



# farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

## Dishing it up

Following last year's national discussion and the deliberations of this year's workstreams and leadership forum, everyone is now eagerly awaiting the imminent announcement of a National Food and Drink Policy for Scotland.

Our own seminar last year echoed sentiments from local meetings across the country: "... the hope was that the Scottish Government will demonstrate a commitment to putting health and social justice at the heart of food policy in Scotland."

This edition of Fare Choice both displays the enormous contribution that has been, and is being, made to food and health in Scotland (see Barri Grubb page 8) and the aspirations and opportunities to make an even greater difference (see Food Train page 12).



Barri Grubb Food Project delivery van - see page 7

Individuals, groups and organisations across Scotland will be looking for a practical, integrated and inclusive policy which supports necessary change within other sectors, whilst also supporting the efforts and aspirations of the communities in Scotland for whom change is most essential.

### inthisissue

- WHAT'S COOKING? • TEAM TALK • POLICY • SCOFF • TAKE STOCK
- A FLAVOUR OF... • BITESIZE • NEWS • PUBLICATIONS • DIARY

June  
2009

ISSUE  
48

## 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**

### Communities

This edition 'What's Cooking' focuses on the theme of 'communities' from the Scottish Government action plan 'Healthy Eating, Active Living' (HEAL).

*"The Scottish Government is working with a range of stakeholders in the public, private and third sectors to improve access to and take-up of affordable healthier food options, helping to drive forward long-term changes towards a healthier Scottish food culture to the mutual health and economic benefit of suppliers, manufacturers, retailers and consumers."*

CFHS's pilot project, rolling out the Scottish Grocers Federation's 'Healthy Living' programme's training and resources to community food co-ops and outlets, was started in September 2008. An evaluation of the pilot is due to be completed shortly. In the meantime, here are the experiences of two community food initiatives that have been involved in it.

**East Lothian Roots and Fruits** is a community-led food initiative project which runs a range of activities around food and health, including four fruit and vegetable co-ops. One of the co-ops runs in Whitecraigs Community Centre, attached to the primary school. Primary 6 pupils take it in turns to help out in the co-ops, setting up and clearing away the produce and managing the sales. Four of the pupils and a teacher took part in the first of the 'Healthy Living' programme's training session, along with Pamela from Roots and Fruits. The children have really taken the training on board – a visitor to the school was full of praise about how the fruit and vegetables were being displayed. Roots and Fruits are using one of the 'Healthy Living' stands in their newest co-op, which runs for two hours a week in Wallyford Community Centre. The stand is used for loose produce, such as salad vegetables, as it makes them look 'really nice'. If it had storage facilities, Roots and Fruits would like to use a stand in all of their co-ops.

**Healthy Valleys** is a healthy living centre that covers the Douglas and Nethan Valleys and other parts of rural South Lanarkshire. Two weekly community food markets, selling fruit and vegetables in Rigside and Kirkmuirhill, were set up by the organisation in June 2008. Since then, staff from Healthy Valleys have been working with volunteers from the food markets to establish a constituted group to take over the management of the markets. Open for three hours every Thursday, the food markets have built a base of regular customers, and it is now planned to promote both markets more widely to encourage new customers. Healthy Valleys is keen to encourage other similar ventures in surrounding areas should the opportunity arise.

Nan from Healthy Valleys attended the Scottish Grocers Federation's 'Healthy Living' programme's training last October, and cascaded the training to the food market volunteers at the end of 2008. Everyone enjoyed the training and has found it really useful. The volunteers working in the food markets have taken on board the messages included in the training, particularly about presentation of fresh produce, and it continues to have a positive impact on the operation of the food markets six months later. The food markets also have the use of two of the programme's produce display stands, only one of which is being used at the moment due to the refurbishment of the markets' venues. However, they will both be used again once this is completed as they greatly enhance the presentation of the fruit and vegetables, as well as helping to keep the markets cleaner and tidier.

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

### What's Cooking?**continued...**

The training sessions were delivered by Ross Kerr, the 'Healthy Living' programme co-ordinator. When asked about the training, he said, "The sessions proved very successful. The training is set up to help people working in retail at any level to better understand the basics of caring for fruit and vegetables and how to make fresh produce attractive to the customer. It's good to hear that what was learned is being put into practice."

### **This year's small grant scheme closing soon!**

The small grant scheme is open until 5pm Friday 26 June (unfortunately we are unable to accept faxed, emailed or late applications). Groups who would like to develop activities that will promote access to, and take up of a healthy balanced diet within low-income communities are welcome to apply for a grant. Grants of £500 to £4,000 are available. Ask Rita or Alice for an application pack or you can download application forms and guidance notes from our website.

### **Understanding Social Enterprise**

In April, six people from community food initiatives and Anne from CFHS took part in 'Understanding Social Enterprise' (USE), the first module of an eight-day learning and development programme, 'Starting Your Social Enterprise' (SYSE), run by the Social Enterprise Academy.

Over the module's two days, we visited the Cyrenians Farm and the Engine Shed, to hear first-hand about the benefits and pitfalls of setting up and running a social enterprise. There was also plenty of opportunity for discussion about social enterprise. It was a thought-provoking, educational and enjoyable couple of days. The initial feedback from the other participants has been very positive.

The Social Enterprise Academy intends to run the remaining six days of Starting Your Social Enterprise between August and December this year. For more information about this, or about Understanding Social Enterprise, please contact Anne.

### **Business support programme launched**

CFHS has launched a business support programme aimed at community food and health initiatives that expect to face challenges to their long-term sustainability in the next six to eighteen months. Running until March 2010, the programme will provide up to seven days of business advice, delivered by one of three social enterprise support agencies involved. Up to 10 community food initiatives will be included in the programme.

