



farechoice



The quarterly newsletter for Community Food and Health (Scotland)

Issue 51 March 2010

Routes, recipes and the recession

In a policy-rich environment, food has never been as prominent on the political agenda. Plans to tackle obesity and maternal and infant nutrition (see page six) alongside an overarching National Food and Drink Policy (see page two) and related policy issues such as climate change (see page twelve) are very welcome attempts to address key national concerns.

The challenge for policymakers, planners and funders is how to cope with genuine financial pressures and competing priorities, and avoid being diverted from delivering

local and national aspirations for a more accessible, healthier and sustainable diet.


An even bigger challenge is for community food initiatives to plan and deliver in an atmosphere of increasing demand on their services alongside uncertainty around their capacity to respond.

The biggest challenge of all, however, remains with the most disadvantaged and excluded members of Scottish society who have the greatest need of, and most to gain from, well-planned, efficiently performing, and adequately supported community food initiatives.

This edition of Fare Choice highlights all the important policy developments, alongside no shortage of activity at community level, exemplifying the reach (see Moray older peoples' survey, page five), imagination (see Love Food in Dumfries and Galloway, page eight) and impact (see Early Years Self-evaluation Collaborative, page five) that will be so important in ensuring that the community and voluntary sector continues to be in a position to deliver national and local priorities in very difficult financial circumstances.



Image from Burnfoot Primary School, one of the groups who took part in the Early Years Self-evaluation Collaborative (see page five).



In the last edition of Fare Choice we hid some golden tickets for some lucky readers to win £50 gift tokens to celebrate our 50th edition. Congratulations to Autism Initiatives in Edinburgh and the Maternal and Infant Nutrition Team at NHS Ayrshire and Arran for finding two of the golden tickets. Also congratulations to Linda Docherty at the Volunteer Centre Clackmannshire who correctly answered our quiz questions and won a £25 book token.

In this edition:

“I’d say go for it – there’s nothing negative about it, and it certainly can’t do any harm to try for the award.”

Two community cafés describe their experiences of registering for the healthy living award (page nine).

About us . . .

Our overriding 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 sections 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.

CFHS is funded by the Scottish Government and based within Consumer Focus Scotland.

What's cooking?

Spotlight on a hot topic.

Last summer, Scotland's National Food and Drink Policy, Recipe for Success, promised a 'refocused' leadership forum "to set specific, measurable and meaningful targets and ensure that all elements of the food and drink chain, including wider environmental and health interests, are involved in driving the policy forward."

Since then a broad range of individuals have been recruited to take forward this task (you can visit www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy/leadership-forum/members-forum for the full list).

CFHS has asked two members of the leadership forum to describe what they feel they bring to the forum, and what they would most like from it.

Marieke Dwarshuis is the recently appointed Senior Director of Consumer Focus Scotland (www.consumerfocus.org.uk/scotland). CFHS is part of Consumer Focus Scotland, a statutory organisation campaigning for a fair deal for consumers.



"I have recently taken up post as Senior Director of Consumer Focus Scotland, and have been introduced to areas of work that until now I have only had a personal, but no professional interest in: food policy is one of these. My previous work has been in the voluntary sector (with Citizens Advice Scotland and Shelter Scotland) and with the Scottish Government (working on financial inclusion and on legal aid and advice), as well as working for a regulator (the Office of the Scottish Charity Regulator). I can therefore bring experience and insight of the different perspectives that are present in any policy development and implementation of new initiatives, and I hope that will make up for my (as yet) lack of in-depth knowledge of food policy!"

"In joining the Food and Drink Leadership Forum in my role as Director of Consumer Focus Scotland, I look forward to a national food and drink policy that clearly addresses the interests of consumers, and in particular those consumers for whom every penny counts, or for whom it is difficult to get access to healthy, fresh, fairly priced food, and those for whom it is difficult to make well-informed choices about food."

"Improving access to essential services is a strategic goal of Consumer Focus Scotland and few things can be as essential as food. Consumer Focus Scotland is committed to working not only on behalf of, but also with consumers, basing all its work on the evidence from consumers' experience, an approach that can only improve any policy development. All Consumer Focus Scotland activity is expected to be high impact, innovative and in touch. I can't think of three better terms that we should endeavour to apply to Recipe for Success."

Marieke Dwarshuis

Dave Simmers will be familiar to many Fare Choice readers. He is Chief Executive of Community Food Initiatives North East (www.cfine.org) and was heavily involved in the development of the policy.



“I was delighted when the Cabinet Secretary invited me to join the Food and Drink Leadership Forum as the ‘Champion of Affordability and Access’. The group had a broad membership representing the range of interests and perspectives vis a vis food in Scotland. What I particularly hoped was to ensure that the community food movement, in all its breadth, and within this, social enterprise, where we are truly taking increased control over our destiny, were represented within the Policy. I believe this was achieved and, in the process, I believe there developed an increased awareness and understanding of both the community food sector and social enterprise, and their potential.”

“I introduced the ‘Triple Bottom Line’ concept, social/economic/environmental considerations and goals, which of course underpin community food/social enterprise developments, into the discussions and this became captured within the Policy, where it is recognised that, for example, economic development which does not take cognisance of the environment and social considerations, is, at best, unsatisfactory. It is this recognition of a holistic approach, underpinned by a commitment to individual and community health and wellbeing which is, in my view, the greatest achievement and strength of the Policy to date.”

“The Leadership Forum is now moving forward to develop an action plan to facilitate the implementation of Recipe for Success; arguably the more important phase of the process and, I believe, evidence of our government’s commitment. My aspiration is that we will achieve a plan for action (words are fine but!!) on the social, economic and environmental aspects of the Policy.”

“We have more in common than we have differences, and in these challenging times, we should all remember that we are stronger together!”

Dave Simmers

Team Talk

An update on our recent / forthcoming work.

