



farechoice



The quarterly newsletter for Community Food and Health (Scotland)

Issue 53 Sept' 2010

Doing the business

Applicants to the annual Community Food and Health (Scotland) small grant scheme have yet again, despite all the challenges they face, presented us with well-planned, imaginative and tangible proposals.

The 56 who are to receive funding, from Stornoway to Stranraer, should be thanked for being able to achieve so much with grants that average only just over £2,500. Community initiatives have always had to keep an eye on budgets, but this year's applicants have been particularly businesslike in their determination to make every penny count.

It can only be hoped that the

further 200+ proposals that could not be assisted are successful elsewhere, as there were no shortage that would merit investment.

With 261 applications in total, from play schemes to lunch clubs, for everything from gardening equipment to cooking classes, the message was loud and clear, to achieve a fairer, healthier and greener Scotland, you need buy-in the length and breadth of the country from all sorts of groups, representing all sorts of communities.

Similar feedback is coming from a current study CFHS has commissioned into the impact of past small-scale investment in community food activity (see page 4).

This edition of Fare Choice also highlights the range of activities, locations and motivations that need to be accommodated and addressed (see A Flavour of, page 8 and Take Stock page 10), if change is to be achieved and sustained within particularly vulnerable communities and across the whole country.



The Food Train in Dumfries and Galloway celebrates its 15th anniversary (see page 14).

In this edition:

"It's good to see the pumpkins growing."

A Flavour of (page 8) features ideas and experiences from several community growing projects.

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.

National policies, local voices

With all the uncertainty around at the moment, it is more important than ever that the views of community food initiatives are heard, as policies and strategies are developed, outcomes determined, and priorities set.

The end of August saw the latest meetings of the National Food and Drink Policy's Leadership Forum and the Grow Your Own Working Group, as well as the first meeting of the Access and Affordability Working Group.

The Leadership Forum continues to carry out its remit, "to set out the monitoring and evaluation framework and to provide leadership to drive action," within all aspects of the multi-sectoral National Food and Drink Policy. A national food and drink policy conference is scheduled for later this year to gather views and celebrate success.

The Grow Your Own Working Group has no shortage of objectives, and one of the first achieved was the production of a plot-holders' guide, which will shortly be launched at Holyrood.

Last month also saw the first meeting of the Access and Affordability Working Group, with representation from individuals who work at a local level (from Aberdeen, Edinburgh, Dumfries & Galloway, Fife, and Lanarkshire) but also have very useful national perspectives. The group has been asked by government to look at the issues and the evidence, as well as potential actions and how these could be supported. A major part of the first meeting was ensuring that there was an agreed understanding of all the social, physical and psychological dimensions of 'food poverty' and the complexity and sophistication that lay behind the term 'community food initiative'. Updates on this group will be available in future editions.

"I believe the working group is a great opportunity not just for community food initiatives, but also for the Scottish Government. Those working at community level must take every opportunity to highlight the difference we make and the government must ensure policies are informed by our understanding and appreciation of the reality faced by vulnerable communities."

Ian Shankland, Lanarkshire Community Food and Health Partnership, who sits on the stakeholder group of the Food and Health Alliance and is a member of the newly formed Access and Affordability Working Group.

The consultation around the Scottish Government's Maternal and Infant Nutrition strategy should be starting soon and CFHS will ensure community initiatives with an interest will have an opportunity to comment.

Team Talk

An update on our recent / forthcoming work.

Don't miss the kick-off for Healthy Goals!

Our annual networking conference is taking place on Thursday 21 October at the Park Hotel in Kilmarnock. 'Healthy Goals' will continue our focus on food and health activities, practice, and experience that are having an impact on local and national priorities and outcomes. The programme will include 16 workshop sessions, from food markets to food co-ops, cooking classes, community cafés and gardens, to early years and older people.

Our event is an opportunity for groups and individuals to come together and share learning, practice, and skills with others tackling food and health inequalities and will include a structured networking session in the marketplace.

Booking information has already been mailed to you. Booking and workshop selection forms must be returned by **1 October** in order to confirm your place. Please also indicate if you would like a marketplace stall at this event. Demand for places is always high and we advise returning forms to us as soon as possible.

You can download booking forms and workshop information from our website.



Community food workers

CFHS is currently in the early stages of planning a pilot networking and learning event for community food workers employed by a range of agencies and organisations across Scotland. This event will give workers an opportunity to come together to learn and share around their community food work.

CFHS is currently gathering information on what would make this event useful. If you are a community food worker and would like to share your thoughts with us, please contact Ger. More information about this event will be available in the autumn.

