



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

Opportunity and knocks

There is little doubt that in the current economic circumstances a number of Scotland's community food initiatives are currently feeling uncertain, underfunded and even under threat. But at the same time, the national aspiration for a healthier, greener and fairer Scotland is creating a number of opportunities within the sector.

In this edition of Fare Choice there are several examples of initiatives that are making a difference (see page 11) but some cannot guarantee being in a position to continue making a difference in the coming year.

However, this edition is also full of opportunities for investment (see Climate Challenge Fund page 5, small grants page 5, youth work funding page 4) and capacity building through key national partners (see REHIS page 4, Social Enterprise Academy page 5, Evaluation Support Scotland page 5)

The government's decision to give transition funding to some local initiatives is also to be welcomed (see Healthy Living Centres page 11), reflecting a recognition of their impact that other initiatives are still desperately seeking.

The current financial crisis is hitting individuals and families, the projects they rely on, and the funders that projects rely on. If front line initiatives are cut back, a healthier, greener and fairer Scotland will be unachievable.



Round the world cyclist, Mark Beaumont, pictured with Carol Anne Alcorn, tries out a smoothie cycle at the Edinburgh Cyrenians Food Conference (see page 12)

To get the national outcomes everyone wants requires a robust and vibrant community and voluntary sector given every opportunity to make it's unique contribution.

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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**

Schools and school age children

Continuing our spotlight on key themes from the Scottish Government action plan 'Healthy Eating, Active Living' (HEAL), we hear from Anne Lee, Health Improvement Programme Manager, Education and Nuala Healy, Health Improvement Programme Manager, Young People, at NHS Health Scotland.

"Our aspiration for all young people is that they are successful learners, confident individuals, responsible citizens and effective contributors." (HEAL p. 28)

Work to support healthy eating and active living within schools and the education sector has been an ongoing feature for some time at both a national and regional level. For Health Scotland this has certainly been an important area of focus and we have worked with partners on a range of initiatives encouraging children to eat healthily and become more physically active, including:

- Physical Activity in Scottish Schoolchildren (PASS) Project
- Health Behaviours in School Children (HBSC)
- Growing Through Adolescence
- Adventures in Foodland
- Nutrient Standards for Early Years
- Class Moves
- Confidence To Learn

We are currently in an exciting phase in schools focused work where there is a strong strategic and policy framework, with the Schools (Health Promotion and Nutrition) Scotland Act 2007 and Curriculum for Excellence. Both build on the foundations of Hungry for Success, embed health promotion within education policy and practice, and provide a vehicle for taking forward developments on healthy eating and active living.

The Schools (Health Promotion and Nutrition) (Scotland) Act (www.scotland.gov.uk/Topics/Education/Schools/Hlivi/foodnutrition) was passed by the Scottish Parliament in March 2007, and introduces a new duty for Scottish Ministers and local authorities to ensure that health promotion is at the heart of schools' activities. Additionally, it details new duties and powers for local authorities to ensure that the food and drink served in schools meets the nutritional standards set out by Ministers. This aspect is currently being rolled out in primary schools, and is set to follow in secondary schools later this year.

The recent consultation on the Curriculum for Excellence *Health and Wellbeing: Experiences and Outcomes* (www.opsi.gov.uk/legislation/scotland/acts2007/asp_20070015_en) provided an opportunity for all stakeholders to feedback their comments and thoughts on the drafts. Schools and local authorities, as well as voluntary sector colleagues, were involved in a trailing and engagement process, which allowed them an in-depth look at how they would operate in practice. The final outcomes are due out in the spring and I would encourage anyone who has not yet seen the outcomes to make a point of looking at them.

What's Cooking?

Importantly, *Health and Wellbeing* along with *Literacy and Numeracy* are the 'responsibility of all' and therefore a core feature of Curriculum for Excellence. *Physical Activity* and *Food and Health* both feature in their own right and provide huge potential for those delivering at a regional level to be really creative in how they deliver, and a real opportunity to maximise cross curricular links. While there are discrete 'organisers' or headings, the 'Principles and Practice' covering paper recognises the inter-relatedness of all the various health topics.

Central to these developments is what is known as 'the whole school approach' and the underpinning principle of 'partnerships', both of which are required if we are to ensure effective and sustainable delivery. Being Well, Doing Well provides a framework for 'a whole school approach'. Essentially it is about not solely looking at the taught curriculum, but at wider aspects of schooling such as ethos, leadership and management, and wider school activity, for example. We are aware of all the good work going on to support schools, for example breakfast clubs, out-of-school activity, etc. However, there is an opportunity to really strengthen the role of the voluntary and community sector in working with schools. And the time has never been better.