CFHS annual small grant scheme opens on 29 April

The grant scheme will be open until 9 July and we aim to give grants to successful applicants by September. Groups and agencies can apply for between £500 and £4000 to develop food activities that will improve access to, or take-up of, a healthy balanced diet within low-income communities. Last year, we awarded grants to 58 out of the 220 applications.

Readers in Scotland will receive a special grants edition of Fare Choice reporting on some of last year’s grant recipients

as soon as the scheme opens.

If you would like extra copies to give to colleagues or groups, or to give out at local events, please contact Alice as soon as possible and we will try to provide what you need. Alternatively, please consider encouraging colleagues or community groups to sign up for Fare Choice, so that they can hear about the grant scheme as soon as it opens. **They can sign up on our website or contact Alice.**

Community engagement courses

Later this year CFHS will

be running two-day training courses for individuals working in the food and health sector to learn about how to reach and engage with groups and individuals, particularly those considered ‘hard-to-reach’ or ‘rarely-listened-to’. The training will include practical ideas and activities about engaging with groups and increasing participation. **Contact Kim if you would like to be sent information about the courses, which will be run in two different areas of Scotland.**

Please note that full and updated details on all the following, as well as relevant publications and booking forms are available from the Current Work section of our website.

Evidencing our outcomes – celebrating our contribution

CFHS is currently planning an exciting opportunity for community food initiatives to come together for 'Evidencing our Outcomes – Celebrating our Contribution'. This 24-hour event will be held on 15/16 April at New Lanark. The event will be the start of a journey to further evidence and celebrate outcomes from the work of community food initiatives.

How can you sell more fruit and vegetables?

Following a £1.3 million three-year investment, the Scottish Grocers' Federation Healthyliving Programme will be stepping up its work with Scotland's convenience stores. Visit www.scotland.gov.uk/News/Releases/2010/02/26170030 for more information.

In order to ensure community-run outlets gain from support, CFHS and the Scottish Grocers Federation's Healthyliving programme are offering food co-ops and outlets the chance to benefit from the programme's training and resources. Groups that took part in last year's pilot told us that it helped them increase the amount of fruit and vegetables that they sold and reduce the amount of produce that they waste. If you sell fruit and vegetables in your community, do not miss this year's programme.



Are you selling fruit and vegetables in hospitals or health centres?

In early January, CFHS hosted a roundtable discussion about food co-ops and stalls operating in hospitals and health centres across Scotland. This meeting was very successful, with people attending from Dumfries & Galloway, Aberdeen, Forth Valley, Edinburgh and Lanarkshire. A short report from the discussion describing the successes, challenges and ideas for best practice is now available. **Anne and Katrina are interested to hear from anyone else who is involved in similar work and would like to share their learning.**

Community food sector as a key contributor to health

In the last edition of Fare Choice we asked you to let us know about how you feel you are contributing towards national priorities and outcomes. Many thanks to everyone who responded, your names were entered into a prize draw and we are pleased to say Shettleston Health Centre has won a free cookery book. **If anyone would still like to respond we would be keen to hear from you.**

Join us at Gardening Scotland 2010

Does your group run a growing project? Would you like to showcase your work at Scotland's biggest gardening show?

CFHS is looking for three community food groups to share our stall at Gardening Scotland, taking place in Ingliston, Edinburgh on 4, 5 and 6 June. If you would like to take part, please contact Anne for more information.

CFHS is also giving away three pairs of tickets to community food groups that would like to go to the show. The three lucky groups will be drawn from all the groups that apply. **If you want your group included in the draw, contact Anne.**

Food and health work in black and minority ethnic communities

REACH Community Health Project is in the final stages of finishing its research into community-based food and health work among black and minority ethnic communities across Scotland. Interviews with 70 organisations have identified a wide range of food-related work taking place with minority ethnic groups and also substantial unmet need. Organisations said that they would welcome more networking opportunities, training and information tailored to working with BME communities. They also highlighted the fact that, "the sector has the expertise to do sustained work, but is constantly hampered by a lack of recognition and sustained funding".



Focus on food services for older people

Despite the snow, CFHS and Consumer Focus Scotland hosted a very successful roundtable discussion looking at food services for older people on 25 February.

Representatives from a range of government, local authority, health, care and older people's organisations shared their experience of the issues older people in Scotland face in accessing affordable, healthy food of their choice.

The discussion will inform future work by both CFHS and CFS.

Moray older people's survey on food and related issues

Community First (Moray) has completed its research with 100 older people across Moray. The report provides a detailed picture of issues of concern to older people in terms of shopping, food preparation and using food services.

Key findings from the survey are that:

- 76% of people interviewed report some problems with shopping for food. 51% of those interviewed need help with their shopping and 31% of these cannot always get the help they need.
- 77% of interviewees have a hot meal every day and 20% nearly every day. Of concern are the three people identified in the survey who only have a hot meal once or twice a week.
- Food services such as lunch clubs and meals on wheels that also involve volunteers provide an added social element that is highly appreciated by older people.

Contact Sue if you would like more details.

Community based mental health organisations - training funds

Applications for funding have now closed. We have had applications from a range of organisations to support staff and volunteers take part in food, nutrition and health training. **If you missed out on this round of funding, but would be interested in information on any future funding opportunities, contact Sue.**

Food and mental health – materials and case studies

CFHS will be working with the Scottish Development Centre over the next few months to produce a joint bulletin on the links between food and positive mental health. This will be distributed to a wide range of organisations in primary care and other sectors.

SDC will look at ways in which food, nutrition, food preparation, gardening and growing link to mental health and well being.

If you are aware of any material relevant to this study or if you are able to provide a case study for the final bulletin, please contact Sue.

Making the Case

The final report from the Early Years Self-evaluation Collaborative was launched at the Engine Shed in Edinburgh at the end of February. Funders and policymakers joined collaborative members to celebrate their work, hear about their experiences and to consider how self-evaluation can be used to inform policy.

Copies are available to download or contact us for a hard copy.