For more information about the programme and an application form, visit the Current Work section of our website or contact Anne.

### **CFHS annual networking conference**

Our annual networking conference will take place on 22 October at the Carnegie Conference Centre in Dunfermline. This event is a valuable opportunity for community food and health projects to share learning, practice, and skills with others tackling food access and health inequalities across Scotland. This year's conference will build on last year's theme of 'Making a Difference' by focusing on developing and sustaining food and health work.

Booking forms with more details and information about workshops will be sent out shortly, so please ensure that we have your contact details on our mailing list. We have had a great response from our network applying to speak or present a workshop at this year's event, which we hope will provide a diverse programme for participants. The report from last year's conference will be available shortly.

### **CFHS learning account**

CFHS is working with Evaluation Support Scotland (ESS), a Scottish Charity funded by the Scottish Government and the Big Lottery Fund, to assist people working within community food and health initiatives to access their full range of basic training on evaluation. A CFHS Learning Account (see our website) has been set up to enable up to 12 projects access the ESS Core Course Programme (subject to conditions).

Many applications have been received already. The deadline for applications is strictly **5pm Friday 19 June** (faxed or emailed applications will not be accepted). More information and an application form is available from the Current Work section of our website, or contact Alice.

## Team Talk

### Funding awarded for youth groups

Earlier this year we promoted a youth funding package that was available for groups working with young people aged between 12-25 years. Twenty-four of the 49 funding applications were successful.

This will provide money for groups to complete the Elementary Food and Health course that is accredited by the Royal Environmental Health Institute of Scotland (REHIS). This six-hour course provides information on food and nutrition and its link with health. The funding will also provide money for developing healthy eating activities so that groups can put what they have learnt on the course into practice within their organisations.

Groups that were successful included those working with young people in supported accommodation, young carers and a wide range of youth clubs from across Scotland. Many of these are planning to deliver cookery activities or plan to improve the range of snacks on offer in their café or snack bars. A few are also planning to develop fruit and vegetable gardens.

More information on how these groups got on will be available towards the end of the year. Staff in NHS Health Scotland and Youth Scotland provided invaluable assistance with this funding package.

**For more information on the REHIS Elementary Food and Health course visit [www.rehis.org](http://www.rehis.org)**

### Older people's Food Summit, Cardiff 18 March 2009

Summing up this event at the end of a busy morning, Dr Neil Wooding, Equalities and Human Rights Commissioner for Wales, spoke of the creation of a rich story in relation to older people and food. The morning had produced a wealth of wisdom and ideas, he said, and had importantly contributed to creating voice – finding ways for older people to make their contribution to the debate. The morning had also been underpinned by a sense that 'we know we can do better' in relation to older people and food. The way we do this, he argued, is by building connectivity – building connections within communities, building connections between different parts of the service map, building connections between generations. The summit at the National Assembly for Wales also received the results from the Welsh Food Alliance survey in relation to food and older people. Many raised issues about getting to the shops; the layout, facilities, and choice of food, particularly of supermarkets; and

difficulties in getting shopping home. Physical constraints in relation to food preparation and the use of standard kitchen equipment were also identified. 43% of those taking part in the survey said that rises in fuel prices are changing the way they prepare food.

The Welsh Food Alliance is looking to develop an Older People's Food Charter that will be presented to a Public Sector Human Rights Summit in Wales in July.

**More details are available from [www.councilofelders.org.uk](http://www.councilofelders.org.uk)**

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

CFHS is co-hosting this event with Edinburgh Cyrenians to share learning from recent work on food health and homelessness and develop ideas on how to take this forward. It will bring together staff responsible for policy and strategy, practitioners, and people who directly benefit from food and health work with people affected by homelessness. It will be an opportunity to find out about the range of work taking place across the country, sample new resources developed by a range of organisations and share your ideas and inspiration for the way forward, as well as get your copy of CFHS's new report on The Missing Ingredients.

This free half-day event takes place on 25 June (10 am - 1 pm) at the Scottish Storytelling Centre in Edinburgh. Booking forms are available from our website or contact Alice.

### Early Years report

The Early Years Self-evaluation Collaborative Stage Two Report is now complete. The report gives an account of how the groups involved have embedded evaluation systems into their work with parents and children. The report also includes individual evaluation reports that describe how the groups are demonstrating the impact of their work. Stage Three is nearing completion. A final report will be launched in the autumn. To receive a hard copy of the Stage Two report, please contact Alice.

# Policy

## Scotland

### National food and drink policy

The second National Food and Drink Policy conference was held in Edinburgh in April. This conference was an opportunity to hear about how the policy is developing and what the next steps will be. CFHS attended the conference, along with representatives from Flourish House and Healthy Valleys, to hear the latest news.

Roseanna Cunningham MSP, Minister for Environment, was the keynote speaker at this conference. As you will be aware, a Leadership Forum has been developing recommendations to inform the new policy. The Minister highlighted that the Scottish Government will be responding to these recommendations in early June. The Minister also recognised the challenges that have been faced across Scotland over the last year; however, the vision for the National Food and Drink policy remains the same.

More information about the evolving national food and drink policy can be found at [www.scotland.gov.uk](http://www.scotland.gov.uk) and the minutes from previous Leadership Forum meetings are available from [www.scotland.gov.uk/Topics/Business-industry/Food-industry/national-strategy/leadership-forum/meetings-forum](http://www.scotland.gov.uk/Topics/Business-industry/Food-industry/national-strategy/leadership-forum/meetings-forum).

