



farechoice



The quarterly newsletter for Community Food and Health (Scotland)

May 2011

2011 Small Grant Scheme is open!

We are pleased to open the 2011 Annual Small Grant Scheme. Groups and agencies working with or within low-income groups in Scotland are welcome to apply for grants between £500 and £3000 to develop healthy eating activities. Last year, we awarded a total of £147,000 to 56 groups out of 248 grant applications. This year we have £100,000 to award to groups and agencies.

To find out more about our grant scheme please call or email us and ask for an application pack. You can also download the application form, guidance notes and other materials from our website.

Last year's grant recipients are currently letting us know how they are getting on with their activities and you can learn about ten of these in this newsletter. Thanks to all the grant recipients who have sent us reports and photos.

Last year, successful grant applicants planned food and health activities with a wide range of low-income and vulnerable groups, such as people with learning disabilities, people with mental health support needs and young people who have experienced homelessness. Successful grant applicants included those working with a wide range

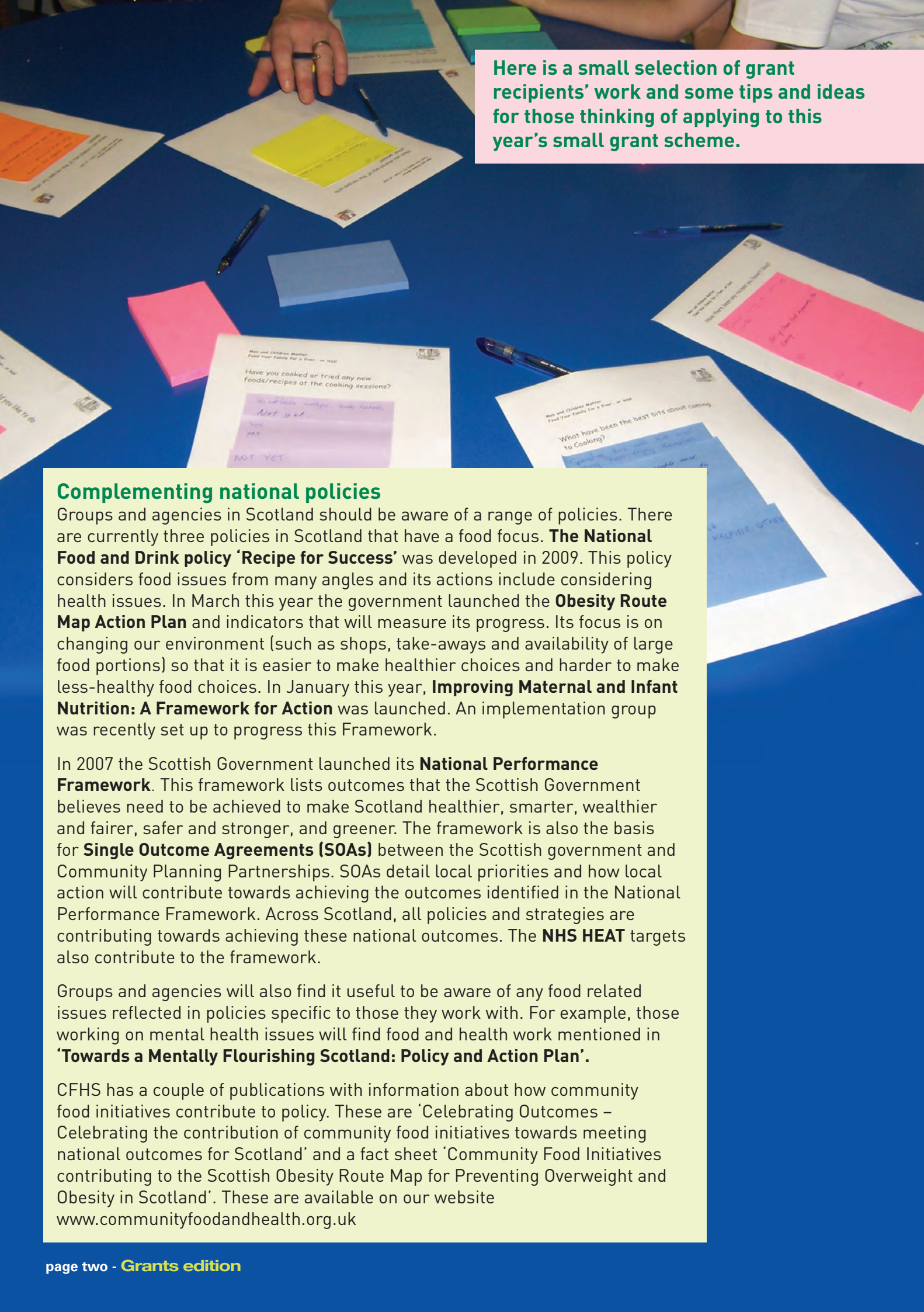
of people living in their local area to groups working more intensively within small groups. Groups developed a range of practical activities to tackle the barriers to a healthy balanced diet. These included developing healthy cookery sessions, a shopping scheme, vegetable gardens and improving what's on the menu at a community cafe. Grant money was used to buy a wide range of goods and services, from wheelbarrows, watering cans and workshops to crèche costs, cauldrons and customer care training.