Economic evidence for community food initiatives

Two research studies, exploring economic evidence for The Food Train and Happy Jack, delivered by Edinburgh Community Food Initiative, are now finalised and the learning from this work will be shared in a publication. In addition to this we are continuing to work with NHS Health Scotland, CHEX and Glasgow University. We are organising a round table discussion in April, for groups who have been involved in work around economic evidence, with a view to producing a briefing of frequently asked questions for community and voluntary organisations.

For more information contact Katrina.

Opportunity to become a REHIS Elementary Food and Health tutor

The Royal Environmental Health Institute for Scotland's (REHIS) Elementary Food and Health course is a great introduction to nutrition and its impact on health. The six-hour course has been run all over Scotland, with over six thousand people having taken part so far.

CFHS is keen for more people to have the opportunity to take part in a course, by increasing the number of REHIS Elementary Food and Health tutors based within community food initiatives. We are offering to fund three people to become REHIS tutors. This offer will include meeting the costs of obtaining the Royal Society for Public Health's Diploma in Nutrition and Health and registering with REHIS to become an Elementary Food and Health tutor. **For more information, contact Anne. The closing date for applications is 23 April.**

Policy

Scotland

On course for a healthy weight

“A significant proportion of the changes we need to see will take place at a community level across Scotland. The work of Community Planning Partnerships will be essential in delivering a long-term strategy for obesity prevention.”

On 22 February, the Scottish Government launched a long-term obesity strategy entitled Preventing Overweight and Obesity: A Route Map Towards Healthy Weight. The Route Map, developed in partnership with CoSLA, supports a collaborative approach to making prevention of obesity key to future work. It recognises that the society we live in has in many ways transformed our lives for the better, but at the same time has resulted in serious unintended consequences for many people, resulting in gradual and continuing weight gain.

The Route Map identified four key areas in which action is likely to have the greatest effect – reducing demand for and consumption of excessive amounts of high calorie foods and drinks; increasing opportunities for uptake of walking, cycling and other physical activity; establishing life-long healthy habits in children; and increasing the responsibility of organisations for the health and wellbeing of their employees.

A joint leadership group will be set up to implement the Route Map. Initially this group will identify key milestones to support delivery. Progress against those will be reflected on periodically and will be reported on in 2013. In addition, a national event will take place in 2010 to allow stakeholders from all sectors an opportunity to be involved in helping shape actions that come out of the policies identified in the Route Map.

The Route Map can be downloaded from www.scotland.gov.uk/Publications/2010/02/17140721/0

Maternal Nutrition Policy due soon

Hot on the wheels of a National Food and Drink Policy (see page two) and an Obesity Route map (see above), the Scottish Government's Maternal and Infant Nutrition Strategy, nearing completion, will complement both and should be out soon.

UK

Strategic review of health inequalities in England post 2010 (Marmot review)

“Avoidable health inequalities are unfair and putting them right is a matter of social justice.”

This is described as one of the central tenets of the Marmot Review published in early February. It describes a social gradient in health that sees people in the poorest neighbourhoods in England die, on average, seven years earlier than people living in the richest neighbourhoods. The average difference in disability-free life expectancy is 17 years and 75% of the population do not have disability free-life expectancy to the age of 68, the pensionable age that we are moving towards in the UK.

The review was set up by the UK Government to propose the most effective evidence-based strategies for reducing health inequalities in England from 2010. It sets out six policy objectives requiring action by central and local government, the NHS, third and private sectors and community groups. These include the establishment of a minimum income for healthy living, which covers the level of income needed for adequate nutrition, and action to improve the food environment in local areas across the social gradient.

The review puts the empowerment of individuals and communities at the centre of action to reduce health inequalities and calls for a more systematic approach to engaging communities, 'moving beyond often, routine, brief consultations to effective participation in which individuals and communities, define the problems and develop community solutions'.

For further information visit www.ucl.ac.uk/gheg/marmotreview

Europe

2010 European Year for Combating Poverty and Social Exclusion

Ten years on from the Lisbon and Nice European Councils, which set out a strategy for combating poverty and social exclusion in Europe, 2010 is the European Year for Combating Poverty and Social Exclusion.

National governments across Europe are assessing progress made and the challenges that lie ahead. Full details of the UK national programme and events are available at www.dwp.gov.uk/european-year-2010

Scoff

An insight into the world of research provided by the members of the Scottish Colloquium on Food and Feeding.

Lisa Schubert is an Australian public health nutritionist who has recently completed a PhD using qualitatively driven approaches to better understand household food strategies and dietary practices in family households with working parents. Here she shares some of her findings of that research.

It's about time: an exploration of Australian working mothers' experiences of domestic food work

Over the past decade, much attention in the public health nutrition literature has shifted to a systems approach that sees our foodscape as being responsible for shaping population eating habits and nutrition transitions. While this attention is deserved, it has to some extent discouraged analyses of household responses that are affected not only by foodscapes, but also by place-specific and complex changes in gender roles, work-patterns and family life. As a result, nutritionists' engagement with social policies that shape the distribution of working and family time, and an understanding of how these influence family dietary practices, is limited. 'Solutions' regarding how to eat healthily commonly rely on behaviour going against the tide ('don't eat fast food' and 'cook meals at home'), require considerable investments of time and increase the demands placed on those responsible for domestic food work. The purpose of this research was to investigate the impact of constraints and limitations on time available for domestic food work on women who identified themselves as their household's primary family food providers, to explore the range of strategies adopted as coping mechanisms, and to add to our understanding of what 'convenience' means in this context.

The mainly middle class and professional working women in this study demonstrated how convenience goods and services have functional utility – i.e. they assisted the women in managing limited time, conflicting schedules, multiple responsibilities and changing priorities. They generally dismissed widespread messages – regarding nutrition, sustainability, culinary and food activism – that criticise women for using convenience foods in the face of such challenges.