The Food and Drink Policy is due to be launched at the Royal Highland Show which takes place 25-28 June 2009 Ingliston, Edinburgh.

### Scottish Community Empowerment Action Plan

In March the Scottish Government and CoSLA launched the Scottish Community Empowerment Action Plan and agreed the following definition: *"Community empowerment is a process where people work together to make change happen in their communities by having more power and influence over what matters to them."*

The action plan is not a stand alone document. Community empowerment is seen as a cross-cutting theme that will provide a basis for engagement in the work outlined in the joint frameworks – Equally Well (health inequalities), Achieving Our Potential (tackling poverty) and the Early Years Framework.

The focus is on developing the ability of people to do things for themselves highlighted as a key plank of the Scottish Government's approach to addressing complex social problems.

The document commits to a series of actions including support for communities to own their own assets, training to support community engagement and empowerment, a participatory budgeting pilot and funding of approx £180m over the period 2008/11 to be invested in what communities want to do themselves. Much of this, for example the Climate Challenge Fund, is already being allocated.

**More information is available from [www.scotland.gov.uk/Publications/2009/03/20155113/4](http://www.scotland.gov.uk/Publications/2009/03/20155113/4)**

### Towards a Mentally Flourishing Scotland: Policy and Action Plan 2009 – 2011

Published in May, this action plan outlines six strategic priorities for action in relation to mental health improvement. One of these is 'improving the quality of life of those experiencing mental health problems and mental illness'. This includes action in relation to physical health and also a commitment to put in place a programme of support for local areas to implement 'With Inclusion in Mind', the Scottish Government publication that offers guidance to local authorities in respect of their duties to promote social inclusion of people who have experienced mental illness in the way they deliver services. A key element of this is healthy living, which includes work on diet, lifestyle and physical exercise.

**Both publications are available to download at [www.scotland.gov.uk/Resource/Doc/271822/0081031.pdf](http://www.scotland.gov.uk/Resource/Doc/271822/0081031.pdf) and [www.scotland.gov.uk/Resource/Doc/200490/0053601.pdf](http://www.scotland.gov.uk/Resource/Doc/200490/0053601.pdf)**

## Policy

### UK

#### Food summit

Ministers from across the UK gathered in Edinburgh in May for talks on developing future food policy. The summit was hosted by Rural Affairs and Environment Secretary, Richard Lochhead, and focused on the importance of the food and drink industry to the UK economy and its contribution to healthy individuals and communities.

**For more information visit [www.scotland.gov.uk/News/Releases/2009/05/1152153](http://www.scotland.gov.uk/News/Releases/2009/05/1152153). A further summit at official level is planned for later in the year.**

### Europe

#### New parliamentarians in Brussels

At the recent European elections all the candidates were presented with a 'consumer pact' drawn up by BEUC, the European consumers' organisation, highlighting how as MEPs they could make a difference to Europe's 500 million consumers. Regarding food, a commitment was sought to, "help consumers to easily make informed choices, improve access to safe and healthy foods and promote sustainable food production and consumption."

**The full document can be downloaded from [www.consumerpact.eu/uploads/files/the\\_pact/BEUC%20brochure\\_Web\\_EN.pdf](http://www.consumerpact.eu/uploads/files/the_pact/BEUC%20brochure_Web_EN.pdf)**

**You can find out who the new MEPs are and who your representative is at [www.europarl.europa.eu/members/public/geoSearch/search.do?country=GB&zone=Scotland&language=EN](http://www.europarl.europa.eu/members/public/geoSearch/search.do?country=GB&zone=Scotland&language=EN)**

## Scoff

**an insight into the world of research provided by members of the Scottish Colloquium on food and feeding**

### SCOFF is looking for new recruits

As the time has come to find a new co-convenor for SCOFF, the Scottish Colloquium on Food and Feeding, CFHS has generously offered us this column to describe the group's background and activities and the co-convenor's role.

SCOFF originated as an off-shoot of the British Sociological Association (BSA) Food Study Group (FSG), which was itself established in the early 1990s. There are numerous groups of this type in the BSA, all centred around a particular specialist interest and bringing together academics and non-academics to discuss their work and new developments in their field. The FSG is one of the largest and most vibrant of the BSA study groups: it was the only one to hold full-day, mini-conferences at the BSA's annual convention in 2007 and 2008. In 2009, the FSG/SCOFF organised a very successful two-day conference in London, and is currently planning a second event for 5-6 July, 2010, entitled 'Food, Society and Public Health' (for additional information, see next page).

SCOFF's membership grew significantly in the early 2000s under the enthusiastic leadership of Wendy Wills (who continues to be the FSG convenor). Wendy started a number of new events and collaborations, including SCOFF's current relationship with CFHS. When Wendy moved from Edinburgh to the University of Hertfordshire in 2005, she began developing similar collaborations in England, but soon realised that to maintain SCOFF activities she would need assistance from one or more co-convenors in Scotland. She subsequently recruited us, Sue Gregory (University of Edinburgh) and Debra Gimlin (University of Aberdeen). As part of our role as co-convenors, we have since organised numerous seminars and

lunchtime presentations (on subjects ranging from obesity to organics to food access in the Scottish Isles) and have maintained SCOFF's work with CFHS (through membership on its steering group, participation in its annual networking conference, and contribution to Fare Choice).

While we have enjoyed acting as co-convenors, Sue's retirement means that her time helping to organise SCOFF will soon come to an end. And although Debra is happy to share the role of co-convenor with someone new, she would be equally pleased to stand down to let 'new blood' reinvigorate the group. The new co-convenor, who should be a BSA member (from any category, including students), will need to be based in Scotland and bring enthusiasm to galvanising the membership to meet regularly and organise themed seminars and events.

