



farechoice

THE QUARTERLY NEWSLETTER OF COMMUNITY FOOD AND HEALTH (SCOTLAND)

Recipe for Success – let's get cooking

At this year's Royal Highland Show, as promised 12 months previously, the Scottish Government launched its National Food and Drink Policy.

'Recipe for Success' clearly outlines the government's aspirations for a healthier, greener, smarter, wealthier and fairer Scotland, as well as recognising much of the work already underway.

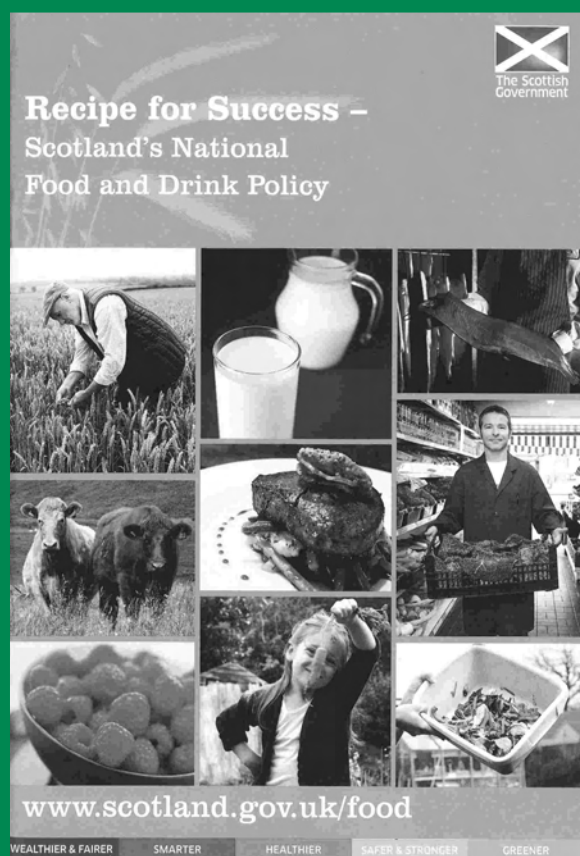
As you would expect within such a short time, the recipe is a bit short on detailed ingredients and the key challenge in the coming months will be to add the key actions, outcomes, timetables and responsibilities.

The 2007 review of the Scottish Diet Action Plan highlighted progress in areas that had been given realistic timetables, appropriate resources and an identified agency to drive change. These ingredients will again have to be in the mix if the outcomes sought are to be delivered.

This edition of Fare Choice tries to not only bring the policy to everyone's attention but also give people the chance to give their initial reactions to it. This edition also highlights no shortage of examples of work in the community and voluntary sector that are already addressing many of the challenges identified in 'Recipe for Success' and who desperately need the support of a dynamic, effective and inclusive national food and drink policy.

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About Us

Our over-riding aim is to improve Scotland's food and health.

We do this by supporting work within low-income communities that improves access to and take-up of a healthy diet. Major obstacles being addressed by community-based initiatives are:

AVAILABILITY

increasing access to fruit and vegetables of an acceptable quality and cost

AFFORDABILITY

tackling not only the cost of shopping but getting to shops

SKILLS

improving confidence and skills in cooking and shopping

CULTURE

overcoming ingrained habits.

We help support low income communities to identify barriers to a healthy balanced diet, develop local responses to addressing them and highlight where actions at other levels, or in other sectors, are required.

We value the experience, understanding, skills and knowledge within Scotland's communities and their unique contribution to developing and delivering policy and practice at all levels.

What's Cooking? **spotlight on a hot topic**

A Recipe for Success

Over the last 18 months CFHS has been keeping readers up to date with the development of a Food and Drink Policy for Scotland. Following the launch of the discussion paper 'Choosing the Right Ingredients' in spring 2008, CFHS brought attention to the national discussion by encouraging community food and health initiatives to get involved. Many of you took part in our national discussion event or participated in one of the many local discussions that we supported or submitted a response to the paper of your own. Either way we all managed together to submit a wide variety of responses (see Fare Choice 44) for consideration in the development of a national food policy. Overall 500 responses were made to the government, recognising the importance of food issues and establishing the level of expectation from a food policy for communities in Scotland.

This national discussion, followed by workstreams looking into specific aspects of food and drink, including access and affordability, and a leadership forum producing recommendations for government, culminated at the end of June in the launch of a National Food and Drink Policy at this year's Royal Highland Show.

With sections covering 'healthier, sustainable choices' and 'ensuring food is available and affordable to all', there is no shortage of content directly relevant to Fare Choice readers, as well as other sections, such as 'supporting the growth of our food and drink industry' and 'building on our reputation as a land of food and drink', which are well-worth taking on board.

Every section includes information on what has happened so far and next steps. One crucial next step is how the aspirations of the policy are to be driven forward and how we will know it is effective.

The policy is clearly the latest stage in a long journey and it is important that those tackling health inequalities and promoting social inclusion are encouraged and enabled to see themselves as part of this journey.

We contacted some people to give us some brief comments on either of the following: 'What are your first thoughts on the new policy and what it means'; or 'What are the potential challenges and/or opportunities that the policy brings with it'; or 'Where to now?'

"The sheer scope of the policy is probably our biggest challenge but that also provides the biggest opportunity for change...On health, the scale of the challenge facing us, such as obesity, is huge. I do not think we could rise to that challenge without a Food and Drink policy."