SGF Healthy Living programme training

Do you work in a community food co-op, stall or outlet? Would you like to find out how you could be selling more fruit and vegetables, and wasting less? Following on from a successful pilot, CFHS and the Scottish Grocers Federation's Healthy Living programme are running two further training sessions for workers (paid and unpaid) who are involved in buying and selling fruit and vegetables. The training includes promoting and displaying your produce, seasonality, and minimising waste.

The sessions will be held on 30 September in Raploch Community Campus, Stirling from 1-3pm and on 8 October in The Annexe Hall, Rigside Hall, Rigside, South Lanarkshire from 10am to 12pm.

Groups taking part in the training will be able to apply for a free loan of one of two types of display stands offered through the Healthy Living programme. **Booking forms are available from our website. For more information, contact Anne.**

We are also running a **Training the Trainers** session for community food organisations that are managing or supporting community food co-ops, stalls or outlets. The session will look in detail at the Healthy Living programme's training resources, enabling participants to deliver the programme's training session within their own organisation and also for others that they work with. While we would like participants to have some experience of delivering training, if you want to take part in the Training the Trainers session, but have no previous training experience, we will assist you to find a suitable opportunity to develop training skills.

The Training the Trainers session is being held on Wednesday 6 October from 10.30am to 12.30pm at our offices in Glasgow.

Please contact Anne for more information or to book a place. Please note that booking for the session closes on Friday 24 September.

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.

Evaluation – demonstrating impact and learning for the future

Evaluation is vital for demonstrating impact and learning for the future. Sharing these findings is also crucial so that we can celebrate success and learn from each other. CFHS is carrying out a number of evaluations, as well as encouraging community food initiatives to learn about, and learn from, measuring their impact.

Below are some details of the impact and evaluation work that we are currently involved in ...

Evaluation of Community Food and Health

(Scotland): CFHS is currently undertaking an external evaluation that will explore the difference we make and the learning we should take on board in the future. This evaluation will help us to demonstrate our impact and explain how and why we make a difference. We also expect to identify areas where we can do things differently in the future, to maximise the value we add. CFHS has commissioned EKOS to undertake this independent evaluation of its work over the period 2008/11.

There are a couple of ways in which you can input to the evaluation:

You can quickly register your views at **www.ekosonlineresearch.co.uk/cfhs.htm**. The closing date for responses is **Friday 17 September 2010**. If you would like a hard copy of the questionnaire, please contact Lorna Bryson at the details below who will send a questionnaire and a stamped addressed envelope.

EKOS is also holding six regional workshops to gain further insights from those working or involved in the community food and health sector. The

workshops will be an opportunity to explore your experiences of CFHS, how we have supported you and what we could do more or less of to continue to support you in the future. The workshops will be held as follows:

Glasgow - The Hidden Gardens,
14 September (10am – 12 noon)

Perth - Perth Christian Centre,
15 September (1pm – 3pm)

Dumfries - Dumfries Citizens Advice Bureau,
16 September (10am – 12 noon)

Aberdeen - Third Level Resources Ltd,
20 September (11.30am – 1.30pm)

Edinburgh - Southside Community Centre,
21 September (1pm – 3pm)

Stirling - Sunlite Cafe,
23 September (10am – 12 noon)

Please contact Lorna Bryson, EKOS on 0141 353 8327 or lorna.bryson@ekos.co.uk to book a space or to find out more information about the study.



Community café pilot evaluation: CFHS is currently carrying out an evaluation of the community café capacity building programme that ran in Edinburgh earlier this year, in partnership with the Edinburgh Food and Health Training Hub. We want to find out if, and how, the programme has benefitted the cafés that took part. A report on the evaluation will be available from our website by mid October.

For more information, contact Katrina or Anne

Social enterprise evaluation: thanks to everyone who took part in our recent evaluation of the social enterprise activities that we have provided since 2008. Your responses are helping us to identify how we can continue to support community food and health organisations that want to become more enterprising. The evaluation findings will be available on our website shortly. **If you would like more information in the meantime, please contact Anne.**

Self-evaluation training, CFHS learning account: in 2009 CFHS had a learning account with Evaluation Support Scotland (ESS) that enabled 12 projects to access the full range of basic training offered by ESS. As a result of the success of this account, CFHS is now opening a learning account with ESS for 2010.

Through the learning account CFHS will pay the fees for up to 12 places on the ESS Core Course Programme, which includes four different training courses:

- What are my outcomes?
- Collecting information to report on outcomes
- Using visual approaches to evaluate your project
- Telling my story – analysing and reporting outcomes

CFHS is also arranging additional events for participants so that they can share their learning and experiences of self-evaluation. This first event will be run along with the first training course on 16 November.

For more information and an application form, please visit our website or contact Katrina.