The households in this study were economically better able than most to adopt convenience goods and services, but did so selectively, such that relevant consumption choices ultimately provided a means for transmitting middle class tastes. These consumption patterns allow the affluent professional classes to maintain their distance from (and continue their critique of) working-class dietary practices involving pre-packaged foods. So, for example, these households were able to purchase 'convenience' in cookbooks produced specifically for a time-poor market, premium meal replacements and pre-prepared ingredients, kitchen gadgetry and food preparation outsourcing that was not available to less affluent households. The women frequently supplemented these marketplace solutions with an extensive list of time-saving behaviours, including shopping in bulk and cooking ahead for future meals, simplifying meal formats, reducing recipe complexity and kitchen multi-tasking.

Seen together, the behaviours of the households in this research were seen to be shaped by a dominant culture that upholds values of personal responsibility for dealing with time scarcity along with a celebration of marketplace solutions. So far there has been little attempt to address this problem in a public health nutrition context in a way that explores alternative solutions that may be more compatible with nutritional equity. A shift in public health nutrition policy towards strategies that are more sensitive to the challenges facing those responsible for domestic food work is now overdue. To this end, ideas have been borrowed from feminist ethics, and particularly a public ethic of care, to frame possible policy responses.

For further information: Dr. Lisa Schubert, School of Population Health, The University of Queensland, Australia l.schubert@sph.uq.edu.au

SCOFF is part of the British Sociological Association's specialist Food Study Group. It is a network for those interested or involved in the sociological analysis of food production and consumption. For further information visit the website www.food-study-group.org.uk.

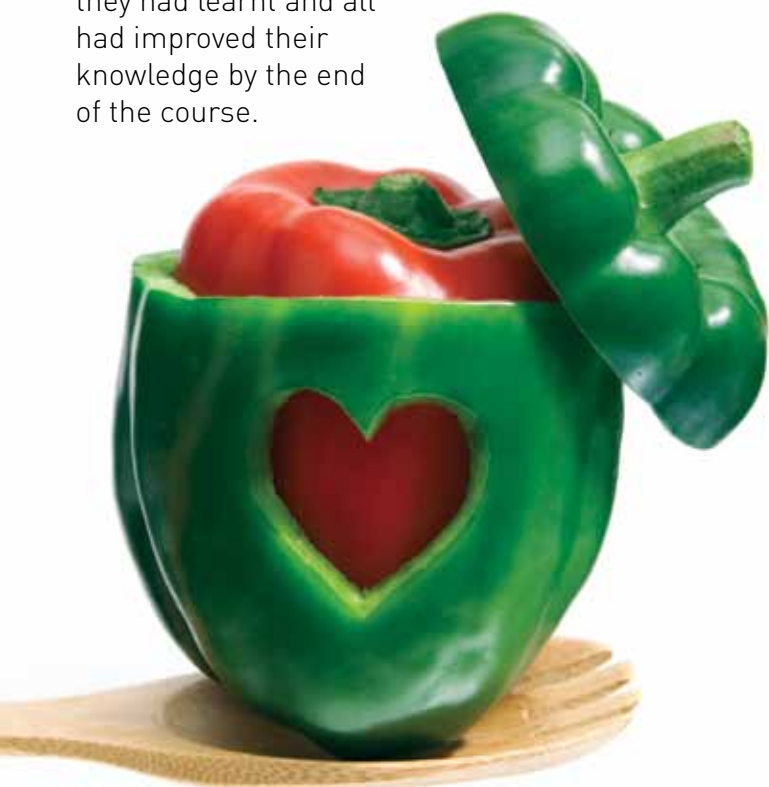
A Flavour of

Community-based food and health activity in Scotland

Learning to 'love food' in Dumfries and Galloway

The 'love food' food and health training course provided 18 people with the skills and confidence to promote a healthy balanced diet based on the Food Standards Agency's 'Eatwell Plate'. Participants came from organisations where they could pass on these skills as part of their daily work, such as those working with people on a one-to-one basis to build their daily living skills. Participants included those working in supported housing and those working in drug and alcohol support agencies. 'Love food' was delivered in three parts over five days: a two-day interactive food and health awareness course, two four-hour cookery skills courses and a one-day accredited Royal Environmental Health Institute of Scotland (REHIS) Elementary Food Hygiene course.

Participants were expected to attend the three parts unless they already had a food hygiene certificate. Although the cookery skills course was not compulsory most participants attended the two four-hour sessions. Complete Weight Consultancy Ltd was commissioned to deliver the food and health awareness and cookery courses. Participants were given a quiz at the beginning and the end of the awareness course to find out what they had learnt and all had improved their knowledge by the end of the course.



A local school provided a home economics department for the cookery part of the course; so all the participants had enough space to take part in hands-on cooking. They learnt to cook both familiar and less familiar affordable meals; took part in 'taste tests' and discussed how to pass on skills to those they support, without passing on their own dislikes. The participants said they learnt a lot on all the courses but many particularly enjoyed the hands-on cookery course. Participants also received a pack and CD containing recipes and information to refer to after they had completed the course to support delivery in the local areas.

Stewartry and Wigtonshire Local Health Partnership led the training and it hopes to run a similar course again in the future, but it will have to address a few challenges first. Some organisations found it difficult to give their staff enough time to attend five days of training. The second challenge is to find adequate funding to deliver the course again in its current successful format. It might teach the six-hour nationally accredited REHIS Elementary Food and Health course instead of the two-day theory course; this would be more affordable and quicker for time-short participants. Good partnership links may have prevented some other challenges; the availability of the school home economics department training kitchens was invaluable. The links with the organisations that sent staff on the course will also enable them to informally find out how participants got on with teaching healthy eating and cookery after the course.

The training was funded by CFHS, Stewartry and Wigtonshire Local Health Partnership and Building Healthy Communities.