Shona Robison, Minister for Public Health and Sport, Scottish Government

"With UK food production now again reduced to strategically vulnerable levels, the Government needs to act immediately to start increasing food production from our own resources and finding ways to remove barriers to food production. Additionally, local procurement, local food networks and local distribution must again become the order of the day."

John Scott MSP, Co-convenor of the Cross Party Group on Food

"Working with communities in Forth Valley to help them address barriers to making healthier food choices a key message we have received from local people is a strong desire for industry, retailers and caterers to deliver clarity, consistency and responsible approaches to food. Recipe for Success should help to address this."

Morag MacKellar, Public Health Nutritionist, NHS Forth Valley

What's Cooking?

Iain Anderson of Fife Community Food Project had some key comments about the importance of buy-in to the policy from all levels.

"Recognising that local agencies and community initiatives are working more in partnership, there is greater opportunity to advance the role of food and health throughout the workforce across all sectors."

"Consumers are increasingly interested in where their food comes from and for many that will include a preference for locally sourced. The policy outlined by the Scottish Government presents real opportunities for local agencies and the private sector to sustain, develop or initiate locally sourced food initiatives. I hope that such initiatives are underpinned by the need for good value to consumers, a consideration of the environmental impact of any initiative, and a commitment to invest in and sustain local employment."

You can look at the National Food and Drink Policy, the recommendations from the Leadership Forum, the reports from the five workstreams and both the individual contributions to and overall analysis of the national discussion, and other related papers at www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy



Team Talk

an update on our recent/ forthcoming work

Social Enterprise Academy 'Starting Your Social Enterprise' programme

Do you have a business or enterprise idea for your organisation that you want to develop, or explore in more detail? If so, then this programme for community food initiatives may be just what you need. The Social Enterprise Academy is running the remaining three modules in the programme between October and December. The modules, 'developing your social enterprise', 'measuring your impact' and 'pitch your idea' will be held in October, November and December respectively. If you cannot take part in all three, places may be available for one or more of the individual modules.

For more information, please contact Jayne Rowe on learn@theacademy-ssea.org, 0131 243 2670.

Evaluation of Scottish Grocers Federation 'Healthy Living' programme pilot

The report of the interim evaluation of the pilot, produced by EKOS Ltd, has recently been published. The evaluation has identified that the training and display stands available through the pilot are making a positive impact on the sales of participating community food initiatives.

The report is available on our website.

CFHS small grant scheme

Successful applicants to the CFHS annual small grant scheme are currently receiving their grants. 220 organisations from across Scotland applied for funding support to develop food and health activities that totalled £500,000. After making some difficult decisions, the grants panel awarded small grants to 58 groups from a fund that totalled £140,000. Successful applicants come from across Scotland and their work includes developing a community orchard on the Isle of Eigg, equipment for a community-run shop in Ayrshire, and training for volunteers at a lunch club for older south Asian people in Edinburgh. Many of the grant recipients will also be developing activities with some of the most marginalised groups in Scotland to address access to and take-up of a healthy balanced diet.

Information about successful 2009 small grant recipients will shortly be available on our website.

Team Talk

Online resources

Our website has been redeveloped to include even more useful information and resources for community food and health activity in Scotland. As well as an expanded funding section, the new site also contains information on legal responsibilities, ideas for being business-like, suggestions for networking and making links, signposts to training and development support, and useful tips on how to demonstrate that your work is making a difference.

Visit www.communityfoodandhealth.org.uk to find out more.

Going Forth conference

Our conference will take place on 22 October at the Carnegie Conference Centre in Dunfermline. If you have still to return your completed booking and workshop selection form, we would be grateful if you could do so as soon as possible to secure your place at this popular annual event. Places can only be confirmed on receipt of a booking form. The deadline for booking places is 2 October.

Our conference programme is packed with opportunities to learn and share experiences of community food and health activities and to meet others doing the same as you. We hope to see you there.

Healthier food pilots

CFHS is looking to expand its work with black and ethnic minority communities and wants to hear from groups and organisations that have ideas about work they would like to do, to improve the take-up of a healthy diet within black and ethnic minority communities.

We are looking to fund three small-scale pilot pieces of work (£2,000-£3,000) to develop models of good practice. The idea is to then share learning from these pilots to stimulate further community food activity within communities across Scotland. The final selection of projects will be made in conjunction with Black and Ethnic Minority Infrastructure in Scotland (BEMIS).

We are keen to hear ideas and expressions of interest from groups and organisations that:

- work within low-income black and ethnic minority communities;

- are already working on activities that address some of the barriers people face in accessing healthy food, or are interested in expanding their work into this area;
- have the capacity to deliver a small-scale project within an agreed timescale; and
- are willing to work with CFHS to share learning with other organisations looking to develop work in this area.

Further information and details on how to apply are available on our website.

To discuss possible project ideas contact Sue. The deadline for expressions of interest is Monday 26 October.

The Missing Ingredients

Seventy people from a wide range of organisations attended 'The Missing Ingredients' in Edinburgh on 25 June. Co-hosted by CFHS and Edinburgh Cyrenians, the event brought together those active in food, health and homelessness initiatives with policy makers and strategy writers.

The event focussed on the difference food, health and homelessness work makes to people's lives and also on finding those vital ingredients that will ensure this work is supported and sustainable in the future.

A series of presentations on the history, scale and reach of the work described an explosion of activity across the country with initiatives in all Local Authority areas except one. Despite this, however, it is still often fragile and not well-recognised at a strategic level.