To help strengthen partnerships at a regional level and support the workforce on HEAL, Health Scotland has worked with partners to develop and implement Growing through Adolescence - a Continuing Professional Development (CPD) tool for trainers to use with those working with children and young people on healthy eating related issues. It builds on existing knowledge and experience by offering a comprehensive, evidence-based overview of healthy eating in relation to young people. Supported by activities and fact sheets to increase confidence in exploring issue such as growth and development, body image, self-esteem, puberty, the role of the media, nutrition and physical activity, the resource links to and supports the current policy agenda, enhances partnerships and strengthens delivery on healthy eating and active living.

Training has brought together partner organisations and individuals from a whole range of backgrounds, such as teachers, education officers, health promotion staff, active schools officers, community dieticians, and the voluntary sector.

Anne Lee

Young people are developing habits which we know will affect their health in years to come so this is a really critical stage to open up conversations with young people about diet, exercise and wellbeing and to create opportunities for young people to learn skills such as cooking on a budget. Improving the health and wellbeing of children and young people is really important if we are to improve health across the lifecourse. Health Scotland is working with a range of partners to ensure that those working with young people have access to high quality health improvement tools from training DVDs to evidence briefings.

Nuala Healy

For more information about the Curriculum for Excellence visit
www.ltscotland.org.uk/curriculumforexcellence/

If you would like to keep up to date with youth health issues, join the youth health network by emailing
jo.maclennan@health.scot.nhs.uk

See Team Talk on for page 4 for news about a new CFHS youth funding package for training and healthy eating activity

Team Talk **an update on our recent/forthcoming work**

New team members

The CFHS team has two new staff members. Katrina Reid has joined us from NHS Ayrshire & Arran. Katrina will have responsibility for work in the team in relation to impact. Katrina's previous role was as a Health Promotion Officer where she specifically worked to support the development and sharing of effective practice for health improvement.

Sue Rawcliffe comes from a voluntary sector/social care background, most recently working with GCVS on policy and strategy. She will have responsibility in the team for taking work forward in relation to inclusion.

CFHS conference

Our annual networking conference will take place on Thursday 22 October at the Carnegie Conference Centre in Dunfermline. **This year we would like to offer you and colleagues the opportunity to lead a workshop for up to 25 participants.** A template is included with this issue to complete if you are interested in presenting a workshop. We particularly encourage and welcome workshops led by volunteers and participants who have benefitted from food and health activities. Please complete the form in full and return it to us by **Monday 27 April**

If there is anything you would like to discuss further about your proposal, please contact Ger.

New CFHS youth funding package – training and healthy eating activity funding

This funding comes in two parts, with funding offered for attending the REHIS (Environmental Health Institute of Scotland) Elementary food and health course and additional funding for healthy eating activities. This is available for organisations working with young people (within the 12-25 years age range) within low-income communities in Scotland.

The training part of the package provides up to £1000 for people within these organisations to arrange to complete the REHIS course. This accredited course provides a basic knowledge of nutrition and links to health and takes around six hours to complete. The course is available across Scotland. More information about the course and its availability is available from **www.rehis.org**

The healthy eating activity part of this funding package provides up to £1000 for organisations to develop healthy eating activities with young people in their organisations after they have completed the REHIS Elementary Food and Health course. This could include activities such as developing healthy options in youth cafes or providing equipment for cookery sessions.

Further information is available from our website, or contact Alice for an application pack. Closing date for applications is 5pm Friday 17 April.

Additional (REHIS) Elementary Food and Health tutor promotion

CFHS would like to encourage more community food initiatives to run this course for the people they work with, by supporting staff and volunteers to become REHIS Elementary Food and Health tutors. We are offering to fund the following:

The course fees for three places on a Royal Society for Public Health (RSPH) Diploma in Nutrition and Health course and the costs of registration with REHIS to become a tutor, for people who meet the required criteria. The registration costs for three people to become REHIS Elementary Food and Health tutors, for people who already have an appropriate qualification and suitable experience.

In addition we are offering to fund three people who do not yet have sufficient qualifications to become a REHIS tutor to complete the RSPH Certificate in Nutrition and Health. The Certificate is not a recognised qualification for registration as a tutor, but is a 'stepping stone' to the Diploma course.

For more details and an application pack, contact Alice.

Social Enterprise Academy Programme

On our behalf, the Social Enterprise Academy is offering free places on a programme of learning and development for social enterprise.

Understanding Social Enterprise (USE) is a two-day course for people and organisations who need to know more about this new drive towards 'better business', accounting for social, environmental and economic impacts from their operations. The course is running on **27 and 28 April** in the central belt (venue to be confirmed).

Team Talk

Starting Your Social Enterprise is an eight-day programme (USE counts as days 1 and 2) which takes you through the process of developing a strategic business plan for social enterprise, either from scratch or developing an existing idea. Dates will be set during the Understanding Social Enterprise course for the remaining six days, to make sure that as many people as possible can attend.

Information about these two programmes can be found at www.theacademy-ssea.org (click on programmes and modules). For an application form or more details, contact Jayne Rowe at the Social Enterprise Academy on 0131 243 2670, learn@theacademy-ssea.org

Business support for community food initiatives facing sustainability issues

By April CFHS will have in place a programme of business support to assist a number of community food initiatives that expect to face challenges to their long-term sustainability in the near future. This business support will be aimed at groups that offer, or want to develop, income-generating services.