Economic evidence for community health initiatives: the Economic Evidence Working Group, led by NHS Health Scotland, has been exploring economic evidence for community-led health organisations and how people can be supported to gather and use this type of evidence. In April this year the working group hosted a roundtable discussion with community and voluntary organisations that have an interest in economic

evidence. A report from this discussion is available on our website. The event focused on the questions that still need to be answered in order to demystify economic evidence and community-led health. The working group is now producing a briefing paper that aims to answer the questions that were raised. **For more information, please contact Katrina.**

CFHS small grants evaluation: the CFHS annual small grants scheme has been running since 1997 to support communities to start or develop food and health activities that tackle barriers to healthy eating experienced in low-income communities. Recipients of the small grants scheme undertake a wide range of activities that have an impact on a wide range of people. We always carry out evaluation of grant activities six or 12 months after recipients have received their money, but now we are carrying out an additional impact evaluation with 2008 grant recipients. This will determine the difference the grant made for them after two years. **More information and some findings will be available in the next issue of Fare Choice.**

A 'win-win' from working with students: for the last four years Lanarkshire Community Food and Health Partnership (LCFHP) has worked with students from Glasgow University completing their dissertation projects. These were MSc (Human Nutrition) students who specialised in public health nutrition.

This year two students worked with LCFHP. One student carried out research into the types of food purchased by people living in Viewpark, and another student evaluated a fruit and vegetable co-op operating within a primary school. Both students have completed their work and are sharing their findings with LCFHP.

As a result of this partnership the students have been able to complete their university course and LCFHP has gained some valuable findings that will help demonstrate the impact of its work and inform future planning.

At this year's conference we will be talking about this type of partnership between community food initiatives and students.

If you have any evaluation findings you would like to share, please contact us!

In the next edition of Fare Choice we will also be reporting on our learning event – Evidencing our Impact, taking place on 23/24 August.

Policy

Scotland

FSA Foodborne Disease Strategy 2010-2015 (Scotland)

Food borne disease is a major cause of illness in the population. Although there has been a reduction in occurrences of illness within the population since the launch of the Food Standards Agency in 2000, there has not been any significant change since 2005. The strategy describes a proposed approach to identify priority areas of action. A consultation on the strategy has recently taken place.

Further information and a future summary of responses will be available at www.food.gov.uk/consultations/consultscot/2010/foodbornediseasestrategyscot

Consumer food labels guide launched

The Scottish Government and the Food Standards Agency have launched a new consumer guide on country of origin information on food labels. The guide, which was tested by Consumer Focus Scotland's Consumer Network, gives consumers an easy-to-read background on the current rules on country of origin labelling and highlights foods where specific labelling rules apply.

Welcoming the guide, **Douglas Sinclair**, Chair of Consumer Focus Scotland, said,

“We have long been concerned about the consumer confusion with country of origin labelling and this guide will provide much needed clarity for the public.”

To download a copy of the guide visit www.food.gov.uk.

UK

All change

It's all change at Westminster with the new coalition government already having stated its intention to hand over the responsibility for nutrition policy in England from the Food Standards Agency to the Department of Health, and much of the work around food labelling and food composition to the Department for Environment, Food and Rural Affairs. Implications for the agency's work in Scotland are currently unclear. Meanwhile a range of other proposals are up for



consideration including greater commercial involvement in England's Change4life social marketing campaign, although others, such as scrapping free milk for the under 5s, appear to have been dropped.

EU

Food information vote outcome

In June, MEPs voted on food information for consumers. Results concluded that processed foods must state quantities of fat, saturates, sugar, salt and energy accompanied by guideline daily amounts (GDAs). However, MEPs rejected a proposal to introduce a hybrid of GDA and traffic light labelling to indicate levels of fat, sugar and salt.

For more information visit www.beuc.eu/Content/Default.asp?PageID=2139 and scroll down to 'Food Information.'

European platform on diet, physical activity and obesity: five year evaluation report

The platform is an innovative policy tool that has been developed in response to the EU-wide increase in obesity. The EU is using various approaches including legislation, dialogue and voluntary commitments from stakeholders to address the problem. The evaluation assesses how effective this approach has been, in particular how the platform has achieved its three main objectives of:

- providing a common forum for exchange among stakeholders;
- generating specific actions in key areas; and
- producing evidence and know-how through monitoring.

To read more about its findings visit www.ec.europa.eu/health/nutrition_physical_activity/docs/evaluation_frep_en.pdf

Scoff

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

Low-carb dieting, families and cultural identity

Low-carbohydrate diets were particularly popular in the late 1990s and early 2000s in English-speaking countries, including the UK as well as the United States and Australia. A 2003 poll found that around 3 million Britons had tried the Atkins Diet. Other popular “low-carb” diets include the South Beach Diet, the Zone, Protein Power and Sugar Busters. The exact recommendations of different low-carbohydrate plans vary, but their common feature is the elimination or significant reduction of starchy and sugary foods, with a focus instead on salad and non-starchy vegetables, meat, fish and other protein foods.

