



farechoice

The quarterly newsletter for Community Food and Health (Scotland)

Issue 57 Sept' 2011

Class act

Whether through taking up training opportunities, or delivering them, Scotland's community food initiatives have consistently shown themselves to be committed to continually improving their performance and impact.

This edition of Fare Choice highlights excellent examples of training being provided in Aberdeen and Edinburgh (see page 8) targeted at the needs of the unemployed, and the over 50s.

Working alongside an established national training provider, the Royal Environmental Health Institute of Scotland (REHIS), many groups have not only increased their own training capacity, but also remoulded courses to address the training needs of specific communities (see pages 9-11).

What is also displayed in this edition of Fare Choice is the enthusiasm of community groups and voluntary organisations to share the learning from their experience



New food co-op opens at Kirkintilloch Leisure Centre - see page 12

of developing, providing and undertaking training.

However, there is no room for complacency as the current confusion and uncertainty that confronts many organisations inhibits some from taking full advantage of opportunities

available. Building the capacity of the sector, as well as the skills of vulnerable communities dependent upon it, are perfect examples of the preventative spend that is increasingly being called for by planners and policy makers.

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CFHS now has a facebook page. Log in, take a look, and if you like us you'll get to hear all our news.



In this edition:

This edition . . . "The staff member found the course very enjoyable and informative . . ." see Take Stock, page 11.

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.

Food prices

World food prices are on the rise again, with some increasing to 2007-08 levels in some parts of the world.¹ The causes are multiple, with considerable debate about the main factors², which include:

- bad weather, such as floods and droughts, reducing production;
- increased demand for bio-fuels (reducing land available for food); and
- increased oil prices.

According to the National Statistics Office, basic food items such as bread and cereals are where prices are the most unstable. In the UK their prices have increased by 1.5% between June and July this year compared with a rise of 0.4% between the same two months a year ago.³

A recent Oxfam Scotland survey noted that,

"... almost three-quarters of Scots said they no longer ate all of the same types of foods as they did two years ago. Many said they simply couldn't afford them anymore."

"Scotland is exhibiting a trend that is playing out on a far greater and more disturbing scale right across the world. Rising food prices are taking some foods off the menu across the planet. The type of food depends on the country, of course. Here it might be chicken or steak that is vanishing from the dinner table; in parts of India it is onions that are suddenly unaffordable to the huge number of poor; in Malawi, it is a glass of milk that is sometimes talked of in wistful tones."

Oxfam Scotland

In light of various media reports on how rising food prices and inflation are impacting on consumers, CFHS contacted a number of food co-ops and food networks to find out what effect, if any, this was having in local communities.

Local food co-ops have observed a rise in food prices in the last six to 12 months, especially on fresh fruit and vegetables, and including staple items, and other additional products such as flour and pulses. Most food co-ops we contacted consistently reported that selling fruit bags for £1 (five pieces of fruit) was proving to be difficult. Some food co-ops reported that the price of stock cubes, lentils, and rice had risen sharply. Additionally providing soup bags and stir-fry bags containing all the ingredients needed for a family portion in one bag, also for £1, was a concern.

Some food co-ops blamed price rises on the bad weather this year, with some items being in short supply earlier in the year, thus

1. http://www.sd-commission.org.uk/data/files/publications/FoodPolicy10_Report_final_w.pdf

2. <http://www.oxfam.org/campaigns/agriculture/food-price-crisis-questions-answers>

3. <http://www.statistics.gov.uk/cci/nugget.asp?id=19>

impacting on prices. The weather has also affected the footfall in co-ops with some customers staying away at times. However, all reported that they have a strong regular core customer base. Some reported that their customer numbers are increasing as the food co-op is recognised as having more favourable prices and the personal touch that other retailers do not have.

“I think that what is happening is that there is much more volatility in prices now and that to some extent weather and/or scarcity are having a knock-on effect on produce costs.”

Lanarkshire Community Food and Health Partnership

Food co-ops have been coping with price rises in various ways in order to maintain the core values of their activities – making food affordable and accessible in their communities. Most co-ops have been able to absorb rising costs in some way so as not to pass it on to their customers, but others have found that difficult, especially with perishable items. Many reported that buying and selling in bulk has helped to reduce or stabilise costs – by the kilo rather than individual items. Some food co-ops provide regular price and sourcing information so that customers can keep track of any increases and what they are getting for their money.