Further details will be available very shortly on our website. For more information in the meantime, contact Anne.

Evaluation support for community food initiatives

CFHS is keen to continue to support organisations to demonstrate the difference their work is making. Feedback from our conference last November highlighted that guidance, particularly to help groups familiarise themselves with the language and process of evaluation and impact, would be beneficial. We are in the process of finalising a package of evaluation support for community food initiatives in partnership with Evaluation Support Scotland.

More details will be posted on our website shortly

Food, training and learning disability publication

Last year CFHS worked in partnership with the Scottish Learning Disability Clinical Dietetic Network to promote the REHIS Elementary Food and Health Course within the learning disability care sector.

The tutors involved came together in September to discuss their experiences as well as provide reports of their work.

We will shortly be publishing a report on this work, which also includes four case studies from organisations who all deliver various activities to help ensure that people with learning disabilities have access to a healthy balanced diet. **To order a report contact Alice.**

Food, health and homelessness research findings

Blake Stevenson has now completed research commissioned by CFHS into food, health and homelessness work in Scotland.

The study covers what is happening on the ground, how and where this is reflected in Health Board and Local Authority strategies around homelessness, and also four examples of good practice drawn from organisations funded by the CFHS capacity building fund.

The study runs to six volumes, all of which are now available on our website. A publication and an event are being planned to publicise the findings and also stimulate creative thinking about how we take this work forward. Details of both will be posted on our website in the next few weeks.

CFHS annual small grants scheme

Our small grant scheme will open this year on 21 April. Groups and agencies working in Scotland can apply for between £500 and a **new higher upper limit of £4000** to develop food activities that will help increase access to, or take-up of, a healthy balanced diet. In the past, successful applications have been made by groups such as those working with young parents, older people, people experiencing homelessness and many others. Grant money has been used to pay for a wide range of items or services from greenhouses, seeds and cooking equipment to crèche costs, evaluation costs and training. The grant scheme is quite competitive, less than one in four applications were successful last year.

All Fare Choice readers will receive a special edition with more information on the scheme on 21 April. Closing date for applications is Friday 26 June.

Policy

Scotland

Good Places, Better Health

This implementation plan was published at the end of 2008 and sets out the Scottish Government's commitment to creating safe and positive environments which nurture better and more equal health and wellbeing.

An initial phase from January 2009 to March 2011 will look particularly at children's health issues and sustainable places. This work will help the Scottish Government explore key environmental influences to improve decision making and actions to produce better health outcomes. It is hoped this will complement focussed activity elsewhere in government such as; the Early Years Framework; Healthy Eating, Active Living and Equally Well.

For more information go to www.scotland.gov.uk/Publications/2008/12/11090318/0

National Food and Drink Policy

As you will be aware, a leadership forum is overseeing the development of a national food and drink policy in Scotland. As part of this development, five themed workstreams are meeting to discuss and explore various issues highlighted as part of the 'Choosing the Right Ingredients' consultation and responses. The Leadership Forum has been tasked with presenting initial findings and recommendations by March 2009.

An announcement on the next stage of this policy is expected in early June. The minutes from earlier Leadership Forum meetings are available from www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy/leadership-forum/meetings-forum

UK

Council of Food Policy Advisors

Hilary Benn, Secretary of State for the Environment, has announced the membership of a Council of Food Policy Advisors chaired by Dame Suzi Leather, which has been given a remit to provide advice on a wide range of food policy issues and support the Department for Environment, Food and Rural affairs

(DEFRA) in its new role in co-ordinating this across Government.

More information on the make-up and initial discussions of the Council is available from www.defra.gov.uk/foodrin/policy/council/background.htm

Europe

European Bureau of Consumers' Unions priorities

With European Parliament elections due this June and a new Commission in place from November, all eyes will be on the pace and direction the European Union takes regarding the major issues around food and health that it faces and how it intends applying the powers and influences at its disposal.

Meanwhile the European Bureau of Consumers' Unions (BEUC) has presented its eight priorities, including food, for the current Czech presidency of the European Union.

Its priorities, along with other information, are available from www.beuc.eu/Content/Default.asp?PageID=824

Older People's Food Summit 18 March 2009

A staff member and a member of our steering group are planning to attend this event is at the National Assembly for Wales.

The event is hosted by the Welsh Food Alliance, with the aim of starting a UK dialogue and practical action on issues of malnutrition and supporting food access for older people within the community. It will also be an opportunity to meet colleagues from Consumer Focus Wales who have been working on these issues for some time.

A full report on the event and any useful materials will be posted on our website.

In the meantime Sue is keen to hear from groups working with older people on food issues, to build a full picture of what is happening across the country. It is also vital that groups make full use of our small grants programme to support their work.