Aberdeen Foyer, Edinburgh Cyrenians, Oasis Project and Clued Up, and Dundee Women's Aid facilitated four parallel discussions covering a different area of food activity. Each concluded with two vital ingredients that could contribute to the sustainability of the work in the future. The challenge now is to take forward these recommendations and also to link work on food, health and homelessness into the wider agenda on social inclusion.

More details on the outcomes from the morning are on our website at www.communityfoodandhealth.org.uk/imageupload/s/cfhs-missing-ingredients-summary.pdf

Economic evidence of community-based health initiatives in Scotland

Due to current economic pressures and the developing outcome-focused climate, highlighting the true impact of community and voluntary organisations is crucial. CFHS has been working with NHS Health Scotland and other partners to explore the potential for community health projects to economically evaluate their impact. As part of this work, research has been commissioned in the form of three case studies which will be on our website when completed. The research has also led to a national event which will take place in September: 'Healthier Lives, Wealthier Communities'. It is anticipated that this event will be the beginnings of dialogue about the use of economic evidence and how community and voluntary organisations can be supported to evaluate in this way.

In addition CFHS has commissioned two additional pieces of work to explore the economic impact of community food initiatives. We are working with Edinburgh Community Food Initiative to evaluate the economic impact of the Happy Jack project and the Food Train in Dumfries and Galloway to evaluate the economic impact of its activities. This work is currently in the beginning stages and we will be sharing our progress and the learning gained from this work over the coming months.

Look out for more information on our website.

Business support programme

Places on this programme are still available for community food initiatives that anticipate facing challenges to their long-term sustainability within the next 12-18 months. The two-stage programme will provide a maximum of ten organisations with up to seven days of business advice and support from one of three social enterprise support agencies. Applications are welcome at any time until the end of October.

For more information contact Anne.

Single Outcome Agreements

Single Outcome Agreements (SOAs) are now the key way that Community Planning Partnerships (CPPs) identify their priorities for local communities, in line with national outcomes identified by the Scottish Government. Earlier in June the second round of SOAs were agreed between the Scottish Government and CPPs, which set out the outcomes CPPs are aiming to achieve for local communities. In order to measure change within local communities and progress towards achieving local and national outcomes, SOAs include a wide range of different indicators, selected at a local level.

As part of the continual development of SOAs, CFHS, along with CHEX and VHS, has been invited to comment on the menu of indicators, from which CPPs can select the most relevant (or they can develop their own). The aim of this work is to continue to develop indicators that are meaningful at a local level and across Scotland. CFHS is using this opportunity to highlight the contribution made by community and voluntary organisations and hope to influence the indicators to incorporate this. Look out for information in the next issue of Fare Choice about how this work is progressing.

We have heard about one or two examples of people linking the outcomes they achieve to those within their local SOAs. If you have been involved in any work like this we would be really keen to hear from you and to hear about how you got on.

Please contact Katrina.

For this Food and Drink Policy to succeed we must work in partnership. A host of individuals and organisations from across the public, private and third sector ... will be responsible for delivering actions which will be both challenging and exciting with some being more easily achieved than others.

Recipe for Success, Scottish Government 2009 – page 9.

Policy

Scotland

Food features in guidance on preventing homelessness

The importance of access to nutritious food features in the new statutory guidance to local authorities on preventing homelessness. Issued by the Scottish Government and CoSLA in June, paragraph 72 makes reference to access to nutritious food. It also references recent work by CFHS. Food is among a number of factors that help people maintain tenancies.

It will be interesting to see if this helps organisations as they look for sustainable sources of funding for food, health and homelessness activities. It may also encourage local authorities to include food in future housing and homelessness strategies. **You can download a copy of the report by visiting www.scotland.gov.uk/Publications/2009/06/08140713/11**

UK

UK Food Security Assessment

Launching a set of materials that invite views from producers, supermarkets and consumers on the future of the food system in the UK, Hilary Benn, Environment, Food and Rural Affairs Secretary said, *"The UK will need to change the way food is produced and processed so that we continue to enjoy healthy affordable food in the decades ahead."*

The UK Food Security Assessment offers a framework of indicators and evidence that is structured around six themes, including UK availability and access and food security at household level.

If you would like more information, access to the report and assessment materials and/or to contribute to the online discussion, please visit www.defra.gov.uk/foodrin/security/index.htm

EU

EU platform four years on

"The global economic crisis has hit Europe severely, adding pressure to national budgets, tightening the operating environment for stakeholders and leading to job insecurity and unemployment. In these difficult times, there may be a temptation to reduce non-essential activities and seek ways to cut costs. For Platform members, it may be hard to justify spending resources and efforts on voluntary commitments. However, it is important to understand that public health requires a sustained investment that is counter-cyclical. Investment in health during hard times pays dividends because it contributes to a healthier population and economy."

Robert Madelin, Director-General DG Sanco

As this edition of Fare Choice goes to press the EU Platform for Action on Diet, Physical Activity and Health is meeting in Brussels. First established in 2005 in response to the rising prevalence of obesity, the Platform's latest annual report is available at http://ec.europa.eu/health/ph_determinants/life_style/nutrition/platform/docs/eu_platform_2009rep_en.pdf

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

Food Practices in an Institutional Context: Children, Care and Control

This ESRC funded project, based on observations and interviews, sought children and adults' perspectives of food practices in three residential care homes in Scotland, in order to address the following objectives:

- What is the social organisation of food and food practices within residential care homes?
- What is the role of food in relation to the exercise of, and resistance to, forms of power within residential care homes?
- What meanings are attributed to the rituals and routines of food preparation and consumption?
- What is the nature of daily inter-generational and intra-generational interactions involved in the distribution, regulation and consumption of food?