The low-carbohydrate trend may have gone off the boil since 2004, but low-carbohydrate diets certainly have not disappeared. The trend also influenced clinical nutrition research, as well as some people’s beliefs about healthy diet. The safety and efficacy of low-carbohydrate diets remain controversial, although clinical trials have not shown the negative effects on blood lipids (in particular) that critics expected. Regardless of whether we view low-carbohydrate diets as healthy, there is much we can learn from research with low-carbohydrate dieters about how radical changes in individual diet affect personal relationships, family meals and cultural identity.

In 2006, as a PhD student based in Adelaide, South Australia, I carried out a small (15 participant) interview study with low-carbohydrate dieters about their dieting practices and experiences, and their beliefs about healthy eating.* The dieters in the study were mainly long-term “low-carbers” – half the participants had been using the diet for four years or more. About half were following the diet for weight-loss, while others were using it to address health problems ranging from type 2 diabetes to chronic fatigue (ME).

Not surprisingly, one of the findings from my study was that low-carbohydrate dieting disrupted people’s long-established family and cultural food habits and traditions. For the dieters I interviewed, this was not necessarily a negative experience – many experienced the disruption in an empowering way, as them taking control of their diet. Dieters came to view their “traditional” family or cultural diet as intrinsically unhealthy and better left behind. Switching to a low-carb diet also inspired newfound creativity in the kitchen, with some male dieters taking responsibility for family meal preparation when they had not done so before.

By contrast, other interviewees found parts of the low-carbohydrate dieting experience quite traumatic, as the diet required them to give up foods traditional to their cultural background. For instance, “Pam”, who had immigrated to South Australia from Ireland, described traditional Irish soda bread as a staple component of her everyday diet before she went low carb. Soda bread had now become a treat that she only ate on special occasions, such as Christmas Day. For one Italian Australian participant, “Gina”, a particular difficulty was the function of traditional Italian foods at extended family meals and celebrations. Gina described how she would occasionally eat home-made pasta at family gatherings for the sake of being part of the shared social activity, renewing and maintaining her ties to the family group through food. She associated family bonding most with her mother’s food, especially home-made pasta dishes such as lasagne and cannelloni that are complicated and time-consuming to prepare. Eating “packet pasta” with the family would not have the same importance or benefits.

Results from this study suggest that dieters do not follow self-help weight-loss recommendations to the letter. Instead, they will negotiate exceptions to their new regime in order to maintain family relationships and cultural identity, using portion control and frequency to manage their consumption of “banned” foods.

Dr Christine Knight, ESRC Genomics Policy & Research Forum, University of Edinburgh.

For further information, please contact Christine on 0131 651 4743 or christine.knight@ed.ac.uk

*This research was carried out as part of a PhD project jointly supported by the University of Adelaide and Australia’s Commonwealth Scientific and Industrial Research Organisation (CSIRO), Human Nutrition Division.

A Flavour of

Community-based food and health activity in Scotland

Community gardens

CFHS staff have been out-and-about visiting community gardening projects that are making real differences to the people they are working with. Below are examples of four community gardening projects from across Scotland.



Islay House Community Garden is a two-and-a-half acre walled garden adjacent to Islay House, on the island of Islay, which was unused from the 1960s until six years ago, when a group was established to restore it. There are now four very dedicated volunteers, all working up to seven days a week each, as well as others who help out when they can. However, new volunteers are always welcome.

At the beginning they were successful in attracting funding and donations from a range of sources. This funding, and income from fruit and vegetable sales, has enabled them to employ 1.5 full time equivalent gardeners.

Clearing the garden to make it suitable for growing again took the group every weekend for its first year. Now in its fifth year of cropping, the garden produces a wide range of produce. As well as the staples, it grows heritage varieties of vegetables, and perennials such as artichokes, asparagus and cardoons. Its best sellers are early potatoes, with around five tons sold annually.

The produce is available at the garden. It is not sold: people wanting to buy are asked to make a donation, using the 'suggested price list' compiled by the group. It also supplies a range of lettuces to local hotels, providing each with up to 40 a week. The garden is also attracting an increasing number of the island's visitors. The group have established good working links with Argyll College and the island's schools, including the high school, providing training courses and opportunities for local people, young and old. It would like to develop and expand the training as a revenue stream.

To find out more about the garden, or about becoming a volunteer, visit www.islayinfo.com/islay_house_community_garden.html.