Scoff an insight into the world of research provided by members of the Scottish Collogium on food and feeding

Cooking with substitutes

Imagine you are living in a different country and cannot find, or afford, your usual staple food. What do you do? Do you go without it, despite craving for it, or find an alternative, a substitute, and pretend it is the same as the missing staple?

This article explores the creative practice of substitution in the maintenance of ethnic foodways. It presents findings from a study examining the relationship between migration, foodways, ethnic identities and gender among Ghanaians in London. West Africans are part of the fastest growing ethnic minority group in the UK.

In the context of migration, substitution is a response of migrants to limited financial means in obtaining imported 'exotic' food products necessary for the preparation of their ethnic dishes. Substitution is a material and cultural operation, in which the missing ingredient of a dish is replaced with a more financially accessible one that has similar cultural characteristics. Substitutes help recreate the cultural element of the ethnic dish.

The study was grounded in qualitative and theoretical research on meals. The micro-level analysis of current and past food habits within households was set in a wider context by exploring the development of the food culture in the community as a whole. Ethnographic fieldwork was conducted over a 10 month period in London, involving 18 Ghanaian households and several key informants, restaurateurs and food retailers.

Traditional Ghanaian meals are based on various tropical and subtropical food crops. In London, many of these had been replaced by substitutes. These were either a different foodstuff altogether or the same as in Ghana, but in a modified, generally processed, form. For example, instead of boiling and pounding cassava and plantain, fufu was commonly made from instant mashed potato and potato starch. The sticky dense dough was very much like the real fufu, suitable for eating with soup with fingers and swallowing without chewing. It was as bland and pale as the original and, possibly most importantly, resulted in an equally heavy meal. Structural properties frequently outweighed the taste of the food. And as with any new foodstuff,

some substitutes were more readily accepted, whereas others needed getting used to despite the similar appearance to the original food.

You cry when you see it [laughs] when you come here and they give you that, oh my goodness no matter how hard you swallow it doesn't taste like Ghana fufu, but gradually you get used to it. (Caroline)

All informants agreed that the availability of Ghanaian foodstuffs was very good in present day London. For many, however, substitutes had become superior in quality and taste to the foods they replaced. For example, only a few indicated that they made banku from fermented corn dough and cassava dough. Caroline preferred the substitute made from ground rice or semolina, even though she did not know what the latter consisted of.

The use of substitutes implies changes in the nutritional content of the food, preparation methods, and possibly also in the division of labour regarding cooking (from a combined effort to an individual one). Furthermore, for some a substitute is a replacement, while others perceive it to be a new foodstuff with a new name albeit with similar characteristics to the original one. Consequently, substitutes can increase the variety of food classified as part of the food culture under inspection. Moreover, some use the substitute as it was originally intended, i.e. not as a substitute, but as a new alternative staple or ingredient.

Substitutes are especially relevant for (West) African migrants whose traditional meals are based on a large component of starchy staples which are not necessarily readily available, or affordable, in the UK. Any food or nutrition-related research among these people should take the role of substitutes into consideration.

*Helena Tuomainen, PhD
helena.tuomainen@yahoo.co.uk*

Take Stock **Moray Access to Health Project**

This edition we hear about work with young people in Moray who benefit from activities led by Moray Youthstart, in particular the Access to Health (A2H) project, from Jane Cotton, A2H Project Manager and Sara Wilkinson, A2H Mental Health Development Worker.

Background

Moray Youthstart was a Social Inclusion Partnership in the late 1990s looking at and trying to plug gaps in service support for young people in the 16-25 age range. It then became the Regeneration Partnership with a similar remit, but aiming to mainstream key projects which had proved to have long standing benefit.

The Loft Youth Project in Keith has been going for a similar length of time and was an original Voluntary Sector Partner in Youthstart. The Loft is for all young people between the ages of 12 and 24, residing in the areas of Keith and Strathisla (rural Keith), or who are connected to it through social networks or employment. The Loft Youth Project aims to provide a safe and welcoming environment in which young people are encouraged to learn, grow, and challenge when appropriate.

Youthstart entered exit strategy in 2008. Much of its original work, eg. Detached Youth Work and the Young People's Health Development Worker, was mainstreamed into the public sector partners within Moray Community Planning Partnership. However, it was identified that Primary Mental Health Provision for young people was still an underdeveloped area in Moray and the links between Health and Mental Health were in need of strengthening. The Youthstart Partnership therefore decided to apply for Lottery funding for an Access to Health Project with the Loft as lead partner.

The application was successful and the two-year project started in April 2008 with the employment of a full time Young Persons Mental Health Development Worker working across Moray but based at the Loft. The key function of this post is to provide early intervention preventative support to Young People aged between 11 – 19 years presenting with emotional and behavioural issues.

The overall goal of A2H is to provide a needs-led, client-focused service designed to reach a wide group of vulnerable young people to provide the

necessary health support at the time when it is required. This also includes the provision of awareness-raising/training sessions for practitioners. Project staff are also pro-active in supporting multi-agency initiatives.