The study found that food, although often taken to be something which is mundane and routine, has a powerful symbolic value in relation to caring for others as it revolves around nutrition, bodies, comfort and close relationships. Food is thus a crucial way in which care is operationalised and made tangible for children. However, the research showed that care, as expressed via food practices, is often shrouded in ambiguity and ambivalence. Both children and staff experienced uncertainty regarding the nature of their relationships, which tended to be circumscribed by the institutional context. Given these uncertainties and the limitations placed on ways of showing affection in the residential setting, it was noted by several members of staff that food can be an important and regular way of demonstrating care.

We found also that power and surveillance are part of everyday interactions around food, for example, the locking away and distribution of snacks, mealtime chores, access to food and the kitchen, the creation of adult versus child spaces and staff's use of keys. An exploration of food rituals and routines also illustrated the difficulties of juggling the tensions of residential care homes being a workplace, an institution and a home.

At times children used food to reinforce child/adult identities and maintain boundaries between the generations. Children were keen to control their own food practices to some extent and certain foods (e.g. crisps and pizzas) emphasised a youthful identity. Many children in residential care used food as a site of resistance in order to assert their identity in relation to adults. Staff had different notions of the importance of food partly because of generational differences and partly due to their role as care workers. As adults with a caring role for children, staff focused on nutrition, healthiness and teaching children skills such as manners, cooking and looking after themselves. Therefore children and staff's understandings of food practices often differed, particularly in relation to creating a 'family-like' home and developing skills for independent living.

The possible impacts of this study for policy and practice include the following:

- Discussing the food practices of a residential home can be a useful way for staff to understand their approaches to core elements of care and possible constraints to realising these.
- The study highlights the important care work provided by the cook and domestic staff.
- Policy makers should be aware of the implications that the regulations they impose can have on care practice in residential homes. Flexibility, rather than rigid risk-management, may enable children, staff and residential homes to retain some control over food practices.
- Food can be important for building relationships both within and across the generations.

The findings extend beyond residential care to inform how food and care can be experienced and used in a range of other settings.

Samantha Punch, Ruth Emond and Ian McIntosh
Department of Applied Social Science
University of Stirling

Take Stock **Training to get cooking**

Each year, about 80 to 100 organisations throughout Scotland apply to our small grant scheme intending to offer cookery skills sessions to their communities. However, finding a suitable tutor to deliver both healthy cooking skills and nutrition messages is not always as straightforward or affordable as they expect. Although there are guides and handbooks available for potential cookery tutors, staff or volunteers do not always have the confidence to deliver the sessions themselves. Some agencies run 'training for trainers' cookery courses, other organisations train their own volunteers or staff. In this edition of Fare Choice you can read how Edinburgh Cyrenians and Confidence to Cook are delivering training to staff and volunteers.



Edinburgh Cyrenians

The Cyrenians run cooking sessions twice a week at the group's training kitchen, with two more sessions being added in September due to demand. Beginning in 2001, the sessions are now an essential part of the Cyrenians Good Food programme. Most of the participants have experienced, or are currently experiencing, homelessness and many will have complex needs which require additional support. One tutor and an assistant tutor deliver each class to four participants. Cyrenians employs a part-time Food Education Co-ordinator, and operates a volunteer model that captures the skills of its committed volunteer tutors and assistants to deliver these popular classes.

When the classes first started, those who offered to volunteer were often already involved in the Cyrenians work, or volunteered for another programme, so were aware of the participants' needs and the Cyrenians philosophies. However, as new volunteers were recruited, Jeanie, the Food Education Coordinator, developed a structured cooking tutor volunteer support and training system.

Jeanie works with three or four new volunteers each year and each one receives one-to-one support. Each new volunteer is required to complete an application form and disclosure and attend an initial meeting. He or she is provided with a written job description, information on the classes and the Cyrenians Good Food Members Handbook, which contains tried-and-tested recipes and information on setting up classes. All volunteer tutors and assistants are offered in-house Elementary Food Hygiene training if they have not already obtained the certificate. They are then allocated a place as an assistant on various cooking classes, usually working with a range of different tutors before they start delivering their own classes. Jeanie spends time with the new volunteer before or after each class, either discussing what to expect or how they felt the class went. Some of the new volunteers may choose to remain as assistants; others will lead classes when they feel ready to do so. There is always a paid member of staff on the premises.

Although there are activities arranged for all Cyrenians volunteers, due to the increase in cooking classes an annual social event is being planned incorporating additional training, and providing an opportunity for the tutors and assistants to meet, discuss issues and swap ideas.

Some of the volunteers might already have a background of working with people who have experienced homelessness or have complex needs; others have more experience of nutrition or cooking. However, Jeanie believes that patience, tolerance and people skills are the most useful skills for this type of work.

Jeanie is also responsible for:

- co-ordinating the classes, volunteers and the food;
- recruiting participants for the classes (including interviewing each person with their case worker); and
- phoning participants the day before each class to check if they are able to attend and as a reminder).