## Scoff

If you are interested or would like to find out more, please contact Wendy Wills (w.j.wills@herts.ac.uk), Sue Gregory (s.gregory@ed.ac.uk) or Debra Gimlin (d.gimlin@abdn.ac.uk) as soon as possible.

We would hope that the new co-convenor (or convenors – the role could be shared by more than one person) would take on this role by mid-2009. New members are also very welcome (!), as are participants in the 2010 conference.

The 'Food, Society and Public Health' conference will take place at the British Library Conference Centre in London on 5 and 6 July 2010. This conference will explore 'the interface between food, society and public health through a sociological lens.'

Food systems and eating practices are changing in response to the worldwide economic downturn and growing environmental concerns. This raises many questions, including: How are people responding? Are families passing on food skills and knowledge in a bid to 'pull together' and cope with change? Are food systems becoming more sustainable?'

Academics, practitioners, policy makers and other research users are encouraged to come together to explore these themes over two days. Numbers are limited to focus discussion.

If you are interested in submitting an abstract please see important dates below:

Friday, 29 January 2010 - deadline for submission of all abstracts

Monday 8 March 2010 - notification to presenters regarding acceptance

Monday 7 June 2010 - registration deadline for presenters

**Further details are available from:**  
[www.britisoc.co.uk/events/food](http://www.britisoc.co.uk/events/food) or  
[www.food-study-group.org.uk](http://www.food-study-group.org.uk)

## Take Stock

### Barri Grubb at Pilton Community Health Project

Pilton Community Health Project (PCHP) was established in 1984 and works to tackle health inequalities faced by the local community of north Edinburgh. PCHP uses a community development approach to support local people to identify and address issues that affect their health.

A range of local resources have been developed in response to local needs in relation food and nutrition. The Barri Grubb Food Project was developed from a local food co-op run by local women to provide improved access to good quality food in the area. From these humble but necessary beginnings the project has grown, is now funded by NHS Lothian, and offers a range of services:

- **Barri Grubb shop** sells fresh fruit, vegetables, milk, cheese, fresh bread, dried goods, cereals and lots more at affordable prices. The shop is open Monday to Friday and attracts continuous custom throughout the day.
- **Food deliveries** - Barri Grubb offers a free delivery service to local groups, schools, organisations and businesses. Its delivery van is decorated with the project logo and is well-known in the area. This service is also free to anyone living in the north of Edinburgh area.
- **Food stall at community centres** – small stalls at a variety of local venues. This service is an opportunity for Barri Grubb to provide access to food and fresh produce to a range of customers far and wide in north Edinburgh. Some of these are run by local volunteers with Barri Grubb providing equipment such as scales, a till and a small float as well as produce on a sale or return basis.
- **Healthy Start vouchers outlet** – vouchers can be exchanged in the Barri Grubb Shop for fresh fruit and vegetables, and liquid milk. Local parents have said that they often prefer to use the vouchers at their shop as they feel the service is more personal and less public as in other local shops.
- **Food and nutrition** – Barri Grubb offers a range of workshops in the local community from taster sessions to cooking classes covering all groups and across all life stages. The taster sessions are very popular with children and having fun with food is emphasised and encouraged throughout these sessions. The project also has a range of nutrition and healthy eating information and recipe leaflets

on offer and can answer many queries that local people might have about healthy living.

- **Volunteers** – Barri Grubb works with and relies on volunteers to help develop and deliver the services that the project offers to the local community. It is estimated that volunteers give around 60 hours of their time per week to PCHP as a whole which works out about £35,000 worth of time per year. Their contribution not only benefits services provided and the local community but is also of great value to the volunteers themselves.



## Partnership

Edinburgh Community Food Initiative (ECFI) is a city-wide, community-based charity working to break down health inequalities and works throughout the city to help address the barriers to better health through good diet. ECFI is a key partner in Barri Grubb's work, supplying fresh produce which is distributed daily by the project throughout its services. This partnership is becoming increasingly closer and is enhanced by working together on various parts of its work activities.

## Development work

In addition to the services currently provided by Barri Grubb, a range of future activities are being developed:

**Food mapping** – a 'Food Mapping Report' was completed in September 2008 covering the north Edinburgh area. A student is currently developing a tool from the report that can be used to talk to local people about where they can access food in their local area. From this Barri Grubb has aspirations to work with local shops to assist them develop their local

food provision. The project is exploring potential partners to support this work.

**Geographical coverage** – to build on the provision of local stalls, Barri Grubb is developing outreach activities to enable improved access to fresh produce across more areas in north Edinburgh e.g. food co-ops. Some community venues that are being explored to host food co-ops could also increase local engagement with their services from more local groups such as: young people and youth groups taking part in cooking classes; and older people accessing food co-ops and food delivery service.

**Tuck shops** – Barri Grubb is working with local schools to promote healthy eating by working with them to develop healthy tuck shops. It is progressing this work with a grant received from the CFHS annual grant scheme 2008/2009. This involves sourcing products for sale in tuck shops and developing training to provide to the schools on how to run the shops, use tills, manage stock and so on.

**Cookery classes** – Barri Grubb is continually looking for opportunities and receiving requests for cookery classes. It is developing these opportunities all the time by identifying and responding to need where

possible, as they are fundamental to attracting and sustaining involvement in the project as well as helping to address local health needs.

**Partners** – the project is continuing to develop work with local partners to build on increasing its engagement with local people as well as prioritising vulnerable groups.

