



foodmatters

Issue 7
April 2009

an update on developments in food, health and homelessness in Scotland

Welcome to the 7th edition of Food Matters

Increasing the reach of our work

Community Food and Health (Scotland) or CFHS has recently agreed a new set of priorities for our work until March 2011. An important element of this is to increase the reach of our work, ensuring that food and health work is accessible to all members of low-income communities.

We plan to build on the two year programme of work on food health and homelessness making links and sharing learning with people working on food and health with groups of people who are not always included in mainstream activities. This will also link with work we have recently done with staff supporting people with learning disabilities.

At The Missing Ingredients event in June (see page 3) we will be looking to highlight links between what has been learnt in organisations that provide support to people affected by homelessness and with other organisations looking to promote social inclusion. Work is also underway to encourage groups working with older people to make full use of our grant schemes to develop food and health work, and further links are being developed to BME communities.

This will be the last edition of Food Matters that supports a community of practice focused exclusively on homelessness. In future we will be looking to broaden its remit and build towards a community of practioners in food and health work who are committed to sharing best practice in relation to inclusion.

Full details of developments will be posted in the news section of our website.



Sue Rawcliffe joined the CFHS team in mid-January with a remit around inclusion. In the first few weeks Sue has been following up on the food health and homelessness work which was done by Claire Street who left the team in August 2008. She is also working in the team to look at how we broaden this work to address wider issues of inclusion in relation to food and health.

You can contact Sue on 0141 226 5261, sue.rawcliffe@consumerfocus.org.uk

New resources

The Good Food Handbook

Edinburgh Cyrenians launched its new Good Food Members handbook at its Food Forum in Edinburgh on 19 February. The handbook was originally developed in 2004 in response to the number of enquiries about its work and has now been completely updated to include more information. The aim continues to be to inspire people to 'use food to improve lives'.



The handbook provides a short introduction to the Good Food Programme, together with sections on how to plan and run cooking classes, nutritional guidance in relation to particular health issues, healthy eating, and tried-and-tested recipes.

Throughout the handbook there are useful case studies, checklists, contacts, and appendices, providing plenty of resource material for anyone who wants to follow up a particular issue in more detail.

For more information email goodfood@cyrenians.org.uk.

Cooking for One

Scottish Churches Housing Action launched its new publication, **Cooking for One**, at the Wayside Centre in Glasgow on 19 March. **Cooking for One** is written for single people who have not had many opportunities to learn how to cook and could use some tips to start. The focus is on easy, tasty and affordable recipes presented in an accessible way. It also includes additional information on nutrition, food storage and the benefits of home cooking.



Cooking for One will be distributed free to single people through starter pack schemes across the country. In addition, organisations who might want a supply to pass onto people they support can buy them directly from Scottish Churches Housing Action. **Contact Elodie Mignard on 0131 477 4556.**

Sorted in the Kitchen

Currently in development at Aberdeen Foyer, is the **Sorted in the Kitchen** pack. This toolkit is designed to provide easy-to-follow guidance on how to shop, budget, prepare and cook wholesome meals on a limited budget for those who are living on their own and looking after themselves for the first time.



There are five easy-to-use weekly menus and shopping lists, based on a budget of around £15 per week, with extra sections on how to prepare food for cooking, easy-to-follow recipes, cooking for others, and useful hint and tips, all laid out in a young person-friendly toolkit.

For more info contact Lisa Fallowfield on 01224 212924.

Events

26 May roundtable discussion: food access and people in temporary accommodation

An issue that has been consistently raised in discussions around the country on food, health and homelessness is the difficulties faced by people living in temporary accommodation who are trying to feed themselves and their families. Not only are people often living on very limited incomes, they often also have little or no access to cooking facilities.

Aberdeen Foyer Health and CFHS will be co-hosting a roundtable event on 26 May bringing together policy makers and practitioners on to explore this issue in more detail and to learn from some of the work taking place in different parts of the country. **If you are interested in attending this discussion and/or have information or ideas that you would like to feed in to the discussion, please get in touch.**

The Missing Ingredients; what we are learning and what we need to do about food health and homelessness in Scotland

**The Scottish Storytelling Centre
Edinburgh. Thursday 25 June 10.00 am – 1.00pm**

This half-day free event, co-hosted by Edinburgh Cyrenians and CFHS, is designed to strengthen the case for a place for food and health work in strategic homelessness agendas.