If you would like to find out more about Edinburgh Cyrenians Good Food programme, please contact Jeanie Patterson or one of her colleagues on 0131 554 3900 or email jeanie@cyrenians.org.uk. You can also find out more about its work by visiting www.cyrenians.org.uk

Take Stock

Confidence to Cook

In 2004, **Confidence to Cook** set up a training kitchen in Aberdeen to teach healthy, affordable cooking to members of the community. They quickly realised that they needed to train potential cookery tutors in order to meet the demand for classes and so that people could deliver cookery sessions within their own organisations. Confidence to Cook operate in one of a handful of NHS board areas in Scotland that deliver regular cooking 'training for trainers' courses that are open to a range of organisations. These are free of charge for those in Grampian.

Groups can choose from two cookery training for training options: **Intermediate level One Certificate in Food for Health** is delivered by Banff and Buchan and Moray Colleges over 10 x 3 hour sessions. This course is delivered at the training kitchen occasionally. However, as it is quite expensive to run and quite long for many people to complete, the more popular course is the **two-day Food and Health Training4Trainer's course**. This is led by the NHS Public Health catering advisor, with input from community dietitians, the Oral Health Advisor and health promotion resources department. It runs five times a year at the Aberdeen training kitchen and at other suitable venues in Aberdeenshire and Moray.

The format of the course has changed over the years, to take account of what has been learnt from experience. Initially lasting four days, this was reduced as this was too long for many organisations to commit to. A one-day course that was developed was found to be too short. Originally, tailor-made courses were delivered to individual organisations. However, mixed courses proved to be more beneficial to participants as they gain from the opportunity to learn from people working in other sectors. The course now runs over two days with small groups (10 people), which enables more tailored information to be provided if necessary. Participants come from a range of backgrounds, and include residential care workers, volunteers, mental health workers, family centre workers, community adult learning workers, occupational therapists, dietetic assistants and teaching staff. Occasionally, individuals from outside Grampian pay a small fee so that they can attend a course.

On day one of Training4Trainers, participants explore behaviour change and how they can influence the behaviour of their clients in relation to making healthier choices around food. Participants then prepare lunch utilising recipes from the Confidence to Cook pack. They share the food and discuss

adapting recipes. Input is provided from a dietitian, and the oral health and resources department, which gives participants information on what services and resources are available to them. The group also explore ideas on how to motivate those they work with to choose a healthier diet, with support to buy basic kitchen equipment and store cupboard ingredients.

On day two, the group prepares and shares another recipe and reflect on the previous day. The group will also learn more about, supporting their clients to independent living and will discuss how to facilitate group and individual cookery sessions.

At the end of the course each individual will receive a Confidence to Cook pack, which provides nutrition information and a large selection of affordable recipes. Participants are encouraged to keep in contact with Confidence to Cook and can call for advice at any time. Janette, the Confidence to Cook Development Worker, occasionally assists individuals when they teach their first course.

All those who wish to attend either Food and Health Training4Trainers or the Intermediate Level One Certificate in Food and Health are expected to complete an **Elementary Food Hygiene** certificate.

Confidence to Cook also delivers the REHIS accredited **Elementary Food and Health course** (one-day course). This is a theory-based nutrition course rather than 'training for trainers' course. Some participants who complete the Food and Health Training4Trainer course choose to complete this course.

In the future, Janette, and Fiona, Catering Advisor with NHS Grampian, plan to develop more methods to help them evaluate the impact of their work. Fiona will also be spending time developing their work at a new training kitchen in Huntly, which opens in



Take Stock

September. Other plans are dependent on funding available.

Confidence to Cook receives funding for staff time from NHS Grampian, and regularly accesses health improvement funds. The training kitchen venue funding comes from health improvement funds and partners. However, the Confidence to Cook Development Worker's post is dependent on outside funding.

If you would like to find out more about their training opportunities, other work, or would like to buy a Confidence to Cook pack (£30 plus p & p) contact Janette Gascoine on 01224 326883 or JGascoine@aberdeencity.gov.uk or Fiona Matthew on 01224 558414 or Fiona.matthew@nhs.net

Later in the year 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.

'Howdenburn Cookies' at Howdenburn Primary School After School Club developed a fun way to learn about making healthy food and drinks and the importance of food hygiene. With practice the children became skilled at using equipment, trying new food and creating menus.

NHS Borders is due to launch its community food grant scheme for 2009 shortly and the closing dates for receiving completed application forms will be 12 October 2009.

If you would like further information, please contact Trish Bell on 01896 824500 or email trish.bell@borders.scot.nhs.uk.

NHS Forth Valley Health Promotion Department recently launched its small grant scheme across Forth Valley. Applications will be considered from anyone working within regeneration areas across Forth Valley looking to develop health promotion and community food activities. Last year 21 grants were awarded, with a total of £7000 given to a range of projects that included cooking programmes and taster sessions to a community café and peer-education project focusing on food.

Rock the Talk, a music and health based project for young people aged 12-25 years old based at Bonnybridge Community Centre in Falkirk was awarded £378. The funding was used to support the development of the Rock Café with equipment, recipes and food ingredients. The café runs one night per week and provides a safe and fun environment for young people to meet, and access and prepare healthy drinks and snacks. Support and training in relation to food hygiene was also delivered.

The Starlets Women's Group in the Raploch area of Stirling was awarded £390 for the development of cooking skills on a budget. The group members have experienced addiction problems and have also struggled financially. The group identified that they lacked skills in cooking and preparing healthy food that their children would eat. The funding was used to deliver a six-week cooking programme, deliver food hygiene training, provide basic cooking equipment and make a visit to a local community café.

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

Small grant schemes around Scotland

CFHS recently awarded 58 grants to develop food and health activities across Scotland. While grants awarded are small in scale they provide an opportunity to support and plan activities that make a difference. Some other agencies in Scotland run small grant schemes in specific areas and the following is a snapshot of what is available.