**Families** – developing work with family groups using food as a vehicle to support families and healthy lifestyles.

## Social enterprise

Barri Grubb is exploring funding to develop social enterprise into its work. This involves looking at income-generation activities in the area and with local agencies such as the local authority.



## Scottish Grocers Federation Healthy Living Programme

Barri Grubb, alongside approx. 80 other community food co-ops, has been involved in a pilot project run by CFHS to roll out the Scottish Grocers Federation (SGF) Healthy Living Programme for members of community food co-op networks and outlets in areas of Scotland. This roll-out has involved training sessions and the use of resources, materials and display stands in food co-ops. The training and resources have been of great benefit to the shop. As a result of having been involved in the SGF programme, Barri Grubb is exploring working with local shopkeepers. Barri Grubb feels the programme has potential benefits in low-income areas and hopes that its reach will be widened to those that need it most, especially communities in north Edinburgh.

## Engaging people and evaluating impact

Barri Grubb staff and volunteers regularly report on the activities they provide and the impact of their services is evaluated. The development of widespread services in north Edinburgh means that Barri Grubb is very prominent in the community and enables the project to be in constant dialogue with local people. This engagement is very valuable all round and the project is able to measure its impact continually through one to one discussion and in small groups. When measuring impact, Barri Grubb is very focused on finding out how the local community has progressed and what changes they are making to their lifestyles. Many of these sessions are interactive and use 'smiley faces' and other visual approaches to involve people in discussions. In response, it has received feedback on how food activity is improving local wellbeing through confidence-building, and feeling more secure around food and food-related activities. This is also helping local integration and increasing the support that communities have for each other.



## Challenges

As with many organisations, the changing funding environment is providing lots of challenges for Barri Grubb. It is taking recommended actions necessary to promote and highlight its work and the difference it is making a difference in the local community. However, similar to other organisations this requires capacity which is often over stretched by providing existing and ongoing services on a day-to-day basis.

Barri Grubb continually aspires to respond to many requests from others wanting to engage their services. Access to an Edinburgh Food and Health Training Hub being discussed and developed by Edinburgh Food and Health Task Group is a facility that could greatly benefit Barri Grubb. For example Barri Grubb could support local youth workers to

train in REHIS Elementary Food and Health courses so that youth organisations in the area could run their own activities. This activity would help Barri Grubb respond to more requests for providing activities than it is currently able to do.

Barri Grubb recruits and involves many vulnerable people and groups in their activities. Maintaining this activity as well as

sustaining changes to wellbeing is an ongoing challenge. Barri Grubb is very active in reviewing what it does to improve how it works with people.

In 2009 Pilton Community Health Project will celebrate 25 years of work in north Edinburgh. This achievement shows how embedded and fundamental the project and the services it provides, including the Barri Grubb Health Project, is in north Edinburgh.

**For more information about the project visit [www.pchp.org.uk](http://www.pchp.org.uk) and follow the links.**

### West Lothian 'weans the weans'

Last year, the Blackburn Early Years Action Group used funding from the CFHS small grant scheme to develop a weaning support project for parents with babies in the local area. The group, a partnership of local organisations working in the Early Years sector, found that some of the parents they work with required support with weaning. Some of these parents were weaning their babies too early, because they had received conflicting advice from family members or were unaware that weaning advice has changed in recent years.

The group also wanted to show parents how they could prepare affordable healthy baby food by blending and preparing it themselves. It delivered three sets of weaning courses, consisting of four workshops each and around a dozen parents were invited to each of these. Health centre staff and other local workers identified families who had young babies who might require some weaning support. The informal workshops provided a mixture of theory and practical hands-on teaching. Parents who completed the course were given blenders and ice cube trays so that they could continue making foods at home. The group also ran 'roadshows' at local nurseries and baby clinics to give weaning advice and food tasters to parents as well as chat to them about the workshops. They also bought a selection of books on healthy eating for children that parents could borrow.

The group found that it took some time and the use of a range of approaches to engage with parents and encourage them to attend the workshops. Evaluation showed that taking the roadshow to venues where parents were likely to be worked well for encouraging some parents to attend. Some responded well to receiving a personal invitation. However, other parents needed encouragement from those who had already completed the workshops. The group found that by the time it ran the third set of workshops, they achieved full attendance. The group believes this is partly the result of previous attendees acting informally both as advocates for the workshops and healthy weaning in general. Parents who have completed the workshops reported that they had improved their skills and feel more confident to prepare their own baby foods.

In the future, the group hopes to continue running both the workshops and the roadshows, as it finds these provide the right combination of activities to meet local parents' needs. It will require some funding to provide a crèche for the workshops, but otherwise has the equipment and staffing levels required to deliver this service. The group also hopes to develop workshops and events on 'food for under 5s' as this was something that parents said they would find useful.

**For more information on the wean the weans project contact Tansy Moir, 01506 777184, or email [Tansy.moir@westlothian.gov.uk](mailto:Tansy.moir@westlothian.gov.uk)**

**Also see Team Talk for information on a new CFHS publication on Early Years work.**



### Fun, food and activities workshops

In April 2008 the Scottish Association for Mental Health Outreach service was awarded a grant from the CFHS Food Health and Homelessness Capacity Building Fund. Outreach used this grant to fund **Fun, Food and Activities Workshops** (from April to December 2008). These workshops were developed in response to Outreach clients who were homeless, in Glasgow, wanting to become more involved with their local community, develop confidence and improve their cooking skills, and to increase awareness of health and wellbeing. The workshops consisted of eight healthy eating taster days which were delivered in connection with complimentary workshops such as walking, tai chi, drama and music. This holistic approach to health improvement has proved to be very successful with this target group. In order to deliver the workshops, Outreach worked with a variety of other organisations such as Glasgow City Council Culture and Sport, East End Healthy Living Centre, Hidden Gardens and Theatre Nemo. In addition to improving the confidence, skills and awareness of participants, the workshops also aimed to address some specific issues experienced by this group. This included doing some physical activity to help participants make the connection between improved physical health and improved mental health. The workshops also provided information resources about healthy living and different services, such as stress management and GP referrals, in order to encourage participants to make the first step to approaching relevant agencies.