Campbeltown Community Organic Garden is based in Campbeltown on the Mull of Kintyre. It was set up over ten years ago, as part of a healthy living project. The garden was mothballed for some years before being re-established a couple of years ago. Originally managed solely by volunteers, the group obtained funding from a range of sources and now employs a full-time gardener with experience of both organic gardening and permaculture. It also employs three Future Jobs Fund trainees.

The one-acre garden is situated on a steep slope at the rear of a care home for older people. It has a number of raised beds, growing flowers, fruit, and vegetables, with the group planning to install a sensory garden and a herb bed. The garden is used by a number of local groups, including school groups and a mental health organisation. Providing educational opportunities for local people is an important part of the work of the garden.

The garden's volunteers are encouraged to take home the fruit and vegetables. Any surplus produce is taken to the local farmers' market. Like Islay House community garden, buyers are asked to give a donation for the produce. The suggested prices for the produce are kept low, to keep it affordable.

The group are now developing an additional one-and-a-half acre site, adjacent to the garden. They plan to install two polytunnels and several raised beds, using this area to grow higher value perennial crops such as asparagus and artichokes.

The group is also looking for more volunteers to help it out.

For more details, visit www.ccog.org.uk.



Growing with Community Service participants

West Craigies Local Food Project aims to provide those undertaking community service sentences with the opportunity to learn about growing and selling vegetables and to make locally grown food available in the area. This social enterprise was set up by a wide-ranging steering group, including criminal justice and NHS staff. The project has access to four acres of land and one large polytunnel with watering systems. In return for access to the local farmer's land, the garden sells produce to the farm's popular shop and café. It also sells produce to a local hotel. Around six men undertaking community service attend each Tuesday with their supervisors and a similar group of women attend each Thursday. Establishing the community service part of the project took more time and resources than expected; one-to-one horticultural training is more effective compared to group training but takes more time. The project also finds that sessional workers and volunteers are required to help maintain the garden, as the contribution from community service is not always regular enough to keep the shop and café stocked with fresh produce.

“It's good to see the pumpkins growing.”

Community Service participant

So far, the project is having a positive impact on the community service individuals as they are exposed to new ideas and new tastes. Some have enjoyed trying new foods; one man said that he now enjoys eating lettuce; another enjoyed trying radishes for the first time. One of the women said that both she and her son are now eating fresh vegetables.

Overall, staff report that they have seen an

improvement with the types of packed lunches that individuals bring in – early on some had arrived with no lunch at all, or just crisps. Now more people bring food such as sandwiches, as they realise how hungry they get after digging and weeding. The individuals are expected to take part in some collective work, but are also encouraged to take ownership of a part of the garden when they attend. This has inspired some, including one young man who initially insisted that he would hate the work, but who soon enjoyed seeing the progress of 'his patch of garden' each week. In the future, project staff would like to buy basic cooking equipment and involve some of the group in preparing a shared lunch. They are also applying for further funding to ensure they have more sessional workers to ensure the project continues to produce vegetables throughout the winter.

For more information, contact Yvonne Dalziel by email at Yvonne.dalziel@btinternet.com

Karibu ('welcome' in Swahili) is a not-for-profit organisation in Glasgow, managed by, and for, asylum-seeking and refugee African women. It provides support, information and advice to its members, who include survivors of torture, trafficking and trauma.

In 2009, Karibu was awarded funding from Community Food and Health (Scotland)'s small grants scheme, to run a 20-week course in 'Growing and Cooking your own African Food'. Sourcing seeds from different parts of Africa, Karibu members have grown several African vegetables in the greenhouses, alongside those that are more usually grown in Scotland. They have also been managing an allotment, growing a wide range of fruit and vegetables. The group

members have enjoyed finding out what vegetables it is possible to grow in the Scottish climate. As the crops come in, the group is now moving on to harvesting and cooking its produce. There has been much learning on all sides, about how to grow and cook different vegetables, and make use of as many parts of the plants as possible (such as gourd leaves).

Karibu hopes that the skills learned on the course will provide the foundations for its next enterprise - setting up an African café in Glasgow.

The course was run in association with The Hidden Gardens and the New Victoria Gardens allotment site in Pollokshields.

For more information, contact
Karibu_glasgow@yahoo.co.uk or visit
www.thehiddengardens.co.uk.



Take Stock

A focus on mental health

As part of our work to extend the reach of work around food and health, in this edition we are promoting some of the many initiatives across the country that are using food as a way of addressing mental health and wellbeing. Some of this work has been supported by CFHS – some of it has been funded locally.

Cook and eat

The Clashmach Centre in Huntly is a voluntary organisation supporting adults with various mental health problems. It aims to promote both mental health and wellbeing based on social inclusion, confidence building, healthy living and physical activity.