NHS Borders has been able to support the development of community food and health initiatives in the Scottish Borders over the last few years.

'Fruit for All' at St. Boswells Nursery and Playgroup enabled the children to taste and prepare fruit based food and drinks that were shared with older people at a local club and the wider community through taster sessions. A visit to a local garden centre was organised so the children could buy seeds to grow their own fruit.

A Flavour of...

For more information about this grant scheme you can contact Janey Brown on 01786 431175, email janey.brown@nhs.net or visit www.nhsforthvalley.com/home/Services/healthpromotion/teams/nutrition/nut_community.html.

You can read about past recipients by visiting www.nhsforthvalley.com/web/files/Health_Promotion_files/Grant_Review_for_07_08.pdf

If you know of any other grant schemes like these, please tell us, as we would really like to hear about them. Likewise, if you have received a grant from an award scheme and you would like to let us know how the award has made a difference to your community, please get in touch.

Getting Started

NHS Forth Valley has been developing a weaning resource for community groups, family centres and health visitors to use with parents/carers.



An initial pilot, working in partnership with other agencies, enabling parents/carers in the Sauchie area of Clackmannanshire 'to gain the necessary skills and knowledge to be confident in the preparation of food for their babies and families' took place.

This involved:

- increasing knowledge and understanding of the different stages of weaning and improving skills on adapting family meals for babies;
- enhancing knowledge and understanding of what is a balanced diet; and
- raising awareness of food storage, hygiene and safety and good oral health.

Practical five-week cooking sessions were also piloted and evaluated. This enabled the resource to be tested before delivering it further to parents/carers.

The Weaning Toolkit consists of two parts:

- 'A Guide to Weaning': a photographic teaching resource supporting current guidance on weaning babies for health/care staff.
- 'Getting Started – quick and easy recipes for your family and baby': a recipe booklet illustrating basic food preparation and hygiene for parents/carers that covers food for all the family.

The next phase will involve piloting the resources in Forth Valley between September and December 2009. Equipment is also available to use within practical sessions. Evaluations will be collated with a view to producing a Weaning Toolkit for use throughout NHS Forth Valley.

For further information, contact Debbie Ross, Community Food Development Worker, tel 01259 724324, email Deborah.ross@nhs.net

"There are many challenges in considering health and environmental sustainability together with potential areas of conflict, but these are not insurmountable and indeed they highlight the need to work in partnership within Scotland, in the wider UK and on the world stage."

Recipe for Success, Scottish Government 2009 – page 19.

"Scotland has both a remarkable legacy as well as an admirable current resource in its social enterprises, community and voluntary sector. ... their strengths will be recognised and supported as we take forward our food and drink agenda."

Recipe for Success, Scottish Government 2009 – page 27.



Bite Size

Community food activity news

Edinburgh Garden Share Scheme

The Edinburgh Garden Share Scheme, run by Care and Repair Edinburgh Ltd., matches garden owners who are struggling to maintain their gardens with people who are keen to garden. The project is primarily aimed at older or disabled garden owners, but anyone with a garden they are willing to share is welcome to take part. Garden owners can benefit from an agreed share in the produce. Frustrated gardeners can gain access to ground to grow vegetables and/or flowers without having to wait years on allotment waiting lists.

For more information contact Tonya Brash, tel 0131 220 7630, email tonya.brash@careandrepairedinburgh.org.uk, www.edinburghgardenshare.org.uk

SAGS holds its AGM

The Scottish Allotments and Gardens Association (SAGS) held its annual conference and AGM on Saturday 20 June at the Victoria Halls in Dunblane. The conference theme was, "Sustainable Allotments in the 21st Century" and was kicked off by Roseanna Cunningham MSP, Minister for the Environment, who suggested that 'community grow-your-own' is an idea whose time has come.

The morning included many interesting sessions about examples of growing initiatives across Lothian, food security and how this relates community grow-your-own schemes and Transition Towns.

The afternoon session, chaired by Sarah Boyack MSP, heard reports from allotment associations across Scotland – some well-established and others working to get off the ground. A series of workshops then covered from acquiring land outwith councils to site maintenance to organic planting for food throughout the year and others.

For more information about the association you can visit www.sags.org.uk

Rural shops

Experts in rural retailing from across northern Europe descended on the Western Isles in June for the first face-to face meeting of the partners involved in a transnational project designed to improve the survival, sustainability and growth of rural retailing.

Under the Northern Periphery Programme (NPP), the Retail in Rural Regions project (RRR) directly involves Finland, the Faroe Islands, Northern Ireland and the Irish Republic, with Sweden, Norway and Greenland taking an associate status.

Scotland's involvement is led by the Community Retail Network (CRN), which is made up of a number of community-owned shops, with support from Consumer Focus Scotland.

A successful meeting of the partners in Stornaway culminated in a visit to Uig Community Shop on the west coast of Lewis.

Following the Western Isles event, a well-attended roundtable discussion in August, held at Consumer Focus Scotland in Glasgow, brought together a broad range of national stakeholders from differing backgrounds, but with a common interest in improving the sustainability and growth of rural retailing and rural communities in Scotland.

More information is available at www.rrr-project.net/

You can also contact Tor Justad, who is taking this work forward on behalf of the Scottish partners, tel 0774 870 3912, email tor.justad@co-operative.coop

Notes from the roundtable discussion are available from Bill.



News



Organic vs conventional foods?