The workshops proved to be very successful, with participants enjoying the opportunity to learn about healthy eating and to consider the health information they received. As a result, some participants have developed the confidence to engage with their GPs, some have joined different classes offered within the community and one participant is now attending college part-time. The benefits also extend to some staff within the project who acknowledged their own eating habits and the need to improve their diets. As a result of the project Outreach are continuing to develop relationships with the organisations they have worked with and they are supporting other clients to access local community and national projects.

**For further information contact Sabine Bunte on 0141 222 6540 or by email at [sabine.bunte@samh.org.uk](mailto:sabine.bunte@samh.org.uk)**





## **The Food Train is going national ... would you like to come onboard?**

Thanks to support from the Scottish Government, the Food Train is currently looking to transport the benefits of its service to other parts of Scotland.

The Food Train, a registered charity, voluntary organisation and social enterprise, provides a low-cost grocery shopping delivery service to older, housebound and disabled people living throughout Dumfries and Galloway. In doing so, this vital service supports people to live independently in their own homes and communities for as long as possible, while positively impacting on their mental wellbeing through increased social contact.

From April 2009, the Food Train's newly appointed National Development Officer, based in Glasgow, will be working to identify those areas of Scotland demonstrating greatest need and support for the establishment of local Food Train branches. During the initial phase of development, there are plans to develop a minimum of three new Food Trains throughout Scotland between 2010 and 2013.

**If you would like to see the establishment of a Food Train in your area during the early stages of development, or would simply like further information, contact Gaynor Kingsman, National Development Officer, on 07545 925513 or email [gaynor@thefoodtrain.co.uk](mailto:gaynor@thefoodtrain.co.uk)**

## **A way forward for Glasgow**

In March, EKOS Ltd completed a scoping study on options for collaborative working in Glasgow. Commissioned by CFHS, the study includes information about the range and scale of community food and health work in Glasgow and the potential for collective action. It discussed three options for collaborative working for Glasgow-based groups involved in community food and health work, including establishing a food distribution hub in Glasgow. The scoping study's report can be downloaded from the Publications Library of our website.

The scoping study was produced with the support of and input of members of Glasgow Community Food Network. Twenty-three representatives from community food initiatives, Community Health and Care Partnerships, Glasgow City Council, Community Planning and other interested organisations attended the Network meeting on 22 April to hear about and discuss the scoping study and its options. It was a very positive meeting, with everyone agreeing that setting up a Glasgow hub was the preferred option and should be explored further.

**To find out about the next meeting, or for more information about the Network, please contact Greig at North Glasgow Community Food Initiative on 0141 558 2500.**

# News

## Success for Urban Roots

Urban Roots is an environmental community-based organisation situated in Toryglen, southeast Glasgow. It was recently successful in receiving funding from the Climate Challenge Fund for a two-year project, amounting to around £135,000.

The project, Toryglen Transitions, kicked off officially on 1 April and will have three main elements. First and foremost it will be expanding its community gardens (five in the area) to create more space for growing fruit and vegetables. Local volunteers come each week to help out in these community market gardens and they will be able to take their share of the produce away with them. Any surplus (and it is intending to have a surplus) will be sold at low, affordable prices through its newly set up Fruit Barra. This will help to reduce carbon emissions by cutting what is known as 'food miles' by providing local food for local people. Already there are potatoes, spinach, peas, beans, courgettes, onions, carrots and much more on the way to harvest.

*The way we eat has a huge impact on the global environment and climate change, from imported crops and products causing excess carbon emissions through to industrial agriculture causing biodiversity loss and soil erosion. Buying and eating locally grown produce can make a massive difference to our own personal eco-footprints, so our ultimate aim in Toryglen is to get everyone growing fruits and veg on every available bit of space! Maybe we won't achieve that in the next two years, but it's certainly a vision for the future. ”*

The second element will be community-wide eco-footprinting, where it aims to survey 10% of Toryglen households, looking at energy and water consumption, how often the car is used, how many flights are taken, etc. Once this is established, it will lead on to the third element, a structured environmental education and climate change education programme with local community groups and businesses, with the aim of putting together a sustainable development action plan which they hope everyone in Toryglen will sign up to.

You can visit [www.urbanroots.org.uk](http://www.urbanroots.org.uk) for more information or contact them on 0141 613 2766, email [projects@urbanroots.org.uk](mailto:projects@urbanroots.org.uk).

**For full details of how to apply to the Climate Challenge Fund, telephone the grant administrators Keep Scotland Beautiful on 10786 471 333 or email [ccf@ksbscotland.org.uk](mailto:ccf@ksbscotland.org.uk). More information about the fund can be found at [www.ccfalliance.org.uk](http://www.ccfalliance.org.uk)**

## Retail in rural regions

A transnational collaboration project has been launched to improve service quality and availability in small communities by supporting the survival, development and growth of rural retail shops. The Community Retailing Network (CRN) is a partner in this three-year project, which is partially funded by the Northern Periphery Programme (NPP) and the European Regional Development Fund with national match funding from Consumer Focus Scotland. CFHS and the Co-operative Group are providing support.