To find out more about this course please contact Sharon Walker on 01556 505724, email Sharon.walker4@nhs.net or JulieCurrieon01776707737, email JCurrie@nhs.net

In the next couple of months CFHS will publish a web-based 'Fact Sheet' based on similar cookery and nutrition 'train the trainers' courses and the informal ways that groups prepare those within their organisations to deliver cookery sessions.

If you would like to tell us about how your organisation trains people to deliver healthy cookery, please contact Kim.

Take Stock

Community cafés serve up success with the healthyliving award

Community cafés all across Scotland are finding that many of their customers are looking for healthier options on the menu. And café staff and volunteers are working hard to meet this demand.

You may already have heard of the healthyliving award, or have seen the green apple logo when you are out and about. What you may not realise is that the award is open to catering outlets in the community and voluntary sectors – it is not just for commercial businesses or large organisations.

The healthyliving award, which is funded by the Scottish Government and managed by Consumer Focus Scotland, rewards all kinds of caterers for making it easier for their customers to eat more healthily. To achieve an award, caterers must meet certain conditions that are based on the general principles of a healthy balanced diet. They must also back this up by promoting the healthier options to their customers.

You may already be promoting healthier eating in your café, and could be well on the way to achieving an award. Simple changes, introduced gradually, could be easier than you think, and you can still keep popular dishes on the menu as well.

You can register your catering outlet for free, and you will receive all the help and support you need from the healthyliving award team.

Yoker Community Campus Café

One community café that has embraced the healthyliving award is Yoker Campus Café in Glasgow. The café is run by Momentum Scotland, which provides training and catering experience to people with learning or literacy difficulties.

Café Manager Gerry Mullaney is passionate about providing good healthy food to his customers. He recognises that Yoker sometimes gets a bad name for having a poor diet, and sees the healthyliving award as a good accolade which helps to counter that reputation. He reassures his customers that it's not all lentils and lettuce, and that they don't need to give up their favourites.

Gerry explained: *“The popular dishes can be made in a slightly healthier way, and customers can see and taste the food and decide for themselves what to choose.”*

He continued: *“We already had guidelines in place for our menus and cooking methods, so we didn't have to make too many changes to meet the award criteria. The changes we did need to make were relatively simple ones.”*

“If we came up against any difficulties while working through the process we only had to pick up the phone to get advice from the healthyliving award team.”

The healthyliving award has been incorporated into the training that Momentum Scotland provides to its service users, to help them gain new skills leading towards employment.



The café serves a wide range of customers: local residents, community groups, college students and workers from local businesses. Word is spreading and the café has also started to attract people from outwith the area who have heard it's a great place to eat.

Gerry would heartily recommend the award to other community cafés: *“I'd say go for it – there is nothing negative about it, and it certainly can't do any harm to try for the award.”*



Sunlite Café

Fiona Hamilton had previously worked in a variety of canteens and restaurants where the food was stodgy and healthier options were difficult to come by. Finding herself as a mother of four and struggling to watch her weight, she decided to re-invent the way she cooked at home, and quickly realised the benefits to herself and her family.

When she took over as Café Co-ordinator at the Sunlite Café in Stirling, she completely re-vamped the menus, as she wanted to show people that they could eat a good meal at lunchtime that was healthy and affordable, even for those on very low incomes.

Fiona was the driving force behind the community café going for the healthyliving award. The café is mainly staffed by volunteers who have mental health problems, and gaining the award gave them a real sense of achievement.

As Fiona explained:

“Our group of volunteers had never been put forward for any awards before, but we realised we can do this! They started to have faith in themselves, and were enthusiastic about supplying recipes for the café. When we gained the award there was a real feeling of euphoria!”

She continued:

“We make everything from scratch which allows us to keep within a tight budget while still maintaining a profit margin. The main difficulty we found was in sourcing healthier products and ingredients from our suppliers. Items like low-salt bouillon, for example, we had to get from the supermarket at first. However, by persevering with the suppliers, we finally got them to source the products we wanted.”

Fiona would urge other community cafés to register for the award. *“Go for it!”*, she says:

“It’s a chance to make a real difference to vulnerable people.”

Come along and find out more

The healthyliving award hopes to hold an event later this year to bring together people from the community and voluntary sectors who may be interested in going for the award. This will be a great opportunity to find out more from the people involved, and to hear first-hand from some of the café staff who have already gained the award.

The healthyliving award team is interested in finding out about community cafés across Scotland – if you operate a community café, or are aware of one in your area, please let us know.

For more information, or to get in touch with the healthyliving award team, call 0141 226 5261, email enquiries@healthylivingaward.co.uk or visit the website at www.healthylivingaward.co.uk.

The Edinburgh Food and Health Training Hub (see page eleven), in partnership with CFHS, is running a learning and development programme for six community cafés in Edinburgh. The aim of the programme is to increase the number of customers using the cafés, through offering a wider range of healthier menu choices. It will cover a range of topics, including basic nutrition, promoting your café, improving your catering management skills and the healthyliving award.

For more details, contact Lyndsey McLellan at the Training Hub, on 0131 467 7326, lmclellan@ecfi.org.uk.

Bitesize

Growing interest

A 'Grow Your Own' Working Group has been established to take forward actions from 'Recipe for Success', the National Food and Drink Policy. The establishment of the group was announced at a Ministerial visit to Bridgend Community Allotments in Edinburgh (www.bridgendallotment.org.uk) and contains key organisations such as the Scottish Allotments and Gardens Society (www.sags.org.uk) and the Federation of City Farms and Community Gardens (www.farmgarden.org.uk).

The group have just met for the second time and minutes of these meetings can be downloaded from www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/own/Q/editmode/on/forceupdate/on

The group is meeting alongside a number of interesting developments within the field. The Children's Garden, based in Glasgow, is redoubling its efforts to create a Commonwealth Orchard as part of a health and environmental national legacy from the 2014 games (www.glasgow2014.com/). Meanwhile, in Edinburgh the Cyrenians are involved in a fascinating demonstration project with the local NHS Board to utilise hospital grounds for local gardeners, community groups and special needs groups. For more information visit <http://royaledinburghcommunitygardens.wordpress.com/call-to-action/>

Launch of CORE (Community Organisation for Race Equality)

On Friday 27 November the Black Community Development Project in Greater Pilton re-launched as CORE.