Co-ops are keen to provide customers with more than just basic items and some offer fruits that might be seen as more ‘luxury’ items, such as peaches, cherries, etc. The cost of these has been high, but some prices have reduced as they have become more widely available over the summer season. Most co-ops stressed that the seasonality of foods was important, especially in relation to

local produce such as berries. Berries are very prevalent in Scotland in summer months and co-ops stressed the importance of getting food produce in season to keep prices down.

“Recently the price of cherries went up significantly, but customers are still buying them as the price is cheaper than the shops.”

East Dunbartonshire Food Co-op

Some food networks offering practical cooking sessions to local communities also commented on the impact of food prices. Some are experiencing difficulty keeping costs down for buying ingredients for cooking sessions and are having to factor in these costs along with energy costs, venue hire, equipment and transport. Communities are aware of price rises and promoting the benefits of home cooking from fresh produce can be hard to rationalise when ready-made bought products can appear cheaper to already stretched purses.

Overall all those we spoke to were in the main positive about being able to manage volatile food prices and are thinking and acting creatively to reduce the impact on communities.

Thanks to Oxfam Scotland, East Dunbartonshire Food Co-ops, North Glasgow Community Food Initiative, Edinburgh Community Food Initiative, Volunteer Centre Fife, Tullibody Fruit Barra and NHS Forth Valley Community Food Workers for speaking to us.



Energy best deal training

Consumer Focus Scotland and Energy Action Scotland will be working together to provide short training sessions for advisers from food and health organisations. The training has been developed for frontline advisers whose clients are concerned about rising fuel costs and paying energy bills. Switching energy tariffs or suppliers can save clients money and support them to heat their homes properly. The training will support advisors to assess if clients can switch tariffs or suppliers and assist them through the process.

More about the background to the training can be found by visiting www.consumerfocus.org.uk/scotland/policy-research/energy/energy-best-deal-scotland. A series of half-day training events will be available across Scotland over the next few months, ideally for groups of eight to 12 people. A list of dates and locations is available on our website.

If you would like to host an event for 10 or more staff or volunteers, Consumer Focus Scotland or EAS will aim to provide a trainer.

If you are interested in either attending or hosting an event, please contact Rose-Ann Porteous on 0141 226 3064, Rose-Ann.Porteous@eas.org.uk

Team Talk

An update on our recent / forthcoming work.

CFHS learning and development programme

This programme has been designed to support organisations that want to strengthen or develop the services and activities they run. The programme's content is designed to support organisations that want to enhance and improve their longer-term sustainability by:

- ensuring they are meeting the needs of everyone living in their communities;
- promoting what they do within their communities and to their stakeholders;
- developing the skills and expertise of their staff, volunteers, and management committees; and
- ensuring that people using their services are valued and respected.

All of the programme's opportunities are fully funded.

The programme's content includes 'Starting Your Social Enterprise', a three-module programme delivered for CFHS by the Social Enterprise Academy. This programme is ideal for any organisation that wants to develop a new social enterprise or income stream. The modules included in the programme are: Understanding Social Enterprise; Marketing Your Social Enterprise and Introduction to Finance; and Leadership and Management. The programme is running over six days from 21 September to 17 November, in Glasgow. Places are available for the individual modules.

Other learning and training activities include Customer Care training on 12 October in Glasgow, 'Promoting Your Community Food Initiative' on 28 October in Edinburgh, Community Engagement on 15 and 22 November in Stirling, and a Scottish Grocers Federation's Healthy Living programme Training the Trainers session in November (date and venue to be confirmed). In addition, CFHS staff will be running a REHIS Elementary Food and Health course in Inverness on 10 November.

More details and application forms for all our learning and development programme activities are available from our website, or contact Anne. If you would be interested in taking part in any of the activities if they were run in other locations, please get in touch.

We are hoping to run more learning and training activities before next March. More details will be available on our website and in our e-bulletin.



Fare Futures

Our 2011 annual networking conference, 'Fare Futures' will take place on Thursday 3 November at the Carnegie Conference Centre in Dunfermline.

The response to our call for workshops was very impressive and after some hard decisions we are delighted to be able to offer

a full and varied programme. Thanks to all those who applied to deliver a workshop at our event.

The deadline to book your place (including workshop choices) is Monday 3 October. Places are limited and workshop choices are first-come-first-served, so do not delay returning your booking forms to us.

The conference programme and booking forms are also available to download from the Current Work section of our website.

