on spending time with the mothers feeding their babies solid food so that they can try this out in a safe environment. Unlike the other groups, we find that we need to have two members of staff available for these sessions."

(Community Food Worker)

The team also addresses the other issues that the young mums might have, such as discussing ways of keeping young children occupied whilst the mothers are cooking at home.

Keep Well

Many of the people who attend this group have health issues such as high cholesterol levels, high blood pressure or a history of heart disease and are referred by their practice nurse. Like the other cookery groups, the team focuses on teaching healthier cooking methods or adding healthy ingredients to familiar recipes. Two of the women who had been on the course, came back to the group and said that they had thrown out their deep fat fryers as the result of attending the course.

The team also tries to overcome many participants' reluctance to cook and eat oily fish. They have found that many of their fresh salmon recipes are well received, such as slicing fresh salmon into fingers and coating it with yoghurt, breadcrumbs and herbs and then baking it. In considering client's budgets they always source products from outlets that offer affordable prices e.g. frozen fish.

People living in temporary hostel accommodation

The team has been delivering cookery sessions to people living in temporary hostel accommodation for the last two years. The team prefers to emphasise the benefits of using fresh ingredients. However, they find that they are more successful at encouraging these participants (who have to share a kitchen) to prepare their own meals more often if they combine convenience foods and fresh ingredients. For example, many participants enjoy learning to cook a basic curry, but do not always want to cook rice to go with it, so the team might suggest the participants add tinned potatoes to the curry instead.



Evaluating the difference they make

Like all community health projects, the team has to find ways to show that their work is making a positive difference to those they work with. Also like many projects, they find it difficult to encourage groups to complete any paperwork such as questionnaires.

The team does encourage individuals who have completed the course to fill in a brief questionnaire at the end of the course and will help them fill it in if necessary. Participants are encouraged to make comments about what they have learnt or what they will do in the future rather than just ticking boxes. Once they have completed the evaluation, participants receive a free hand blender and 'Munch Crunch 2' recipe book.

Take Stock

On one occasion the team used some funding to deliver a 'ready steady cook' type session to see what participants had learnt by the end of a course. They gave individuals a different selection of soup ingredients and then saw how they got on. This showed the skills and level of confidence they had gained as the result of attending a course.

"Throughout the course participants will tell us what they have tried cooking at home and how they found it. Also, one of the benefits of staying in a community job for several years is that individuals come up to me in the street months or years after they have been on a course and tell me about their healthier eating and shopping habits."

(Community Food Worker)

What next?

The team is planning to turn the plans, shopping and equipment lists into a manual that will be available to other workers. They are also planning to meet requests from staff working in temporary accommodation to show them how to deliver cookery sessions with groups or individuals. However one of the community food workers was keen to get across:

"Like many projects securing long term funding would help to retain trained and experienced staff and continue to build up recognition and value of the project within communities."

To receive a copy of a 'Munch Crunch 2' recipe book, or to find out more about this work, contact Carolyn Paton, Dietetic Co-ordinator 01294 323130 or email Carolyn.Paton@aapct.scot.nhs.uk

A Flavour of... community-based food and health activity in Scotland

New community garden near Alloa

The Ochil Community Garden was officially opened this autumn by the Lord Lieutenant Mrs Sheena Cruikshank and Councilor McLaren.

Alloa Adult Day Service started this community project in 2007. Its aim was to provide a facility for people with learning disabilities using their service to have the opportunity to grow vegetables, try new foods, take part in physical activity, or to just enjoy being out in the fresh air. It also wanted to provide a facility that could be enjoyed by other members of the community and that would build links between service users and local people. Over a period of one year (after receiving funding from CFHS, the Co-op group and Friends of Alloa Centre) the project has worked hard to gain planning permission, arrange groundwork to be done, build contacts with other groups, and finally get planting some seeds. Clackmannanshire Council carried out the preparation work, including putting up polytunnels and building raised beds. During this process the community garden has attracted a lot of local interest and has evolved into an independent community organisation supported by a newly formed 'Friends of Ochil Community Garden'.