Fernando Diniz (Chair) explained the reasons behind the change to a packed hall. He said that the BCDP's work over the past 14 years has never solely been about the rights of the visible minority ethnic people, but about all who suffer from social injustice and discrimination. Given the changing demographics of Scotland and the makeup of the

local population, the BCDP membership felt that the name change more accurately reflects the ongoing mission of the organisation.

Tesfu Gessesse, Director, emphasised that the name change did not mean a change in direction for the organisation, stating that the focus remains on race/racism/anti-racism in social life and the work continues towards the goal of equality and social justice for all. The organisation will continue to be rooted in the local community and committed to building lasting and effective partnerships.

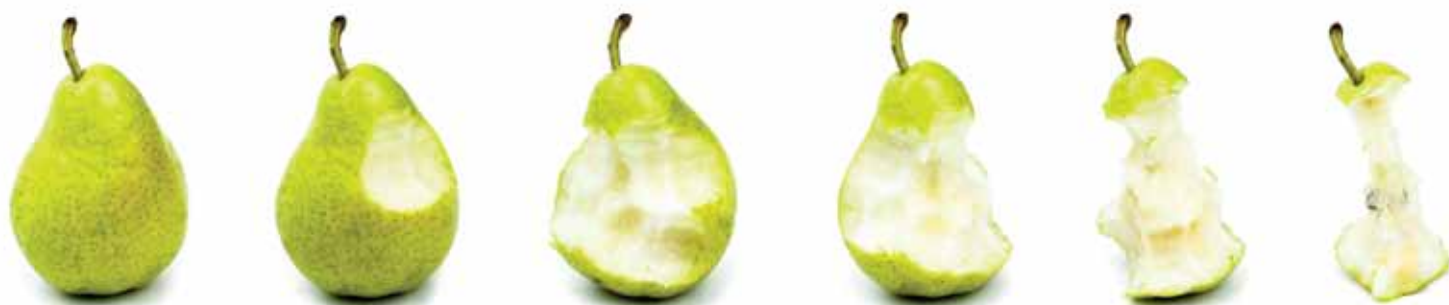
Formally launching the new organisation, Malcolm Chisholm MSP paid tribute to the work of BCDP over the last 14 years and the vision and foresight of the local activists who founded the organisation, many of whom are still involved.

CORE is one of the organisations who have received funding from CFHS as part of our healthier food pilots. They will hold a series of cooking sessions for volunteers of the World Café. Sessions will build knowledge about the nutritional content of different foods and make sure café customers have healthy meals.

Edinburgh's new food and health hub

This month sees the launch of the Edinburgh Food and Health Training Hub, a consortium of organisations working in partnership to reduce health inequalities across Edinburgh. Work so far has included: a mapping exercise of food and health training and learning in Edinburgh, development of an online portal and branding and planning of cookery courses. Courses are due to start in the coming months to fill gaps identified by the mapping exercise. The Training Hub is being represented at groups and forums across the city and aims to improve communication in the area of food and health.

For more details please contact Lyndsey McLellan on 0131 467 7326 or lmclellan@ecfi.org.uk, www.foodandhealthtraining.org.uk.





Cooking For One chosen to be part of national campaign on healthy living

Scottish Churches Housing Action's book *Cooking For One* has attracted the attention of the Scottish Government for its new campaign

Take Life On (www.takelifeon.co.uk), a new national healthy living campaign. *Cooking For One* recipes and photographs were chosen because they are healthy, very affordable and easy to make for a beginner cook. The book, partly funded by CFHS, has been produced in consultation with single homeless people and written especially for people who have not had many opportunities to learn how to cook and need a few tips to start.

All recipes that have been chosen for the Take Life On campaign have been approved by the Food Standards Agency.

Since its publication, it has been distributed to people moving into a new tenancy after a period of homelessness, to people in temporary

accommodation and to others who are taking part in healthy living projects.

Support workers from Clydebank Blue Triangle Housing Association commented,

"The book had great cooking ideas for service users which was simple and jargon-free, some of our service users have been using the book on a regular basis with no problems."

A service user from Fresh Start in Edinburgh got the book when he moved into his new home. He said

"The book was very easy to understand and cheap. I've done the soup six times."

If you are interested in using the book within your organisation, please contact elodie@churches-housing.org or on 0131 4774500 to purchase copies. Discounts are available for bulk orders.

All funds collected with the sale of the book will go towards the charitable work of Scottish Churches Housing Action for the prevention of homelessness in Scotland.

News

Ireland takes the initiative

At the end of January a Demonstration Programme of Community Food Initiatives was launched covering Northern Ireland and the Republic of Ireland. Funded by *safe food*, one of the North-South Implementation Bodies established in 1999, the programme is aimed at promoting greater access to healthy food in low-income areas and covers seven initiatives, from Belfast to Cork.

recipients to commit to shared learning and networking between each of the projects. The ability to identify the support and resources necessary for the delivery of successful and sustainable CFIs is fundamental in establishing a best practice framework and identifying implications for future policy development in this area."

Martin Higgins,
Chief Executive of *safe food*.

Each of the seven initiatives will receive funding annually over a period of three years to set up, manage and sustain their project, with *safe food* investing up to £70,000 (€75,000) per project and Healthy Food for All, an all-island multi-agency initiative providing

support at a local level.