St Andrews Church cookery sessions, see page 4

CLOSING DATE:

The closing date for grant applications is Friday 12 August 5pm. Please note that unfortunately we are unable to accept faxed, emailed or late applications. Please ensure that you post your application in plenty of time to get to us before the closing date. (We will also accept hand-delivered applications.)



Here is a small selection of grant recipients' work and some tips and ideas for those thinking of applying to this year's small grant scheme.

Complementing national policies

Groups and agencies in Scotland should be aware of a range of policies. There are currently three policies in Scotland that have a food focus. **The National Food and Drink policy 'Recipe for Success'** was developed in 2009. This policy considers food issues from many angles and its actions include considering health issues. In March this year the government launched the **Obesity Route Map Action Plan** and indicators that will measure its progress. Its focus is on changing our environment (such as shops, take-aways and availability of large food portions) so that it is easier to make healthier choices and harder to make less-healthy food choices. In January this year, **Improving Maternal and Infant Nutrition: A Framework for Action** was launched. An implementation group was recently set up to progress this Framework.

In 2007 the Scottish Government launched its **National Performance Framework**. This framework lists outcomes that the Scottish Government believes need to be achieved to make Scotland healthier, smarter, wealthier and fairer, safer and stronger, and greener. The framework is also the basis for **Single Outcome Agreements (SOAs)** between the Scottish government and Community Planning Partnerships. SOAs detail local priorities and how local action will contribute towards achieving the outcomes identified in the National Performance Framework. Across Scotland, all policies and strategies are contributing towards achieving these national outcomes. The **NHS HEAT** targets also contribute to the framework.

Groups and agencies will also find it useful to be aware of any food related issues reflected in policies specific to those they work with. For example, those working on mental health issues will find food and health work mentioned in **'Towards a Mentally Flourishing Scotland: Policy and Action Plan'**.

CFHS has a couple of publications with information about how community food initiatives contribute to policy. These are 'Celebrating Outcomes – Celebrating the contribution of community food initiatives towards meeting national outcomes for Scotland' and a fact sheet 'Community Food Initiatives contributing to the Scottish Obesity Route Map for Preventing Overweight and Obesity in Scotland'. These are available on our website www.communityfoodandhealth.org.uk

Getting help

There is a lot of contradictory information available about healthy eating on the internet and in the media, so it's important to know where to find up to date and accurate information if you are planning to deliver healthy eating activities. There is information at the end of this newsletter about websites on nutrition and training. Several groups received hands-on help from workers employed by local authorities or NHS with information on healthy eating, so it might be worthwhile finding out what support is available in your local area.

Home-Start Angus received help from the NHS Health Improvement team in Angus to choose recipes to use at their cookery sessions with parents and also got help with evaluation materials. The group used and adapted popular recipes or take-away meal ideas, such as curries, pizzas and cottage pie to encourage healthy cookery. They found that making small changes to peoples' favourite food was the most successful way of encouraging healthy cooking, such as using lean or turkey mince rather than beef mince for cottage pie, adding more vegetables to meat-based meals and using less oil or tomato based sauces for curries. The group has found this work successful and useful, and plans to fund raise to continue this so that parents new to the service will benefit from these sessions.

Make sure that food activities are needed and wanted

Activities are more likely to be well-attended and successful if they are relevant and what people want. If you work with an existing group it will be possible to involve them with planning food and health activities. However, if you are planning to attract a wider range of people, you may need to consider how you will find out their needs and wishes.