The Food Standards Agency recently published two reports on this topic, one considering the nutritional differences and the other considering health differences between conventionally produced food and organic food. The reports were commissioned by the FSA and were carried out by the London School of Hygiene and Tropical Medicine.

Both reports are based on a systematic review of literature that has been produced over the past 50 years. In particular, the review looked at nutrient content and health outcomes related to conventional and organic foods; it did not look at differences relating to contaminant content such as herbicide, pesticide and fungicide residues, or the environmental impacts.

Both reports have found little differences between the nutritional content and health benefits of conventionally produced food compared with organic foods.

A further study exploring the quality and safety of organic food has been carried out over the last five years, since 2004. This research was commissioned by the EU, and was carried out by Newcastle University. The results of this research have recently been presented to the EU. More information about the research and the findings can be found at www.qlif.org.

Both reports published by the FSA can be found on the FSA website:

www.food.gov.uk/news/newsarchive/2009/jul/organic

Food hygiene and healthy eating

Six local authorities in Scotland have been awarded grants from the Food Standards Agency to promote food hygiene and healthy eating messages.

To read more please visit

www.food.gov.uk/enforcement/enforcetrainfund/ahngrants/grantwinners0809

Third Sector Enterprise Fund

Two community food initiatives have recently heard that they are to receive funding from the Third Sector Enterprise Fund.

The Food Train will receive £35,000 to help further expand services to other areas of Scotland. Michelle McCrindle, Chief Executive of the Food Train, said, *"As a growing charity trying to expand across the country, this funding will cover much of the development and infrastructure work necessary to become a national charity and service provider to older people in Scotland."*

For more information about the Food Train visit

www.thefoodtrain.co.uk

Community Food Initiatives North East (CFINE) is also delighted to have been supported by the fund with an award of nearly £70,000. Dave Simmers, Chief Executive, said the funding will go towards, *"a number of capital items such as refrigeration, van, telephone and new technology systems much needed to grow our enterprise – and arguably, most importantly, the salary for 10 months for a Manager (Enterprise and Finance), a wonderful member of the team who can focus on marketing, bringing in new business. CFINE is 'going like a train' and to maintain the levels of community development activity needs increased earned income."*

If you would like more information on the manager's post, contact Lisa on 01224 596156, email cfine@btconnect.com. The closing date is Friday 18 September at 12 noon.

For more information about CFINE visit

www.cfine.org



Well-fed and well-funded

The innovation and success of West Lothian Food and Health Development (WELFEHD) has been recognised with awards of £200,000 from the Scottish Investment Fund and £150,000 from West Lothian council. These two awards bring the total funding secured by WELFEHD in recent months to £1,570,978 along with previous awards from the BIG Lottery Fund, Voluntary Action Fund, Lloyds TSB and Awards For All, representing the largest funding package ever secured by a West Lothian social enterprise.

The award will enable it to buy its own building and establish a social enterprise hub. It also means that healthy eating initiatives will be high on the agenda for West Lothian for the foreseeable future.

Visit www.welfehd.co.uk for more information.

No. 1 in Scotland

Congratulations to Gillian Dick, Community Food Worker with NHS Ayrshire and Arran, who gained the top mark out of all the Royal Society for Public Health Diploma in Nutrition and Health course participants last year. Gillian was one of four community food practitioners supported by CFHS to obtain the qualification.

Advice on making healthy South Asian food

The Aga Khan Health Board for the United Kingdom, and Thelsmaili.org have developed an online nutrition centre to provide advice and information on South Asian dishes. Nutritional expertise has been provided and all dishes are coded to the Food Standards Agency's traffic light system to offer clear direction on nutritional content. The recipes originate from within the South Asian community, and draw on expert in-depth knowledge of traditional cooking methods and cultural practices.

For more information please visit www.Thelsmaili.org/nutrition

Minimum pricing for alcoholic drinks

Alcohol Focus Scotland, SHAAP (Scottish Health Action on Alcohol Problems) and BMA Scotland are working together to campaign for the introduction of a minimum price per unit for alcoholic drinks. They believe that there is overwhelming evidence linking the price of drinks and consumption – the cheaper alcohol is sold, the higher the consumption.

You can read their minimum pricing briefing paper by visiting www.alcohol-focus-scotland.org.uk/leaflets_publications/briefing_papers/ and can have your say by visiting www.alcohol-focus-scotland.org.uk/forum

Child Healthy Weight Interventions

The community and voluntary sector is well-placed to support child healthy weight interventions as it has expert local knowledge, a highly skilled workforce and accessible settings to engage children and families. If your group or organisation is involved in supporting child healthy weight interventions in your area, or has been approached to do so, NHS Health Scotland would be keen to hear from you. If you would like to tell them what you are doing, or you would like to become a member of an online networking site supporting this group, please email laura.harris@health.scot.nhs.uk

Food and fairness

The Food Ethics Council is undertaking an inquiry into 'food and fairness' in which food sector leaders will hear evidence on social justice issues. The heads of the Food and Drink Federation, the NFU, Sustain and the Fairtrade Foundation are amongst those on the inquiry committee. Responses are welcomed from all until the end of the year and a series of face-to-face 'evidence sessions' have just begun.

Visit www.foodethicscouncil.org/foodandfairness for more details.

A bus on the hour

Coverage of the Healthier Scotland Cooking Bus, in action in Ayrshire, which appeared on STV's tea time programme, 'the Hour', can be viewed at www.focusonfood.org/03_TABS/cookingbusmovie.html where you can find other information on how the bus could come to your community.