The event is an opportunity for those responsible for developing strategy to engage in dialogue with those who carry out food and health work with people affected by homelessness across Scotland and those who benefit directly from this work.

Blake Stevenson will present findings from the recent research study into the role of food and health work in tackling homelessness (see below). There will be an opportunity to jointly look at the recommendations from this work as well as an interactive session to map out ways

to ensure that food takes its place as a key ingredient in future strategies around homelessness.

Materials developed during the two-year programme of work on food, health and homelessness will be available and CFHS will launch a new publication based on our two-year programme of work on food health and homelessness.

We also hope it will be an opportunity to share learning and build links to work taking place with people living with addictions and mental health issues.

CFHS can assist community and voluntary organisations with travel costs should you need these to be able to attend this national event.

Further details will shortly be available on our website.

Research

Food Health and Homelessness in Scotland – mapping practice, progress and impact

Members of the CFHS food, health and homelessness reference group met in February to look at this piece of research that has been completed by Blake Stevenson. The research was commissioned by CFHS late last year to look at where food and food work fits with Local Authority and Health Board strategies on homelessness. It also compares the situation in 2008 with that of 2006.

The major conclusion is that, while there is a wealth of activity happening on the ground, this is often not reflected in strategic documents, and all too often food and health work seems to fall between Local Authority and Health Board areas of responsibility.

The report contains a detailed analysis of the content of Local Authority Homelessness Strategies and Health Board Health and Homelessness Strategies. It also contains four detailed

case studies of work in different parts of the country that cover the content of the work and also the impact, as described by people who were involved in it.

The report runs to six volumes, all of which are available in the Current Work section of our website

Building capacity, sharing practice

Capacity Building Fund – evaluation of food health and homelessness activities

An evaluation of the activities funded under the food, health and homelessness capacity building fund is currently taking place. Organisations have been asked to complete a short evaluation form by 24 April. We will be pulling together a short report on the findings which will be available to inform The Missing Ingredients event in June.

CFHS Small Grant Scheme Funding available for healthy eating activities (£500 to £4000).

The CFHS annual small grant scheme is open to groups and agencies who wish to develop new or existing activities that aim to improve food access and tackle inequalities in diet and health.

Last year grants were awarded to a range of groups for a variety of activities including cookery sessions with young people in supported accommodation, older people's lunch clubs, volunteer-run fruit and veg stalls and community gardens involving individuals with a learning disability.

The closing date for applications is Friday 5pm 26 June 2009.

Please note that there will be no separate food health and homelessness funding this year, so if you are planning activities that you need funding for, this is the fund that you should direct your application to. More information on the grant scheme and downloadable application packs are available on our website. Application packs are also available from Alice or

Rita on 0141 226 5261 or can be downloaded from our website.

If you are registered to receive Fare Choice, you will automatically receive information about all our funding offers. Register today via our website.

CFHS conference workshops

CFHS annual networking conference will take place at the Carnegie Conference Centre in Dunfermline on Thursday 22 October 2009. This year we are building on the theme of last November's conference 'Making a difference' by focusing on **developing and sustaining food and health work**.

We are keen to provide opportunities for community-based and community-led food and health projects to share learning, practice, and skills with others tackling food access and health inequalities across Scotland. Our annual conference provides a great networking opportunity to share these experiences as well as looking at policy and its impact, with others doing the same as you. Our conference is mainly workshop-led to maximise full participation from everyone attending.

We are offering groups and organisations the opportunity to lead and present a workshop at our annual conference. Workshop proposal forms can be downloaded from www.communityfoodandhealth.org.uk/imageuploads/cfhs-conference-workshop%20proposal%20

We hope to let potential workshop leaders know if they have been successful in June. A booking form and more details about the conference will be available in the summer.



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