As part of the initial phase, CRN is looking for rural retailers to participate in a mapping exercise to help ensure that the project meets the needs of rural shops and communities as well as developing tailor-made support for future work.

**For more information and to find out how you can take part, contact Kirsty MacColl on 0845 2178978 or email [info@communityretailing.co.uk](mailto:info@communityretailing.co.uk)**

## More Than Just Gardening study tours

Trellis and the Federation of City Farms and Community Gardens (FCFCG) are inviting policy makers, funders, heads of department, service managers/seniors and practitioners to join them on 30 June 2009, to learn more about the inspiring variety of work that takes place at community and therapeutic gardens in the Glasgow area.

Trellis and FCFCG are programmes that promote healthy eating and physical activity, mental wellbeing, education work with schools, accredited training in basic skills and horticulture, social enterprise schemes, environmental volunteering and sustainable projects. These gardens work with adults with learning disabilities or mental health problems, retired and unemployed people, BME communities, young people, people with physical disabilities and those recovering from drug or alcohol dependency.

**For more information and to book a place, please email [naomi@farmgarden.org.uk](mailto:naomi@farmgarden.org.uk) or phone 0131 623 7058 as soon as possible.**

## Conference on food and health

The University of Glasgow has a merited reputation for organising very informative conferences around food and health. On October 29 a one-day conference will be held in Glasgow's west end, covering everything from obesity and mental health, childhood obesity and food poverty to vitamin D, dietary phenols and trans fats.

# News

More information on the conference is available from [www.gla.ac.uk/departments/developmental/cpd/newcourses/](http://www.gla.ac.uk/departments/developmental/cpd/newcourses/)

The organisers have kindly donated CFHS a free place at the event and anyone interested should write to us asap, explaining why they would like to attend.

## Pilotlight Scotland

Are you looking to grow and develop? Do you have big plans and ambitions for your organisation, but would like some help in getting there?

Pilotlight Scotland provides a free strategic planning and skills development service to charities and social enterprises by matching them with senior members of the business community. Some of Pilotlight's first wave of projects are now coming to an end and they are now looking for additional organisations to work with.

For more information visit [www.pilotlight.org.uk](http://www.pilotlight.org.uk)

## Behind the headlines

If you have ever wondered about the facts behind news stories in the media about scientific research and health claims, the NHS provides a very useful online service, Behind the Headlines.

This service aims to respond to news stories by: explaining facts and giving a better understanding about the science reported; providing a reliable source of information for health professionals and others; and providing a trustworthy resource for journalists involved in writing health news.

This resource can be accessed at [www.nhs.uk/News/Pages/NewsArticles.aspx?TopicId=Food%2fdiet](http://www.nhs.uk/News/Pages/NewsArticles.aspx?TopicId=Food%2fdiet)

## The Secret Millionaire Fund

A new funding scheme has been launched by the Big Lottery Fund in partnership with the TV programme, the Secret Millionaire. Applicants can nominate a community project that could benefit from funding or apply directly themselves. Grants of £300-£10,000 are available and applications close on 21 December 2009.

For more information about the fund and eligibility visit [www.biglotteryfund.org.uk](http://www.biglotteryfund.org.uk)

## Realise Mentoring

The Realise Mentoring programme provides mentoring support to leaders of third sector organisations that have aspirations to grow, diversify income streams and become more sustainable. Mentors are experienced business people with a wide range of expertise and an understanding of the third sector. Organisations included in the programme will be matched with a mentor who will work with them for up to 12 months.

For more information visit [www.realisementoring.org.uk](http://www.realisementoring.org.uk) or tel 0131 221 3197.

## Gardening Scotland

Once again, a number of community food and health projects involved in community gardening promoted their work at Gardening Scotland, Scotland's biggest gardening show, held near Edinburgh from 29 to 31 May. Staff and volunteers from Fife Community Food Project, the Children's Orchard and East Lothian Roots and Fruits spent a day each at the CFHS stall in the Living Garden area of the show. In addition, Rosie from Roots and Fruits and Sue from CFHS gave a presentation about community food and health activity in Scotland in the Beechgrove Garden tent to an appreciative audience.

The Healthier Scotland Cooking Bus was also at Gardening Scotland, with families from Edinburgh Community Food Initiative's Little Leithers project, and members of Bridgend Allotments Community Health Project taking part in some of the cookery sessions run throughout the show's three days.

## Cooking bus on the road

The Healthier Scotland Cooking Bus has been providing its unique service to schools and communities across the country since its launch a year ago. If you have not yet seen it, take the chance to pay it a visit when it is at one of a number of national events over the summer. It is expected that a great number of visitors to this year's Royal Highland Show (June 25-28) will be impressed. It is also hoped that the bus will make an appearance at one of Scotland's major multi-cultural events, the Edinburgh Mela, in August.

At this year's Scottish Learning Festival, to be held in Glasgow's SECC in September, there may even be an opportunity for teachers to get taught a lesson on the bus. Keep an eye on [www.ltscotland.org.uk/slf](http://www.ltscotland.org.uk/slf) for details.

# Publications

## **Cooking bus on the road continued...**

If you would like to know more about the bus and how to apply for a visit, have a look at [www.focusonfood.org/cookingbuses.html](http://www.focusonfood.org/cookingbuses.html) or phone Joanne Johnstone, the Cooking Bus Programme Co-ordinator, for a chat on 01422 383191. Joanne is particularly keen to hear about potential applications that join up local schools with community activity.