Funding

The Loft itself is funded from several sources, however A2H is solely funded by the Big Lottery. The NHS provided match-funding to the value of one half-time post. This is mainly used within the Mobile Information Bus Initiative and the work of the Young People's Health Development Worker. The funded targets cover both mental health and general health. Working in partnership with the Child and Adolescent Mental Health Service is also fundamental to the effective delivery of this project.

Snapshot of some of the work

In the early days of Youthstart, because the Loft project had a large catering kitchen, a lot of activity based around food awareness, food hygiene and healthy eating took place. The Young People's Health Development Worker ran successful Confidence to Cook courses, which were then taken up by various venues across Moray, eg. the Elgin Youth Café as a core part of their work with young people. The Loft even undertook a short business enterprise project where it developed from scratch a 'fruit smoothie' product which was sold at Keith Agricultural Show.

The A2H project learned right from the start that food and nutrition focused issues were contributing on many levels as barriers to the overall wellbeing of young people. The following brief case studies illustrate this.

- A young person with a complex diagnosis, underweight for their age and height, has, through the A2H project, a support plan based around healthy eating and physical fitness. However, paradoxically, a side effect of some medications deemed appropriate for the diagnosis, can cause weight loss.
- Several young ladies of a healthy weight, now moving into the workplace, have issues around the way they look in work-based uniform which they feel is unflattering. They have lost a level of autonomy in their clothing choices which we

find is leading them away from eating habits which had been acceptable, into unhealthy weight loss, merely to compensate for 'polyester tents' (quote!!!)

- Young people with Attention Deficit Hyperactive Disorder (ADHD) have additional problems when it comes to a poor diet. A diet high in sugar, heavily processed foods with added colourings and fizzy drinks can exacerbate symptoms and make it difficult to moderate impulsive behaviours. These often replace foods which would improve their ability to concentrate eg. complex carbohydrates.

A lot of the young people who present with mental health issues have poor self-care skills, particularly in terms of food. In simple terms this means that they do not have the ability and willingness to feed themselves properly which contributes to the overall level of wellbeing - a vicious circle.

What has been successful?

We have found that, rather than initiating new points of contact, it has been most effective to partner with existing youth provisions both in the public and voluntary sectors. This brings added value in that not only are young people engaged within their own social zones, but there are opportunities for a range of activities and access to non-stigmatising mental health support. Additionally a wider range of workers are introduced to the work the project does and the many issues surrounding the health and wellbeing of young people.

Young people also have the choice to engage in groups and/or on a one-to-one basis which seems to have been valued by them.

How do we know the work is making a difference?

We are currently hitting our quantitative targets, and expect to be taking on additional staff for the second year of the project to continue this trend. However the qualitative responses are even more encouraging for example at a recent workshop which attracted 90 young people, only 3% of them said that they found the event boring when asked. The other 97% all rated the event highly. This must be a record within a teaching environment! Young people clearly see project workers as 'trusted adults'.

Future plans and sustainability

It has always been intended that this project will lead to mainstreaming. To this end the Young Person's Mental Health Development Worker has been part of a working group, on behalf of the Mental Health Division, to take forward the proposal of a mental health link worker within every school supported by primary mental health workers in the community. This is Commitment 10 from the National Mental Health Delivery Plan.

For more information on Moray Youthstart, contact Sue Chalmers, Chair, on 01343 548884.



REHIS training across Forth Valley

In the last year approx 70 people have achieved their Food and Health REHIS accredited qualification across Forth Valley. The training has been organised and delivered by Community Food Development Workers who work with local people and organisations. The elementary Food and Health course is suitable for those who are involved in food activities. This can be making food in community cafés, working with cooking groups or providing information.

The course ensures that food messages are consistent and in line with Government recommendations. The course covers all the main nutrition messages together with the role of food initiatives in tackling the barriers to a healthy diet, the culture of the Scottish diet and why food plays such an important part of life.

Community workers and volunteers are in key positions to cascade and put the training into practice within local communities. Organisations that are actively using their training at the moment include Alloa Family Centre, Sunlite Community Café, Streetsport, Cultenhove, Opportunities for Families, Falkirk and Stirling Homestart, Kersiebank Community Project, as well as carers working with people with learning disabilities, youth and community workers.

For more information contact Susan Kennedy, susan.kennedy2@nhs.net or Debbie Ross, Deborah.ross@nhs.net at the Dept of Nutrition and Dietetics, NHS Forth Valley

East End Healthy Living Centre

In December 2008, East End Healthy Living Centre in Glasgow became the proud owner of one of the Scottish Grocers Federation's 'Healthy Living' programme display stands.

The stand is a welcome addition to the fruit and vegetable stall, run by East End Kids and Co, every Thursday between 10 am -12 pm. The stall sells a wide range of affordable, high quality produce to people living and working in the area.