Following the opening of the newly developed community kitchen in Huntly in 2009, a 'cook and eat' course provided the opportunity for the Clashmach Centre to offer this course to its members, many of whom had variable experience of accessing a healthy diet, and differing

levels of confidence in cooking. Each session was facilitated by an Inclusion and Development Worker from the Clashmach Centre, with sessions running weekly on a two-hourly basis for a duration of 12 weeks.

The overall course was designed around promoting the balance of good health, and emphasised the cost-effectiveness of cooking from basic ingredients, as well as identifying individual needs and promoting group involvement.

Participants were introduced to new recipes and practical cooking skills, as well as nutritional information, eg. awareness of fat, sugar and salt recommendations. Back-up information, resources and recipes were provided after each session so that participants could implement what they had learned at home. There was an increase in the number of people starting to include cooking and eating into their daily routine.

The sessions were evaluated and comments from members capture the skills and experiences gained:

“Excellent morning, good company. Soup tasted good as did the smoothies... enjoyed learning something new. Roll on next week.”

Members also noted increased confidence, and the new friends that they made by socialising and eating together. For others, the sessions broke down major barriers about using transport and going to new places in the community. Some have now gone on to do further training in food hygiene.

If you would like to hear more about its work, the Clashmach Centre will be presenting a workshop at our networking conference in October.

Food for recovery

Glasgow Association for Mental Health (GAMH) provides a wide range of mental health and wellbeing services to individuals and their carers across Glasgow. All are based on the principles of recovery.

Food is increasingly recognised within the organisation as a means to support recovery and there is a wide range of food and food-related activities going on. In the north of the city a 'Mood Food' course, which is offered in conjunction with the local stress centre, covers healthy eating and its links to physical and mental wellbeing. In the south of the city people are developing skills in growing fruit and vegetables on a local community allotment. This activity has resulted in an increase in the inclusion of fresh fruit and vegetables in people's diet. Cooking courses have also increased participant's cooking skills. In the east, members of Scotia Clubhouse cook a meal everyday that focuses on the social and health impacts of eating together.

GAMH launched its "Food for

Recovery" festival on 18 June 2010. One of the festival's aims was to highlight the food-related opportunities and activities that GAMH has undertaken over the past year.

One such opportunity was the Recipes of Hope – a collection of recipes with linked stories of recovery, highlighting the important role that food recipes have played in their lives – designed and developed by service-users and carers supported by GAMH.

The launch event featured Scottish Recovery Network Director, Simon Bradstreet, as keynote speaker, a marketplace of stalls, the launch of Recipes of Hope, and cooking demonstrations from popular Glasgow chef Andrew Wilson.

The festival was planned by a steering group of service-users, carers and staff and involved partners from agencies across Glasgow. This partnership approach was key to the success of the festival.

"We're lucky to have so many highly motivated service users and it's also been great to have had so many partners for the project, which, I think, reflects the community-based roots of GAMH."

Jacqueline Croft, GAMH
Operations Manager

The festival marked the beginning of a series of special events and activities taking place across the city during the summer months and themes for next year's festival are already being considered!

The Scottish Development Centre for Mental Health has been working with CFHS on a joint publication on food, mental health and wellbeing, which will contain a useful literature review along with a number of fascinating case studies from across the country. The publication will be available soon.

"The information and evidence presented in this bulletin has shown how the social, cultural, economic and environmental context of food impacts on mental health and wellbeing."



Bitesize

The SGF healthy living programme goes to Leverburgh

Staff from five community-run shops in the Western Isles took part in a Scottish Grocers Federation's healthy living programme training session in early June. The shops are all members of the Community Retailing Network. Ross Kerr from the healthy living programme delivered the training session, which was held in the café of An Clachan, the community shop in Leverburgh on the Isle of Harris.

Kirsty from the CRN, Anne from CFHS, Mary from Fas Fallain, and Kenny from Western Isles Council joined in the training session, which was followed by lively discussion, and a lovely lunch. Our thanks go to An Clachan for all its hospitality.

Beechgrove garden factsheets

CFHS is contributing articles on community food and health activities to the weekly factsheets that accompany the current series of the Beechgrove Garden. Since April, the work of 20 organisations involved in community gardening from across Scotland has been highlighted in the factsheets, which can be downloaded from www.thebeechgrovegarden.com.

The Royal Edinburgh Community Gardens were featured recently in the programme and a useful write-up of their work appears in the factsheet for Episode 18.

Heal the Earth Ayrshire

Heal the Earth Ayrshire is a local membership group based in Kilmarnock that formed in 2006 to support people to:

- think about and change their lifestyles;
- think about their environment and grow their own fruit and vegetables;
- educate children, young people and families; and create and work together as a community.