Stonedye Neighbourhood Centre in Glasgow provides a wide range of activities for people in the local area, such as Zumba classes, a lunch club, a community café, guitar lessons and a popular youth club. The centre wanted to change

their existing tuck shop that sold crisps and drinks and create a food co-op selling food such as fresh fruit and vegetables, pasta and soup packs. They used various approaches to find out if the co-op would be worthwhile setting up and used by local people. Information from a survey by West Glasgow Community Health and Care Partnership (CHCP) Child and Youth Health Improvement Team had concluded that healthier options in tuck shops could be acceptable if young people are involved in the decision making process. The Centre consulted the young people using the centre about changing the tuck shop and as this was combined with food activities and information about healthy eating this was accepted. Further information was gathered from other organisations in the area, such as the local health initiative – Drumchapel LIFE, which confirmed that access to affordable healthy food was an issue for people in the area so setting up a food co-op might be useful. The centre received around £2,000 from the small grant scheme for set-up costs and the centre now has a thriving co-op and tuck shop. They have tried out several ideas to encourage customers. The most successful idea has been providing soup packs, containing veg and stock cubes and a simple recipe for people to try. They have also had success selling vegetables which have been grown on the centre's allotment.

The Dunfermline Women's Aid women's development group had previous experience of a cookery course delivered by the Fife Community Food Project. Women from the group indicated that they would like to be involved in a similar course again. Fife Community Food Project gave the group suitable cookery books and aprons and provided training for a Women's Aid worker, so that she could deliver cookery sessions herself. The women in the group take turn each week to support the worker to deliver these sessions. Around seven to eight women take part each week, each contributing £2 to help cover some of the costs, so that they can continue the sessions a little longer. At the end of each session they eat the food for their lunch together and take some ingredients home so that they can try out the recipe again with their families.





Making an impact beyond healthy eating

Many groups find that food activities can assist them with their other aims and make an impact beyond food and health.

St Andrews Church 'Bounce Higher' family work project provides support for a range of groups in the Bo'ness area, including young parents and young women. The groups are publicised locally, although parents are also referred through social services and health visitors. The family project aims to help with issues around parenting. They find that cookery sessions are a useful tool for engaging with parents, some of whom have since started attending the project's early years activities with their children. The project is delivering cookery sessions to all of its groups, tailoring each of these to the needs of the group. As well as building food skills, the project find that the activities build **parenting skills** and **food budgeting skills**. The parents are enjoying developing friendships with each other and are less isolated. The young women's group have moved beyond just learning to cook for themselves; they recently prepared a meal for 50 people returning from a youth exchange programme and developed their **planning and team working skills** by working together to plan, shop for, prepare and serve the meal. They also created a recipe book that will be sold to churchgoers and people within the local community.

Carse of Gowrie Shop Drop for older people

Perth and Kinross Healthy Communities Collaborative (HCC) worked with a range of organisations including WRVS, Voluntary Action Perthshire, Community Learning and Development, the local authority, the Community Health Partnership and local shops to pilot a shopping delivery scheme for older people in rural Carse of Gowrie. Volunteers pick up shopping lists once a week from those who have signed up for the

scheme and go to the local shops or supermarket to collect groceries for them. If necessary, the volunteers will also unpack and store the groceries. To help ensure this scheme is sustainable, the project charges £2 per delivery. As well as ensuring access to food, Shop Drop brings a range of other benefits to the people who use it. Evaluation of this scheme has shown that it helps older people to **live in their own homes independently** for as long as possible, **reduces the burden on family or neighbours** to carry out these chores and can help ensure that older people are **less isolated** because they will be given information about other services or community groups. People using this service have also reported that it has helped them with **food budgeting** because they have information about prices and products when they are given their shopping list to complete. Many people now have access to a wider range of shops. HCC is currently considering options around how to continue and expand this scheme.

New Horizons Borders is a user-led network that provides support for five drop-in groups in the Borders for people experiencing mental health difficulties. Some of the network members had expressed an interest in taking part in learning about how food can affect **mental health** and having healthier lunches at their drop-in sessions. All five drop-in groups used their grant to try out food activities to suit their own group. One group has started having crackers and fruit as a snack instead of biscuits, another group made homemade soup after going out for one of their regular **health walks**. The network has found that these activities have complemented their **self-help model** as members have supported each other to get together and prepare healthy meals and have encouraged each other to try new foods. They plan to continue with healthier snack options as members now expect this.

Knowing that you are making an impact

Many groups find out what difference they are making through informal discussion with participants, some use questionnaires, others use a range of techniques tailored for those they work with.

Broomhouse Health Strategy Group in Edinburgh used their grant to deliver 5-week hands-on cookery sessions for parents at four local primary schools. Children take part in one of the sessions to encourage parents to involve their children more in cookery. Although the emphasis is on teaching affordable healthy cookery, the group also had a 'Kitchen Canny' worker attend some of the sessions to provide information about avoiding food wastage and food budgeting. One of the parents (with a family of seven) reported that since attending the cookery course she is spending around £60 less per week on food. The group used various evaluation methods to find out what difference these sessions were making to the parents. One involved a student volunteer taking part in the cookery sessions and writing down the parents' comments about food and cookery. Another method involved the parents taking part in an evaluation session at the last cookery class and using post-it notes to add their comments to questions on a flip chart. One of the schools also had a Facebook site and some of the parents used this to mention that they had tried recipes again at home successfully. One of the schools has asked the group to run another series of courses later in the year.