The stall is just one way that the Centre is promoting and encouraging healthy eating. The Centre's café has just achieved the **healthyliving award**, which is an award for caterers that provide healthy choices for customers. In addition, the Centre uses its training kitchen for classes, as part of its programmes, where individuals can learn how to prepare healthy and affordable meals. Members of local community groups are also making the most of this valuable resource.

For more details about the fruit and vegetable stall, café training kitchen or other facilities and activities available in the Centre, call 0141 550 5000 or visit www.eehlc.org.uk.

Food co-ops flourishing

Edinburgh Community Food Initiative (ECFI) is a city-wide, community-based organisation that has a community-based approach with a dual mission, "to get people into healthy food and healthy food into people".

ECFI does this by working to break down health inequalities in two ways:

- by supplying fresh healthy food through a range of locally run food co-operatives and community groups; and
- undertaking food and health promotion work with the communities they serve - low income families, older people and other socially excluded groups throughout Edinburgh.

Currently ECFI supports 15 food co-ops across Edinburgh. As a result of its success there is strong demand from other communities to develop new initiatives in other areas. East Craigs and South Queensferry Co-ops are the latest to open in 2009 with immediate success. Food co-ops at Slateford Green and Hailesland are in development and are planned to open by the end of February.

Healthy Start vouchers are accepted in the ECFI supported community food co-ops throughout the city.

As funding becomes more difficult to secure, particularly to support food co-ops and to provide access to affordable fresh fruit and vegetables in disadvantaged areas and to disadvantaged people in communities, ECFI is developing ECFI Enterprise Ltd. The purpose of the social enterprise company is to increase the proportion of ECFI charitable work funded through trading as opposed to grant aid. The move to social enterprise is a major shift in direction for ECFI, as it is for many initiatives across Scotland, and will require time to develop.

As other community initiatives are reviewing and exploring future sustainability, we will keep you informed of how this enterprise is developing.





Bite Size

Community food activity news

Good food in tackling homelessness

Edinburgh Cyrenians launched its new Good Food Handbook at its Food Conference held at Hibernian Football Club on 19 February.

'It was inspiring and helpful to meet other workers from agencies. Good to say I've met Mark the man who cycled round the world.' (conference participant)

Mark Beaumont, round-the-world cyclist, spoke about his 194 days and 17 hours in the saddle and the food journey this involved, finding 6000 calories a day to keep him going. He then encouraged everyone to have a go at the 'Smoothie Bike ride' making fresh fruit smoothies for everyone – powered by pedalling.

Members of the Cyrenians Good Food team took part in a ready steady cook session and cookery class members answered questions to the panel, CFHS provided information about its work and participants worked in groups to develop their own menus from a bag of ingredients provided. There was also plenty of opportunity for talking and networking.

"An interesting and inspiring day which has refreshed and invigorated me to get back to work with a bit more energy, passion and drive! Excellent, informative and fun."
(conference participant)

CFHS has a limited number of copies of the Good Food Handbook for Fare Choice readers. Contact Alice or Rita if you would like a copy.

Growing interest

A useful website has just been launched by Scottish Orchards, a newly constituted voluntary body which will take forward the development of a Scotland-wide orchard group, to carry out a variety of functions and facilitate networking and knowledge transfer.

For more information and details of how to get in touch visit www.scottishorchards.com

Linking Leith

Greener Leith aims to get everyone involved in improving the public spaces in Leith, bringing people together and working with them to develop projects that will make Leith a better place to live. Most recently it has organised a Food Summit, with Hugh Raven, Director of the Soil Association in Scotland, as key speaker, and now has a number of ideas to take forward.

For more information on Greener Leith visit www.greenerleith.org or email greenerleith@hotmail.com

Consumer Focus Scotland Consumer Network

Consumer Focus Scotland's Consumer Network gathers the views of volunteers from across the country on a diverse range of issues – from education to the environment, health to housing, local government to food and diet, and now also includes energy and post. The information is collected regularly and it is used to inform policy and research for Scotland's foremost consumer organisation.

Consumer Network Co-ordinator, Gill MacGregor, would like to encourage more people to get involved in the Network, so that the needs and experiences of local communities can be properly heard:

"Volunteers who feed information in through the Consumer Network are providing a hugely valuable service by ensuring we get as complete a picture as possible of the problems and issues that people in Scotland's diverse communities are facing every day."

"This is a home-based opportunity - there are no qualifications or preconditions for being a member and although the time commitment is relatively small, the benefits for Consumer Focus Scotland of knowing that we are in touch with the real experiences of Scottish people, are huge."

Anyone interested in joining the Consumer Network should contact Gill MacGregor, 0141 227 8432, gill.macgregor@consumerfocus-scotland.org.uk

News

More support for Healthy Living Centres

On 23 February, Public Health Minister Shona Robison announced an extension to the transition fund that had been awarded to Healthy Living Centres in February 2008. This was a welcome lifeline from the Scottish Government and will help keep centres running 'to ensure that those with good prospects of securing long-term sustainable funding' will sustain their activities during their transition period. Funding of up to £70,000 will be provided per Healthy Living Centre for the period 2009-2010. This funding will be distributed through NHS boards and only to those who fulfil certain conditions.