We will invite a refocused Leadership Forum to meet over the coming months 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.

Recipe for Success, Scottish Government 2009 – page 43.

Publications

Two new publications from CFHS

The Missing Ingredients shares learning from the recent work on food, health and homelessness.



It provides four detailed case studies of work in different parts of the country to improve access to healthy nutritious food for people affected by homelessness. It also presents the main findings from the research mapping food, health and homelessness activity across Scotland produced for CFHS by Blake Stevenson. A final section focuses on the new strategic and policy context and emerging developments and opportunities for organisations working in the field. **You can download a copy of the report at www.communityfoodandhealth.org.uk/fileuploads/chfsmisingredientsreport-4754.pdf or phone for a hard copy.**

Over the summer, CFHS also produced **Food, training and learning disability**. This short publication reports on work carried in partnership with the Scottish Learning Disability Clinical Dietetic Network to promote the REHIS Elementary Food and Health course to people working within the learning disability care sector. It also includes case studies of other activities that groups are doing to promote healthy eating amongst people with learning disabilities. **You can download a copy of this report at www.communityfoodandhealth.org.uk/fileuploads/cfhsfoodtrainingandlearningdisabilityreport-5251.pdf or tel 0141 226 5261 for a hard copy.**



Preventing malnutrition in later life: the role of community food projects

This new publication from Age Concern Help the Aged by Dr Lisa Wilson of the Caroline Walker Trust examines how community food projects support older people to access food and the impact this has on nutritional risk. It is based on interviews with older people and case studies of a number of successful community food projects working with older people across England. While the numbers interviewed are a small snapshot, what is clear is the vital support that community food projects provide to vulnerable older people. Older people interviewed are clear that without access to community services they would struggle to eat well.

The report calls for food access and nutritional health needs to be fully integrated into care packages for vulnerable older people and highlights the importance of a review of older people's services and food access needs in each local authority area. **To view the report visit www.ageconcern.org.uk/AgeConcern/Documents/115_0609_Preventing_malnutrition.pdf**

Sorted in the Kitchen

Sorted in the Kitchen is a pack for people living on their own and looking after themselves for the first time. Developed by Aberdeen Foyer, with support from CFHS' food, health and homelessness capacity building fund, the aim of the pack is to provide easy to follow guidance on how to shop, budget, prepare and cook wholesome meals on a limited budget.

Menus and shopping lists to take to the supermarket are based on a budget of up to £15 per week, with enough food to spare for leftover easy lunches! There are also sections on how to prepare basic ingredients, and a few extra popular recipes to try. The pack was created, shaped, tried and tested by Aberdeen Foyer residents and programme participants.

CFHS funded additional copies of Sorted in the Kitchen to distribute among organisations in the field. Our offer of free copies was oversubscribed within 24 hours! A total of 58 different organisations received copies. Aberdeen Foyer is now planning to sell further copies, with any profits from sales going to Aberdeen Foyer's future residents and programme participants with their own packs.

If you are interested in buying further copies of Sorted in the Kitchen, please contact Lisa Fallowfield on 01224 252366 or lisaf@aberdeenfoyer.com. Packs cost £15 plus vat plus p&p for individual copies. For larger orders, Lisa can provide a quote.

Eating well: supporting adults with learning disabilities

Another recent publication from the Caroline Walker Trust is a new training pack for people working with adults with learning disabilities. The pack includes a simple and practical guide to encouraging healthy eating and a CD-Rom providing recipes and photographs of meals, snacks and foods. There is a small charge for the training pack, however alternative materials can be downloaded free of charge.

For more information visit www.cwt.org.uk/publications.html

Enterprising Third Sector Organisations Zone

The Scottish Government has set up the above zone on the Third Sector Division pages of the Scottish Government website. It outlines all support available to third sector organisations through the Enterprising Third Sector Action Plan. This includes support on business development, public sector procurement, opening markets and demonstrating added value. **www.scotland.gov.uk/Topics/People/15300/enterprising-organisation**

Diary

OCTOBER

Growing Communities in Scotland

Friday 02 October 2009

Federation of City Farms and Community Gardens, in association with Trellis and the Allotments Regeneration Initiative, national networking event, Battleby

More info: www.farmgarden.org.uk/farms-gardens/your-region/scotland?task=view

Delivering on 2012: Sharing ideas on ending homelessness

Tuesday 06 October 2009

Teacher Building Glasgow

More info: www.scotland.shelter.org.uk

Going Forth

Community Food and Health (Scotland) annual networking conference

Thursday 22 October 2009

Carnegie Conference Centre, Halbeath, Dunfermline

More info: www.communityfoodandhealth.org.uk

Glasgow University Food and Health conference

Thursday 29 October 2009

Grosvenor Hotel, Glasgow

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

Fairness and the Consumer

Thursday 29 October

Consumer Focus Scotland conference

The Roxburghe Hotel, Edinburgh

More info: www.consumerfocus-scotland.org.uk

NOVEMBER

CHEX national conference

Monday 02 November 2009

The Lighthouse, Glasgow

More info: www.scdc.org.uk

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

10th National Nutrition and Health Conference

Thursday 12 November 2009

Two-day event at the Olympia Conference Centre, London

More info: www.nutritionandhealth.org.uk

Food and Mood Conference

Thursday 19 November 2009

Glasgow University conference at the Teacher Building, Glasgow

More info: www.rdlearning.org.uk/CourseDetails.asp?ID=44468



**community
food and health**

(scotland)

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