So far, around six service users have been regularly involved in the project and despite their short gardening season, have already been able to take some produce home to try with their families or take back to the centre for others to taste. They also enjoyed receiving some gardening lessons from Forth Valley College horticultural department. The service users who have been involved so far have been very positive about their experience, taking pride in what they have achieved and are joining in with making plans for the next gardening season. These plans include building on some of the work already started, such as using the produce to supply the local community café local community fruit and veg barras, and cooking classes, as well as encouraging other volunteers and community groups to use the garden.

For further information contact Emer Kennedy 01259 225001 or email ekennedy@clacks.gov.uk

East Lothian tackling early years health inequalities

In our last newsletter (Issue 45) we let you know that the ministerial taskforce on health inequalities had launched its recommendations in the 'Equally Well' document. Following that, eight test sites to lead the way in delivering on these were announced in October. Each test site will be a collaboration between local public services and are being established to show how services can work better to improve people's life chances, health and wellbeing.

East Lothian Council has been successful in becoming a test site looking at health inequalities in early years in Prestonpans, Musselburgh East, and Tranent. Its theme 'Breaking the Cycle' will focus on work to ensure health inequality outcomes for children will not be repeated from generation to generation. This will involve working to engage with and support parents/carers and children through a range of activities that will include maternal nutrition; breastfeeding; smoking cessation; parenting skills; and healthy eating in the nursery setting. East Lothian has many examples already of effective partnership-working having an impact on early years, and will focus on improving existing services and developing new areas based on local people's needs. Some initial proposed activities in the very early stages of planning include a Bumps to Baby Fair in Tranent, which if successful could be repeated in other areas of the test site.

Key to all the test sites will be sharing and disseminating the learning among the test sites, as well as through community planning and public health networks. A meeting to establish learning networks involving all test sites is taking place on 9 December.

To read more about all the test sites visit www.scotland.gov.uk/News/Releases/2008/10/21103633

For more information on what is happening in East Lothian visit www.eastlothian.gov.uk, where a dedicated page to 'Equally Well' will be launched towards the end of the year. We will also post links to updates on our website.

An action plan for 'Equally Well' by the Scottish Government will be launched on 12 December. More information will be available on our website when it is launched.

“Its theme ‘Breaking the Cycle’ will focus on work to ensure health inequality outcomes for children will not be repeated from generation to generation”





Local networking

Forth Valley Community Food Development Workers continue to hold and develop local network meetings for Stirling, Clackmannanshire and Falkirk.

CFHS attended an event in Grangemouth in September that was attended by a range of statutory, community and voluntary organisations, including representatives from Childsmile, Forth Valley and Active Forth. It was clear that this networking activity was very important to those attending. Particularly successful was an exercise that enabled all participants to share their successes and plans for future developments.

For more information on these six-monthly meetings contact Susan Kennedy on 01324 506933/01786 431171 or Debbie Ross on 01259 724324.

Global networking

The inaugural Social Enterprise World Forum took place in Edinburgh this September and proved to be a particularly productive event for those in Scotland tackling health inequalities and social exclusion through the medium of food. The event was extremely well organised by Glasgow-based Ceis, in partnership with the Scottish Government, the Social Enterprise Alliance (USA), Highlands and Islands Enterprise, Social Ventures Australia, Scottish Enterprise, the Social Enterprise Coalition, Office of the Third Sector (UK), Enterprising

Non-Profits (Canada), the Department for International Development, Social Investment Scotland and a range of international and local partners including Community Food and Health (Scotland).

The Forum was the first international gathering of practitioners and support agencies dealing exclusively with social enterprise and brought together social enterprise leaders and champions from all continents to collaborate, share best practice and plan future developments.

Practitioners from a number of community food initiatives obtained places at the event and wasted no opportunity to network. Dave Simmers from Community Food Initiatives North East spoke at the session on food chaired by CFHS and Edinburgh's Engine Shed and the Cyrenians Farm in West Lothian both hosted visits by delegates. WELFEHD from West Lothian, supplied fruit for the event and Edinburgh's Redhall Walled Garden provided the floral centrepieces for the tables at the Gala dinner held at Dynamic Earth.

Plans are already underway for next year's event in Australia. The conference report, presentation material, photography and recordings are available on

www.ceis.org.uk/files/43/World%20Forum%20Final%20Report.pdf



News

Hidden Gardens Annual General Meeting

The Hidden Gardens in Glasgow held its AGM on 20 October. Rolf Roscher, Chair, welcomed participants to the meeting, stating that the Gardens continues to deliver its mission " .. to improve the quality of people's lives and create a common ground where people can come together to share, learn, play and celebrate."