The Heal the Earth Community Organic Garden is based at the old walled garden in the Dean Castle Park in Kilmarnock, and has been made possible by funding awarded by the Climate Challenge Fund and a range of local partners such as East Ayrshire Council, community organisations and the local community. Working in partnership with others has enabled the group to progress the garden; building paths and walkways, a pond to encourage more diversity, and a platform that will shortly be home to some beehives.

The garden has approximately 50 raised beds available for use: 20 beds for community use and others for individual members and local groups including local children with special needs, young people supported by Blue Triangle Housing Association and the Richmond Fellowship. All the beds are arranged around a central communal herb garden and volunteers from the group support community members to grow fruit and vegetables together. They are very active in engaging with other local groups that want to learn or re-connect with useful skills. Community work-ins to clear areas of land for growing and general tidy-ups have been very successful, leading to wider sharing of skills and experience that everyone can benefit from together.

Current developments include a stall in the Dean Castle Park Visitors Centre to sell some of its flourishing produce and engage with other community members who might want to be involved. Kilmarnock also has a monthly farmers' market where it is planning a regular presence. Recently its efforts were awarded with 3rd prize at the Annual Ayr Flower Show for a basket of vegetables from the garden.

The work of Heal the Earth will be featured in a workshop at our Healthy Goals conference.





Gardening Scotland

Once again, three community food and health groups shared CFHS's stall at the Gardening Scotland show, held in Edinburgh in June. Despite some wet and windy weather, Wester Hailes Health Agency, the Royal Edinburgh Community Garden and Urban Roots (pictured above), made the most of the opportunity to publicise its work to the show's thousands of visitors. Members of Pilmeny Development Project's intergenerational group also took part in a cookery session on the Healthier Scotland Cooking Bus, which was at the show again this year.



Blooming

Scottish Orchards, a new organisation for anyone interested in promoting and developing orchards in Scotland, would like to encourage people who share its vision of a more fruitful Scotland to join its membership. A newsletter, email groups, funding round-ups, events and advice is available and membership is free, although it suggests £20 as a suitable annual donation, and is equally happy to receive in-kind contributions.

For more information on Scottish Orchards visit www.scottishorchards.com or contact john@childrensorchar.d.co.uk. You can also join through its social networking platform on <http://scottishorchards.ning.com>

News

Protecting Vulnerable Groups Scheme

This new membership scheme will replace and improve disclosure arrangements for people who work with vulnerable groups. It aims to continue to ensure that children and adults are protected, as well as simplify and speed up the disclosure process for employers, staff and volunteers who use the scheme.

Guidance and training materials on the new scheme, which will commence on 30 November 2010, are now available to help organisations, individuals and personal employers at

www.disclosurescotland.co.uk/ or www.infoscotland.com/pvgscheme/.

Further materials will become available over the coming months. To read the original press release, visit www.scotland.gov.uk/Resource/Doc/1141/0100847.pdf

Cross party group on volunteering and the voluntary sector

A new cross party group on volunteering and the voluntary sector has been set up in the Scottish Parliament. Johann Lamont MSP was elected as convener, with Robert Brown MSP taking on the role of vice-convener. The Scottish Council for Voluntary Organisations was nominated to act as secretary and Crossreach will be the treasurer. Suggestions of possible work strands for the new group included examining what impact the Compact process has had on voluntary organisations across Scotland, as well as looking at developing a national volunteering strategy.

Anyone interested in being involved in the group should contact enquiries@scvo.org.uk.

Exam successes

Congratulations to Suzanne Wright from Stirling Health and Wellbeing Alliance, Danielle Nicol from Getting Better Together, and Morag Austin from Healthy Valleys. With financial support from CFHS, the three community food practitioners have recently completed the Royal Society for Public Health's Diploma in Nutrition and Health course, all obtaining distinction or merit in the course examination and assessments. All three are now registering to become Royal Environmental Health Institute of Scotland Elementary Food and Health tutors.

Eyes and ears

Consumer Focus Scotland (CFS) is currently looking for new volunteers interested in consumer issues such as education, the environment, food, health, housing, post and public services. The Consumer Network is a group of home-based volunteers who act as 'eyes and ears' across the country - helping to keep Consumer Focus informed about the issues that concern ordinary people throughout Scotland. At the moment over 350 volunteers from all over Scotland regularly assist, identifying consumer issues and investigating local services and facilities.

This is a home-based opportunity and CFS is looking for people from all walks of life to get involved.