For further information visit www.safeonline.com or www.healthyfoodforall.com

Climate Challenge Fund

As Fare Choice was going to press the 7th and final round of funding from the Scottish Government's Climate Challenge Fund was about to be announced. The £27 million fund will have benefited almost 300 communities since its launch last year. **To see who has benefited from the fund and what they are undertaking visit www.scotland.gov.uk/Topics/Environment/climatechange/ClimateChallengeFund**

Food sovereignty

The international concept of food sovereignty was to the fore in

"Food poverty is a complex issue and requires a variety of approaches in combating it. One of these is to support community food initiatives, and this will be provided through a programme approach that encourages

the recent seminar organised by One Planet Food at Riccarton, just outside Edinburgh. 'Feeding Scotland responsibly in a changing world' was the topic and a series of speakers and workshop sessions faced up to the local and global challenges raised.

For more information on the event and the notion of food sovereignty, visit www.centreforstewardship.org.uk/oneplanetfood.htm

Exam successes ...

Congratulations to Gail Sinclair and Stephen Brookes from Momentum Scotland, and Wendy Handley from NHS Forth Valley, all of whom have successfully completed the Royal Society for Public Health's Diploma in Nutrition and Health course.

Gail, Stephen and Wendy are now registered with the Royal Environmental Health Institute for Scotland as tutors for the Elementary Food and Health course.

Congratulations also go to Audrey McDougall from Food for Thought Glasgow, who recently passed the Royal Society for Public Health's Certificate in Nutrition and Health course with Honours.

Realise Mentoring

Realise Mentoring is a Scottish Government-funded programme that provides up to 12 months of free, confidential mentoring support to enterprising third sector organisations.

For more details visit www.realisementoring.org.uk.

Fit for Purpose conference

To be held on 23 April 2010 at Perth Concert Hall, this is the 4th social enterprise and health conference held by Senscot, and is a 'must' for any social

enterprise, or aspiring social enterprise, that is working in the fields of health or social care. The programme will include social prescribing, community benefit clauses, outcome-focused planning and the right to request.

For more details or to book a place, visit www.senscot.net

Food Safety Week 7-13 June

The theme for Food Safety Week this year is how to avoid cross-contamination and correct cooking. These actions help prevent campylobacter.

The Food Standards Agency will produce materials to support this campaign. It will also continue to make materials from last year's campaign on listeria (aimed at the over 60s) and its GermWatch materials available to groups and organisations that want to hold events during Food Safety Week.

To sign up as a partner and get access to the full range of materials visit www.foodstandards.gsi.gov.uk

Greenspace and Health Outcomes Framework

On 8 February Greenspace Scotland launched the 'Greenspace and Health Outcomes Framework', which was developed in partnership with NHS Health Scotland and Scottish Natural Heritage. This framework uses a logic modelling approach to explain the ways in which greenspace contributes to health improvement.

For more information visit www.greenspacescotland.org.uk/healthoutcomes

Resilience Fund awards

Six organisations involved in community food and health work

have recently been awarded money from the Scottish Government's Third Sector Resilience Fund to help them overcome difficulties they have faced because of the recession. Aberdeen Foyer, Dundee Cyrenians, the Hidden Gardens, Knowetop Community Farm, Watch Us Grow and Utheo Ltd will use this funding to meet an increased demand on their services or resolve issues that have resulted from the recession.

REHIS Elementary Food and Health course for learning disability support sector

The Royal Environmental Health Institute of Scotland (REHIS) is planning to develop a tailored version of its accredited six-hour Elementary Food and Health course for those who support people with learning disabilities.

Some of the learning disability dietitians who will take part in planning the tailored course previously worked with CFHS to promote the current REHIS Elementary Food and Health course. Last year CFHS produced a report: **Food, training and learning disability**. This looks at how the dietitians and others got on with the course. It also has case studies on some of the practical activities, such as gardening or cooking, that four organisations deliver to encourage people with learning disabilities to consume a healthy balanced diet. Food, training and learning disability is available to download from our website or contact us for a hard copy.

If you would like to know more about the Elementary Food and Health course that is currently offered throughout Scotland, then please contact REHIS by email at contact@rehis.com

Big Lottery Fund - Investing in Ideas update

The Big Lottery Fund has extended the Investing in Ideas grant scheme with an additional £1.3 million to invest. The Scotland Committee is keen to continue funding the development of ideas, so Investing in Ideas will be open for applications using the current form and guidance materials until further notice and there is no deadline.

Investing in Ideas can award grants of £500 to £10,000 to test and develop ideas that could eventually become fully-fledged projects.

For more information, please visit www2.biglotteryfund.org.uk/prog_investing_ideas?tab=1.

Schools to benefit from Recipe for Success

The Cabinet Secretary for Rural Affairs and Environment, Richard Lochhead, recently unveiled plans by the Scottish Government to teach children and young people about the supply chain and where food comes from as well as how it benefits their health, the economy and the environment.

Activities will include:

- Food and farming visits for 1800 primary school pupils.
- Cooking demos for 1000 pupils at the Royal Highland Show.
- Farmers' market schools pilot.
- Activities to educate pupils about the food industry and considering it as a career choice.

To read more about the plans visit www.scotland.gov.uk/News/Releases/2010/02/19112835

Financial management training for Third Sector organisations

CEiS, and partners, are running free-of-charge financial management training

workshops across Scotland, to address the varying needs of: senior managers, trustees and board members of Third Sector organisations with little or no finance training, senior staff working in Third Sector organisations who may manage budgets but have limited financial training, and those within Third Sector organisations who have significant financial responsibilities. The aim of the training is to significantly improve the capacity of Third Sector organisations to control finances and engage in high-quality financial planning.

The workshops will offer a mixture of class-based activity, participative learning exercises, and peer-learning. The training will be offered at different levels at different locations across the country, with two of the three courses available online.

Further information on the courses is available at www.ceis.org.uk/supporting-enterprise.html.

Food, society and public health

“Food systems and eating practices are changing in response to the worldwide economic downturn and ever present environmental concerns, including climate change. This raises many questions, including: How are people responding? Is there a return to a ‘make-do-and-mend’ mentality in relation to food? Are families passing on food skills and knowledge in a bid to ‘pull together’ and cope with change? Are food systems and eating practices becoming more sustainable?”