Addressing inequalities is high on its agenda and a variety of approaches are being used including growing, cookery and healthy eating activities. These community-wide activities demonstrate how engaging, active and busy the organisation has been, and continues to be. Volunteers were particularly singled out for their efforts, having clocked up over a thousand hours of their time to support work in the gardens in the last year.



New social enterprise The Allotment

Two years of partnership work to develop and progress creative approaches and practical solutions that make a difference in terms of health inequalities has recently come to fruition in Dumfries and Galloway. Following the launch of a Food and Health Strategy and Action Plan for Dumfries and Galloway 2008-2013 (see publications page 15) a new social enterprise, 'The Allotment', was opened in Dumfries.

Nithsdale Health Improvement Team and Building Healthy Communities carried out participatory appraisal work in northwest Dumfries around barriers to healthy living. Building on other pieces of research and

evidence, this highlighted that availability of fruit and vegetables, as well as advice and support with cooking was needed to address barriers. Following a successful pilot with a local private sector retail unit that provided subsidised fruit and vegetables and support within a shopping environment, 'The Allotment' was born.

'The Allotment' sells fruit and vegetables, making a particular effort to source locally whenever possible. Other social enterprises are already selling their breads and cheeses through 'The Allotment'.



It is managed by a paid staff member and staffed by volunteers and placements to build employability skills. A state of the art tillage system enables the social enterprise to track and target its customer base.

So far customers are responding really enthusiastically to 'The Allotment'.

News

Glasgow Community Food and Health Network

The second meeting of the Glasgow Food and Health Network was held on 29 October. The network was instigated by North Glasgow Community Food Initiative, to provide an opportunity for organisations involved in community food and health work to come together to share their experiences, discuss common issues and identify the potential for joint working. At the latest meeting, the members heard about the plan for the Glasgow scoping study from Jonathan Coburn from EKOS Ltd (see page 5), and then discussed the possibility of holding joint training. They agreed to hold a training session focusing on an aspect of policy as part of their next meeting.

The network meetings are open to any organisations involved in community food and health work in Glasgow. The next meeting is on Wednesday 21 January. If you would like to come along to the next meeting, or for more information about the network, please contact Greig at North Glasgow Community Food Initiative on **0141 558 2500** or **manager@ngcfi.org.uk**.

Scottish Business in the Community CAREs programme

Scottish Business in the Community (SBC) is a not-for-profit company whose aim is to support, broker and challenge businesses to continually improve their positive impact on society to ensure a successful, sustainable economy and environment.

The SBC CAREs programme supports companies in engaging with their communities through volunteering. Community food initiatives may be able to benefit from the support of business volunteers and SBC can promote volunteering opportunities to its member companies. Previous partnerships have ranged from large-scale practical projects such garden development and renovation to support with business skills.

Contact James Tindell at James@sbcsco.com for more information.

Cooking Bus on the road to the Isles

The Healthier Scotland Cooking Bus has been appearing across the country since its launch this summer and next May reaches Scotland's island communities for the first time with a tour of the Western Isles. Schools are welcome to apply for a cooking bus visit, and applications are also invited for co-ordinated visits that take account of other activity in the local community.

For further urther information on the bus and how to apply is available from www.focusonfood.org/cookingbuses.html and you can have a look at the bus on YouTube at <http://uk.youtube.com/watch?v=rL839lu0Nz>



Publications

All talk and all action

"...it is clear that achievement of outcomes depends on partnership working of the highest order, and real commitment from all of us who can help make these opportunities a reality."

A Food and Health Strategy and Action Plan for Dumfries and Galloway 2008-2013

The cynic's idea of strategies as being all talk and no action was kicked well into touch at the launch of the Food and Health Strategy and Action Plan for Dumfries and Galloway in mid-October. Under community planning, a multi-agency approach has ensured that the final product not only reflects local needs and circumstances, but also addresses national priorities, as well as underpinning practical activity that can make a difference throughout the region.

As if to hammer home this point, the strategy's launch included presentations from ongoing work as well as a cooking demonstration. Immediately following the strategy's launch a new community shop 'the Allotment' was officially opened in the heart of Dumfries (see News page 13).