For more information and an online application form, visit www.consumerfocus.org.uk/scotland/get-involved-in-our-work-consumer-network



Food Train celebrates 15th anniversary

Volunteers, customers, staff, friends and supporters gathered together on Thursday 15 July to celebrate the 15th Anniversary of The Food Train, having completed over 100,000 deliveries of fresh groceries to frail and housebound older people over the years. During the celebrations Food Train Chairman, Mike McLurg, paid tribute to all the volunteers past and present who had so generously given their time over the years to make possible the vital grocery deliveries to older people all across Dumfries & Galloway, and to the local Council for its long-standing support. Dumfries MSP, Dr Elaine Murray, joined the party and offered her congratulations, telling the assembled guests of her lengthy association with Food Train and stressing what an important service it was for older people across all Scotland. Food Train's longest serving customer, of over 14 years, was invited to blow out the candles and cut the cake.

During the last 15 years Food Train has grown from a small voluntary group to a well-established leading provider of support services to older people. With support from the Scottish Government and Community Food and Health (Scotland), Food Train is now expanding to other parts of the country and will soon be making vital deliveries from its new West Lothian Branch.



Publications



A Healthier Option: tuck shop toolkit and healthier vending report

The West Glasgow CHCP Child and Youth Health Improvement team has recently produced two new and innovative reports. The healthier tuck shop toolkit is designed to support youth organisations in assessing their current healthy tuck shop options with a view to promoting and encouraging healthier lifestyles among children and young people. Tuck shops have traditionally sold a selection of high fat, high sugar and high salt foods.

Vending machines are prominent and familiar items found in public venues across West Glasgow CHCP. These machines traditionally offer sugar filled fizzy drinks and fat-laden snacks that often contain high levels of salt.

Each of these reports has been developed with to be used and adopted by a range of organisations and facilities, to encourage the availability of healthier options for children, young people and families.

If you would like a copy of either of the reports, please call Emma or Nicola on 0141 314 6272/6221 or email westchildyouthhealth@ggc.scot.nhs.uk



Fair fare

“The Food Ethics Council commissioned the Food and Fairness Inquiry because we were worried that issues of social justice were being underplayed in debates about food policy.”

Helen Browning, National Trust and Chair of the Food Ethics Council

Food security, sustainability and health were the key challenges identified by the Food and Fairness Inquiry undertaken by the Food Ethics Council earlier in the year. Its completed report is available to download from www.foodethicscouncil.org/system/files/FoodJustice_reportweb.pdf

“Sustainable development that doesn’t create fairness for people isn’t, frankly, sustainable development.”

Jeanette Longfield, Sustain and member of Food Ethics Council

Web resources

CFHS is delighted that with the co-operation of NHS Ayrshire and Arran, both its **Healthy Cooking in the Community** manual and **Munch Crunch 2** Recipe Book are now available on the CFHS website.

These useful resources from a well-respected team can be viewed or downloaded from the Publications Library on the site.



New resource

The Food Miles ‘Plus’ Resource Pack aims to allow exploration, and create discussion and awareness of how food travels, from where it is grown to where it is eaten, including transport, ethics, packaging, and the who, how and where of food production.

The final version of the pack will be on display at our Healthy Goals conference in October. The resource is aimed at community groups, but can be used by colleges and schools (P4 to S6), to link with Curriculum for Excellence.

For more information, contact Susan, susankennedy2@nhs.net or Diane, Diane@fortheenvironmentlink.org or visit www.fvfl.org.uk.

Diary

SEPTEMBER

Edinburgh Food and Health Training Hub free networking conference

Wednesday 22 September 2010

City Chambers, Edinburgh

Open to anyone with an interest in food and health

More info: lmclellan@edinburghcommunityfood.org.uk

OCTOBER

Public Health Information Network for Scotland Seminar

Friday 08 October 2010

Glasgow Royal Concert Hall

More info: www.scotpho.org.uk/home/resources/phins/PHINS_seminar_oct_10.asp

Federation of City Farms and Community Gardens annual networking event

Friday 08 October 2010

Scottish National Heritage headquarters, Battleby, near Perth

More info: www.farmgarden.org.uk/farms-gardens/your-region/scotland/506-news-a-events

Healthy goals: tackling the issues, knowing the score CFHS annual networking conference

Thursday 21 October 2010

Park Hotel, Kilmarnock

More info: www.communityfoodandhealth.org.uk/about/currentwork.php

12th annual food, diet and health conference

Wednesday 27 October 2010

Hilton Grosvenor Hotel, Glasgow

More info: www.glasgow.ac.uk/developmental/

NOVEMBER

Health, Culture and Scotland: new challenges, new opportunities, Faculty of Public Health annual conference

Thursday 11/Friday 12 November 2010

Dunblane Hydro Hotel

More info: www.fph.org.uk/events/health%2c_culture_and_scotland%3a_new_challenges%2c_new_opportunities

Tomorrow's Menu: Scotland's National Food and Drink Policy Conference

Wednesday 24 November 2010

Edinburgh International Conference Centre



community
food and health

(scotland)

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