More information is available from
www.scotland.gov.uk/News/Releases/2009/02/23093201

Unfortunately, this announcement brought with it some sad news about the Chinese Healthy Living Centre based in Glasgow. With great reluctance its Board of Directors announced that all of its activities and services would cease from 1 April 2009. Over the past five years the centre has made considerable progress in raising health awareness among the Chinese community as well as providing opportunities for this community to come together from all parts of the city.

New baby café opens for new mothers

In January a new café that aims to persuade and support new mothers to breastfeed was opened at the McClintock Hall in Balfron, Stirlingshire. This project is led by health visitors who are promoting the benefits of breastfeeding, supporting weaning, child behaviour and safety. There are already many baby cafés throughout the world, but the new café in Balfron is a first for Scotland. The café will be open term-time only and will cover the West Stirlingshire area.

For more information visit
www.nhsforthvalley.com or
www.thebabycafe.co.uk
or phone 01360 550554

Voluntary Health Scotland associate membership

Voluntary Health Scotland (VHS) is broadening its membership appeal by offering opportunities to join the organisation with differing levels of benefits. At the AGM last November ratification of new membership categories was given. As a result current and future members may now be a part of VHS according to the level of involvement they want.

Full membership benefits organisations by giving them access to all web and email-based services, extensive consultation opportunities and a quarterly hard copy of the 'Briefing'. Also included are discounted rates at VHS events and eligibility for membership of the VHS Board.

Full members with an income of over £100,000 will pay £30 per annum whilst the rest will pay £10. A new level of Associate Membership will be free and will include full membership benefits without the discounts, Board eligibility and the 'Briefing' will only be delivered electronically.

Early indications show that many organisations that have not previously been under the VHS 'umbrella' will now join as Associates and help VHS influence the future of voluntary health in Scotland.

For more information contact VHS on 0131 557 6843.

Third Sector Enterprise Fund

The Scottish Government's Third Sector Enterprise Fund is now open for applications. The fund aims to 'support ambitious third sector organisations that wish to operate in a business-like and enterprising way, with a view to increased sustainability'.

£12 million is available from April 2009 to March 2011, with awards ranging from £25,000 to £100,000. The Fund will invest in activities that build organisations in the areas of organisational capacity, capability and financial sustainability. Applications can be for revenue or capital funding.

For more information, guidance and an application form visit
www.scotland.gov.uk/Topics/People/15300/funding/enterprising-skills-fund

News

Freshly prepared, ethically sourced

It was fitting that Stewart Stevenson, Minister for Transport, Infrastructure and Climate Change, was present to see two Scottish initiatives pick up half of the first gold awards from the Soil Association's Food for Life Catering Mark. East Ayrshire Council and Celtic Football Club received their awards from HRH the Prince of Wales at a ceremony in Nottingham.

More information on the new catering mark is available from www.soilassociation.org/cateringmark

Love Food Hate Waste needs you

Love Food Hate Waste is a campaign run by Waste Aware Scotland to raise the awareness of the environmental and economic significance of food waste.

The Love Food Hate Waste campaign provides householders with simple and practical advice for avoiding food waste and focuses on four key areas; planning, storing, portioning and recipe ideas. Campaign organisers are looking for community food projects who are interested in supporting the campaign at a local level.

For more information on the Love Food Hate Waste campaign and how you can get involved contact Chris Morrison, chris.morrison@ksbscotland.org.uk or visit www.wasteawarelovefood.org.uk.

Ten years promoting milk

Cool Milk is a school milk administration company, celebrating its tenth year, with the aim of providing every child in early years and primary education the opportunity to drink fresh milk at school every day.

More information on what the company has to offer is available from www.coolmilk.com

Support for community projects which cut greenhouse gases

From a community fruit and vegetable growing scheme in Glasgow to championing affordable local food in Fife, communities across Scotland are exploring how support from the Climate Challenge Fund can help them focus on local food projects to help tackle climate change.

Every project has to reduce carbon emissions but how you do that is up to you. Food is just one area you can focus on. So, if you want to create a community garden, explore ways of reducing your food waste or help your neighbours save energy and money in other ways, the fund could help. Bids of up to £1 million are possible but small bids, perhaps for community consultation and project planning events are also being encouraged.

For full details of how to apply to the fund call the grant administrators Keep Scotland Beautiful on 01786 471 333 or email ccf@ksbscotland.org.uk. More information about the fund and the supporting alliance can be found at www.ccfalliance.org.uk



The above image shows local food production for the communities of Barra & Vatersay. This project encourages people to grow food locally and support buying local produce to reduce the transportation of goods from the mainland. The bulk of food produce is shipped over to the island from Oban, a five-hour journey away, and the communities hope to reduce this.