Above are some of the questions that will be asked in London this summer at the 2nd British Sociological Association Food Study Group’s conference. International speakers and workshops involving academics,

practitioners, policymakers and other research users will explore these themes over 5 and 6 July at the British Library Conference Centre.

More information on the conference is available from www.britsoc.co.uk/events/food.htm

With very welcome assistance from the conference organisers, CFHS is in a position to offer free attendance, travel and accommodation at this event for two participants from Scottish organisations. All we need is for you to email us with details about yourself, including why attending this event would assist you in your current work. We will select from all the requests received and confirm places for the lucky two by early April.

Get Involved

The Get Involved campaign was officially launched by SCVO at the Gathering in Edinburgh on 18 February. It aims to inspire more people to become involved with the voluntary sector in more ways throughout their lifetime, from paid work to one-off volunteering and campaigning opportunities.

For more information visit www.getinvolved.scvo.org.uk

Glasgow University Public Health Nutrition students

Glasgow University Public Health Nutrition masters students are looking for community food initiatives that they could work with for their dissertation. Students could help evaluate current activities or carry out pilot work. Previous studies have provided very useful data and reports for community food initiatives. Students have approximately 12 weeks to carry out this work over summer.

If you have any opportunities for students or want to find out more, contact Katrina.

Publications

Publications for Early Years

Fun first foods is an easy guide to introducing solid foods to babies and is full of tips, advice and recipes from NHS Health Scotland. A new updated version is currently in development and will be launched in April. The new booklet will focus on revised guidance on when to wean babies and baby-led feeding.

Another NHS Health Scotland resource, **Ready Steady Toddler**, is a hands-on guide for parents as their babies progress into toddlers. It includes information to help parents understand toddler behaviour and approaches to handle any challenges they bring. This guide is also being updated and will be launched in April also.

There is also an online resource available at www.readysteadytoddler.org.uk.

Later in the year 'Adventures in Foodland' will also be updated and we will keep you informed of its launch date and links to these publications on our website when available.

Early Years Information Pathway

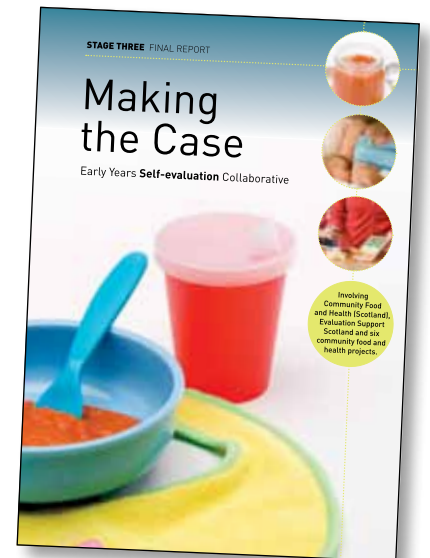
Another publication from NHS Health Scotland is the Early Years Information Pathway, which covers pre-conception to the pre-school period up to the age of five. It includes information from national and local perspectives as well as resources and weblinks to support parents and carers.

Visit www.healthscotland.com/uploads/documents/10877-EarlyYearsInformationPathway.pdf

Making the Case - Stage Three final report

All the reports from the Early Years Self-evaluation Collaborative are now all available to download from our website

www.communityfoodandhealth.org.uk. In Stages One and Two you can learn about different tools and approaches to evaluation. The Stage Three final report looks at policy issues and relating early years activities to local and national priorities. Many thanks to collaborative members for their hard work and sharing their learning.



Social capital toolkit

The Health Inequalities Standing Group of Edinburgh CHP has developed a toolkit to support organisations to identify, measure and evaluate the work that they do to promote and develop social capital. The toolkit defines and provides examples of social capital activities; offers a step-by-step approach to using the resource; explores logic modelling; and suggests tools for gathering evidence of impact on social capital.

To download the toolkit visit www.edinburgh.gov.uk/internet/Attachments/Internet/Council/Council_policies_and_plans/Corporate_Services/Socialcapital,healthandwellbeingLOW%20RES.pdf



Diary

MARCH

18th Annual Public Health Forum - Confronting the Public Health Issues

Wednesday 24 March 2010, Bournemouth International Centre

More info: www.ukpha.org.uk/annual-public-health-forum.aspx

APRIL

Evidencing our outcomes - celebrating our contribution

Thursday 15 April 2010

CFHS is pleased to invite you to start a journey to evidence and celebrate outcomes with a 24-hour learning event. More info: www.communityfoodandhealth.org.uk/showlog.php?weblogid=255

S2S Social Enterprise Fair 2010

Wednesday 21 April 2010, Edinburgh Corn Exchange

Run by the Social Enterprise Coalition, this event provides an opportunity for social enterprise companies and organisations to meet and network. More info: www.s2sfair.com

Fit for Purpose conference

Friday 23 April 2010, Perth Concert Hall

4th social enterprise and health conference run by Senscot. More info: www.senscot.net

MAY

Edinburgh Cyrenians Good Food Programme Annual Food Conference

Wednesday 5 May 2010, Hibernian Football Club, Edinburgh.

More info goodfood@cyrenians.org.uk or call 0131 554 3900.

The Scottish Diet Conference

Monday 17 May 2010, The Hilton Grosvenor Hotel, Glasgow

More info: www.gla.cac.uk/departments/developmental/cpd/newcourses

JUNE

National Breastfeeding Awareness Week

21 - 27 June

More info: www.breastfeeding.nhs.uk/en/fe/page.asp?n1=5&n2=13

JULY

BSA Food Study Group Conference

Monday 5 July 2010, The British Library Conference Centre, London

More info: www.brtiscot.co.uk/events/food.htm

OCTOBER

CFS annual networking conference

We are currently planning our conference for late October in the west of Scotland.

More info will be available shortly:

www.communityfoodandhealth.org.uk



community
food and health

(scotland)

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