## **Edinburgh in action**

“The community and voluntary sector have a major role to play getting through to those who are hardest to reach.”

Shona Robinson, Minister for Public Health

Scotland’s Minister for Public Health addressed key stakeholders when Edinburgh Food and Health Task Group launched its Food and Health Action Plan for

the city at the end of March. The aim of the action plan is, “to develop a strategic approach to tackling food and health inequalities, increase opportunities to share good practice and network across all sectors, and increase knowledge and skills to promote healthier and safe food choices within priority groups/geographical areas”.

**A report on the day is available from [www.nhslothian.scot.nhs.uk/](http://www.nhslothian.scot.nhs.uk/)**

## **South Kintyre focuses on food**

An interesting exploration into what can happen locally, from a very different part of the country, is the South Kintyre Local Food Feasibility Study, part of a longer-term goal to increase and promote local produce in Argyll and Bute.

**The 70-odd page report can be downloaded from [www.ccoq.org.uk/downloads/reports/South\\_Kintyre\\_Local\\_Food\\_Feasibility\\_Study\\_2008.pdf](http://www.ccoq.org.uk/downloads/reports/South_Kintyre_Local_Food_Feasibility_Study_2008.pdf)**

## **Rhubarb**

‘Rhubarb’ is anything but a fair description of the content of the new magazine from the Local Action on Food Network. Local Action on Food is a new network, coordinated by Sustain: the alliance for better food and farming, which aims to link together those that are passionate about and committed to a more local and sustainable food system. Highlighting crucial policy issues alongside inspiring practice, Rhubarb is sent out quarterly to all network members.

Details of other benefits of becoming a member, from seminars to e-networks, and a downloadable membership form are available from [www.localactiononfood.org](http://www.localactiononfood.org) If you would like to be part of the network or have any queries, or would like a free trial copy of Rhubarb, then please email [polly@sustainweb.org](mailto:polly@sustainweb.org).

## **New recipe book**

Scottish Churches Housing Action recently launched a new recipe book at the Wayside Centre in Glasgow. ‘Cooking for One’ includes nutrition and budgeting tips as well as a range of tasty, affordable and illustrated recipes. All the recipes have been tried and tested by the participants that the organisation supports. The book will be included as part of the ‘starter packs’ that the organisation distributes to those who have experienced homelessness and are who are preparing to move into a new tenancy. The book is for sale at £6.50 a copy and discounts are available for bulk orders.

**To find out more or order the book, please contact Elodie Mignard 0131 477 4556 or email [elodie@churches-housing.org](mailto:elodie@churches-housing.org)**

CFHS has a limited quantity to give to Fare Choice readers in Scotland. Contact Alice if you would like to receive a copy.

**For more information on Scottish Churches Housing Action visit [www.churches-housing.org](http://www.churches-housing.org)**



# Diary

## JUNE

### **NHS Scotland event 2009: working together for a healthier Scotland**

**Tuesday 16 June 2009 • SECC, Glasgow**

More info:

[www.nhsscotlandevent.com/cci/cci\\_display\\_nhsse.jsp?pContentID=2886&p\\_applic=CCC&p\\_service=Content.show&](http://www.nhsscotlandevent.com/cci/cci_display_nhsse.jsp?pContentID=2886&p_applic=CCC&p_service=Content.show&)

### **The Missing Ingredients**

**Thursday 25 June • Scottish Storytelling Centre, Edinburgh**

More info: [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

### **Royal Highland Show**

**25 - 28 June • Ingliston, Edinburgh**

More info: [www.royalhighlandshow.org/](http://www.royalhighlandshow.org/)

## SEPTEMBER

### **Public Health Information Network for Scotland annual seminar**

**Friday 04 September 2009 • Glasgow Royal Concert Hall**

More info:

[www.scotpho.org.uk/home/resources/phins/PHINS\\_seminar\\_sept\\_09.asp](http://www.scotpho.org.uk/home/resources/phins/PHINS_seminar_sept_09.asp)

### **Participatory Appraisal workshop**

**Monday 07 September 2009 • University of Edinburgh**

More info: [www.lifelong.ed.ac.uk/cpd/courses/geosciences?Course=K1602](http://www.lifelong.ed.ac.uk/cpd/courses/geosciences?Course=K1602)

## OCTOBER

### **CFHS annual networking conference**

**Thursday 22 October • Carnegie Conference Centre, Dunfermline**

More info: [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

### **Glasgow University Food and Health conference**

**Thursday 29 October**

More info: [www.gla.ac.uk/departments/developmental/cpd/newcourses/](http://www.gla.ac.uk/departments/developmental/cpd/newcourses/)

## NOVEMBER

### **Faculty of Public Health Scottish National Conference: Public Health in a Change of Age**

**Thursday 12 November 2009 • Two day event to be held at Peebles Hydro**

More info: [www.publichealthconferences.org.uk/fphevents/default.php](http://www.publichealthconferences.org.uk/fphevents/default.php)

# Contact

**Bill Gray**

National Project Officer

**Kim Newstead**

Development Officer

**Geraldine O'Riordan**

Development Officer

**Anne Gibson**

Development Officer

**Sue Rawcliffe**

Development Officer

**Katrina Reid**

Development Officer

**Alice Baird**

Admin/Information Officer

**Rita Campbell**

Administration Assistant

CFHS

c/o Consumer Focus Scotland

Royal Exchange House

100 Queen Street

Glasgow

G1 3DN

Tel: 0141 226 5261

Fax: 0141 221 9695

[cfh@consumerfocus.org.uk](mailto:cfh@consumerfocus.org.uk)

[www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)