Gardening Scotland 2009

For the third year running, Community Food and Health (Scotland), as a member of the Gardens for Life Forum, is one of the Living Garden exhibitors at Gardening Scotland. The show is being held at Ingliston, near Edinburgh, from 29 – 31 May. Once again, three community food and health projects from across Scotland will be sharing our stall, taking the opportunity to promote their work to the show's many visitors. The Scottish Government's Cooking Bus will also be at Gardening Scotland for the three days of the show.

To encourage community food initiatives to attend the show we are offering three pairs of free tickets – one pair for each day. The tickets will be allocated on a first-come-first-served basis.

If you want to apply for a pair of tickets, please contact Anne, stating which day you would like to attend, by the end of April.

Publications

Food statistics

Westminster's Department for Environment, Food and Rural affairs (DEFRA) has recently published the Food Statistics Pocketbook - which gives facts and figures on the food chain, consumer demand, food supply and prices, environment, health and food safety and eating out. This extremely useful 84 page publication is available at

<https://statistics.defra.gov.uk/esg/publications/pocketstats/foodpocketstats/foodpocketbook2008.pdf>

Consumer Kids

Consumer Kids: how big business is grooming our children for profit is a new book which looks at the commercial experience of children and an exposé on areas of poor practice, as well as looking at solutions. The book is co-written by Ed Mayo, Chief Executive of Consumer Focus, and Professor Agnes Nairn, a marketing academic and is available from www.amazon.co.uk

Growing up in Scotland Food and Activity Report

"Understanding why people behave the way they do is essential if healthy eating policy interventions are to be effective and targeted at those who need them most. The myriad factors influencing the choice of food that parents provide - including cost, availability, convenience and culture - suggests that healthy eating public information campaigns and school initiatives can only go so far towards achieving dietary change across Scotland and, in particular, within those groups most at risk. More needs to be done to support parents and children in the early years, especially those from vulnerable sections of society, in making healthier food choices"

Growing Up in Scotland: Sweep 3 Food and Activity Report is the latest report using data from the Growing Up in Scotland study to explore the prevalence of, and many issues related to, food and activity in Scotland specifically in relation to young children.

You can download the report from www.scotland.gov.uk/Resource/Doc/257716/0076467.pdf

Caroline Walker Trust

A PDF version of *'Eating Well for Under 5's in Childcare: Nutritional and Practical Guidelines'* is now available to download for free on the Caroline Walker Trust website www.cwt.org.uk. This publication provides nutritional and practical advice for this age group and would be useful to all those working with Early Years.

Choosing the Right Ingredients: An East Lothian Perspective

This report uncovering East Lothian's communities view on the future of food in the area was formally launched in Tranent at the end of 2008. Many of the responses highlighted the effect that low income and living in rural communities has on access to food in the county.

East Lothian Council's Cabinet member for Joint Futures, Councillor Ruth Currie, welcomed the report and its vital information, *"As a county with many rural and outlying communities, its not surprising that reduced choice and access to transportation have been highlighted as problems but the feedback has allowed us to know, first hand, what people's experiences are rather than making assumptions on their behalf."*

Read the report in full at www.eastlothian.gov.uk/downloads/Have_Your_Say_final_version_Nov_08.pdf

Diary

MARCH

17th 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

Food Policy for Scotland: a Recipe for Success?

Wednesday 22 April 2009

Holyrood's 2nd Annual Food Policy conference, Edinburgh

More info: www.holyrood.com/foodpolicy

S2S: Social Enterprise Trade Fair 2009

Thursday 23 April 2009

Corn Exchange, Edinburgh

More info: www.s2stradefair.com

5th National Conference on Obesity and Health

Monday 27 April 2009

Two day event to be held at Lakeside Conference Centre, Aston University, Birmingham

More info: www.obesityandhealth.co.uk

MAY

Eating for Health, Mental Performance and Wellbeing

Wednesday 06 May 2009

One day conference at the Carlton Hotel, North Bridge, Edinburgh

More info: www.fabresearch.org/view_item.aspx?item_id=1228

Off to a Good Start

Monday 18 May 2009

a conference to promote breastfeeding, organised by NHS Health Scotland in partnership with NHS Education for Scotland and the Scottish Government, Glasgow Royal Concert Hall

More info: www.healthscotland.com/news/events-item/95.aspx

Gardening Scotland

Friday 29 May 2009

Scotland's national celebration of gardening and outdoor living held over 3 days at the Royal Highland Centre, Ingliston, Edinburgh

More info: www.gardeningscotland.com

JUNE

Anticipatory Care - Moving Forward Across Scotland Conference

Tuesday 02 June 2009

2 day event, Hilton Hotel, Glasgow

More info: www.healthscotland.com/news/events-item/97.aspx

OCTOBER

CFHS Annual networking conference

Thursday 22 October 2009

Carnegie Conference Centre, Dunfermline

More info: www.communityfoodandhealth.org.uk



community
food and health

(scotland)

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