The North Perth Community School Men and Children Matter project runs activities for men and the children they care for. The project's aim is to provide innovative family learning opportunities for children and the significant adult male in their lives. The families are asked about the types of activities that they would like to do and cookery is a popular option. The group received just under £1000 to deliver two five-week cookery courses led by a home economist and supported by a community learning assistant. The sessions were popular, but the project has found that working with a maximum of six families at each session suits everyone. The men and children attending the 'feed your family for a fiver or less' sessions have tried out recipes agreed by the group such as sweet potato wedges, chicken curry and lamb kebabs. They tried the foods during the session and took leftovers and recipes home. The project was evaluated using several methods: brief notes were written up after each session; participants were asked to complete a 'confidence catcher' (basically a simple chart that showed their confidence before and after each

session); the tutor also took photos; and at the end of the course the families added post-it notes to questions on A3 paper. These methods showed that everyone had improved their confidence and were more likely to try new recipes. Several of the families had made the recipes again at home or shared these with other people. The project also plans a celebration evening, where the group will receive completion certificates; this will also be used as an opportunity to find out if the families have tried, or are continuing to use the recipes. One man is supporting the second course as a volunteer.

Plans for the future

Many grant recipients hope that they can continue to make an impact on food and health. Some groups aim to continue part or all of their food and health activities after they have spent their grant.

Home-Start Deveron in Aberdeenshire used their grant of around £2000 to develop three pilot cookery courses for parents using their service. Volunteers were involved in developing, supporting and recruiting for these cookery courses. The volunteers had completed the NHS Grampian 'Confidence to Cook' training for trainers course so were already trained to deliver healthy cookery workshops. Although the service is only half way through their cookery courses, they have already had a favourable response from parents who have enjoyed the hands-on informal cookery sessions and learning to prepare new foods. Home-Start Deveron plans to make healthy cookery sessions a more prominent feature of their service in the future. They plan to continue to train volunteers to deliver 'Confidence to Cook' group sessions and also hope to include cookery skills as part of their one-to-one parent's home based support service.

Cornerstone in North Ayrshire provides support and employment training for people with disabilities. They used grant funding of £1,600 to set up an allotment and to develop their community café which supports 17 trainees with learning disabilities. They used the grant for training, equipment and food, including a catering food processor which has helped speed up preparation for soups and smoothies. They have tried out new healthy options on the menu, including a healthy breakfast. Expanding their menu has attracted new customers and the café is generally busier, which they hope will continue. The trainees have also increased their food preparation skills. The charity is currently developing their allotment site and orchard; this will eventually provide fresh produce, including fresh herbs for the café and for trainees to buy.

Find out more

Local food and health work and policy

To find out about food and health work in your area, visit your local authority and local NHS Board websites. You can also find out about your local Community Planning Partnership and Community Health Partnership (or Community Health and Care Partnership) on these websites. You may also get information on these at your local library.

National food and health work and policy

To find out more about the policies mentioned on page two, visit the Scottish Government's website www.scotland.gov.uk

We regularly report on Scottish, UK and European food policy in our quarterly newsletter Fare Choice. These are available from www.communityfoodandhealth.org.uk

Healthy eating information

It is important to provide consistent food and health messages to those you work with. It is worthwhile contacting your local NHS board to find out about the availability of healthy eating resources, leaflets or other help. NHS Boards will employ Health Improvement or Health Promotion staff. They will also have dietitians or a Dietetic Department who will be able to tell you how they can help. Some areas also have healthy living centres or community food workers.

Accurate nutrition information is available, including information about the 'eatwell plate' on-line from:

The Government's 'take life on' website: www.takelifeon.co.uk
The British Nutrition Foundation www.nutrition.org.uk

Nutrition training

The Royal Environmental Health Institute of Scotland (REHIS) accredits the Elementary Food and Health course. This nutrition course gives a basic knowledge of diet and health and takes around six hours to complete. To find out where this course is available, visit www.rehis.org



**community
food and health**
(scotland)

About us:

Community Food and Health (Scotland) was set up as a result of recommendations in the 'Scottish Diet Action Plan'. Our overall aim is to improve Scotland's food and health by supporting work with and within low income communities that improves access to, and take-up of, a healthy diet.

We are funded by the Scottish Government and based within Consumer Focus Scotland.

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