The strategy can be downloaded from www.nhsdg.scot.nhs.uk/dumfries/176.html

More action on diet and nutrition

"In collaboration with partners such as NHS Lanarkshire and Lanarkshire Community Food and Health Partnership, the council is committed to supporting projects which aim to address poor diet through community action."

North Lanarkshire Council has also just launched its 'Diet and Nutrition Policy 2008 – 2012', which is available from www.northlan.gov.uk

Scottish origin labelling

"This research suggests that there are currently some areas of consumer confusion over the use of Scottish origin labelling on fresh and frozen meats."



If you don't know your 'Scotch' from your 'Scottish' then the latest report from Consumer Focus Scotland is for you.

Use of Scottish origin labelling on fresh and frozen meat' can be downloaded from www.consumerfocus-scotland.org.uk

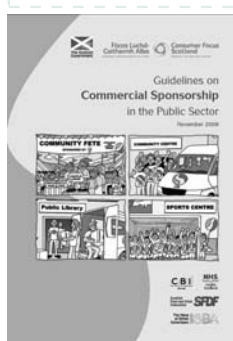
A guide to the Engine Shed

The Engine Shed provides training opportunities in a real work environment for young people with learning disabilities, in their café and bakery. It has published a guide which describes its development as a social enterprise. The guide is a very honest portrayal of the journey made by the organisation. It also includes case studies on four of the trainees that have worked at the Engine Shed.

CFHS has five copies of this great publication to give away – if you would like one, please contact Anne.

New guidelines on commercial sponsorship to help the public sector

"Most members of the public are happy for public sector organisations to receive sponsorship from private companies provided checks and balances are in place...The public sector as a whole should ensure that commercial sponsorship arrangements do not undermine national or local outcomes on health promotion."



'Guidelines on Commercial Sponsorship in the Public Sector' has recently been produced by Consumer Focus Scotland. The guidelines, launched at this year's

CFHS annual networking conference, are for all public sector organisations. During the development of the guidelines, evidence was gathered from consumers, members of the public, public sector organisations and business representatives.

The guidelines and background information are available at www.consumerfocus-scotland.org.uk

Diary

JANUARY

Evaluation Support Scotland Health Improvement Workshop: Logic Modelling

Tuesday 20 January 2009 • Free workshop for voluntary health improvement projects to help explain and measure the outcomes of health improvement in community and voluntary settings. Teacher Building, Glasgow.

More info:

www.evaluationsupportscotland.org.uk/article.asp?id=138&title=Health+Improvement+Workshops

Farmhouse Breakfast Week

Sunday 25 January 2009 • Annual week-long series of events to emphasise the importance of eating a healthy breakfast every day.

More info: www.farmhousebreakfast.com/

FEBRUARY

Evaluation Support Scotland Health Improvement Workshop: Using qualitative information to understand outcomes

Tuesday 03 February 2009 • Free workshop for voluntary health improvement projects to help explain and measure the outcomes of health improvement in community and voluntary settings. Teacher Building, Glasgow

More info:

www.evaluationsupportscotland.org.uk/article.asp?id=138&title=Health+Improvement+Workshops

Fair Trade Fortnight

Monday 23 February 2009 • Two week promotion of fair and ethical trading

More info:

www.fairtrade.org.uk/get_involved/fairtrade_fortnight/fairtrade_fortnight_2009/default.aspx

MARCH

Fit For Purpose 2009

Tuesday 3 March 2009 • Senscot's third social enterprise and health conference – 'Fit for Purpose' – is being held on 3 March in the Storytelling Centre, Edinburgh. The conference is a 'must' for enterprising third sector organisations, and public sector staff wanting to find out more about working with them.

More info: www.senscot.net, or contact Colin on colin@senscot.net, 0131 220 4104.

7th UKPHA Annual Public Health Forum

Wednesday 25 March 2009

Health Inequalities - Turning the Tide? Spotlight on Housing, Transport and Commissioning, the Brighton Centre, Brighton.

More info: www.ukphaconference.org.uk/

APRIL

5th National Conference on Obesity and Health

Monday 27 April 2009 • 2 day event to be held at Lakeside Conference Centre, Aston University, Birmingham

More info: www.obesityandhealth.co.uk/



**community
food and health**

(scotland)

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