We look forward to seeing you there!

Small grant scheme

Our small grant scheme received 156 applications this year. The grants panel will complete its assessment of the applications before the end of September and we hope to award grant money to successful applicants throughout October.

Funding for community cookery evaluation and nutrition course for learning disability sector

As well as the small grant scheme, we are running other 'micro funding' programmes. We have recently provided funding of up to £600 for five organisations to deliver the REHIS Elementary Food and Health course for carers of adults with a learning disability (see page 9 for more information on this course).

We are also currently processing eight applications from groups that have applied for up to £600 each to develop their methods for evaluating community cookery sessions. We will report on this work in March 2012.

If you would like to find out more about either of these funding programmes, contact Kim.

Micro funding for activities that use food to promote health and wellbeing for older people

Twenty-six different organisations contacted us about this stream of micro funding, with a range of ideas, from setting up lunch and social clubs, to home delivery services, community gardens, food co-ops, and shopping services. Eight applications were received, with three successful to date.

This level of interest reinforces the findings of the research into food services for older people in the community (page 14). It highlights the important role that community food initiatives currently play in supporting older people at home to eat well and their potential to contribute to the agenda around reshaping care for older people and community capacity building.

Full details of the funding, which is available until December, can be found on our website. For more information contact Sue.

A new community of practice

CFHS has been meeting with a number of organisations to look at how to build better networking and information sharing between organisations working on food and health across minority ethnic communities. This was a recommendation from the launch event for the mapping study into food and health initiatives with minority ethnic communities carried out by Reach Community Health Project.

Discussions have been around how best to use a small amount of funding and development time and whether looking to build a community of practice is a sensible way forward. **If you have ideas about what would work best for your organisation and want to get involved, contact Sue.**

Putting Healthy Start on the map

CFHS and NHS Forth Valley have developed a pilot integrated approach within the Falkirk localities of Camelon and the Braes area to promote and increase the uptake of 'Healthy Start' vouchers.

Community initiatives and relevant workers within the localities are being supported to improve maternal and infant nutrition and support pregnant women and parents with children aged four or under to access 'Healthy Start' vouchers. This will include:

- raising awareness of the 'Healthy Start' scheme;
- raising awareness of the impact of health and lifestyle on pregnancy, breastfeeding, infant and child health and the role of foods;
- signposting women and families to support and activities around food and health;

- supporting communities to deliver food and health activities;

An update on progress will be available before Christmas. A briefing sheet on the pilot is available in the Current Work section of our website.

If you would like more information contact Ger.
For more information about 'Healthy Start' visit www.healthystart.nhs.uk .

Opportunities to promote your activities with Early Years

CFHS is keen to support community food and health initiatives working with children and families to engage with and implement activities relevant to the Improving Maternal and Infant Nutrition framework (www.scotland.gov.uk/Publications/2011/01/13095228/0).

We are collecting and promoting examples of practice and information about the resources that groups are using. This information will promote how community food and health initiatives are achieving the frameworks outcomes. We would like to hear from you so that we can gather evidence of effective practice on the ground. **If you would like CFHS to develop a case study of your work, please contact Ger.**

Summer promotion funding

Fifteen community food retailers were awarded a small amount of funding from CFHS to help them promote their community food co-ops and stalls throughout the summer. Our 'summer promotion' complemented a similar promotion being run by the Healthy Living programme with many of their convenience store members.

The funding was used really imaginatively, ranging from running a street café to hiring fruit and vegetables costumes to use at a community event. Several of the retailers used the funding to promote seasonal produce.

An evaluation of the impact of this funding will be carried out later in the year.

Moving Forward

This health and homelessness event event was organised by NHS Health Scotland, the Scottish Council for Single Homeless and the Scottish Government with the aim of linking NHS Scotland, local authorities and third sector health and homelessness leads.

CFHS used this opportunity to highlight the range of food work taking place with people affected by homelessness and the resources that have been developed to support this.

Policy

Scotland

Christie Commission Report on the Future Delivery of Public Services

On 29 June 2011 the Christie Commission published its report on the future delivery of public services, which highlights that an estimated 40% of all spending on public services is accounted for by interventions that could have been avoided by prioritising preventative actions.

An approach based on an understanding of how public services could improve the quality of life and outcomes for the people of Scotland is being proposed. This is characterised by collaboration between organisations and partnerships with people and communities. The priorities that have been identified include:

- recognising that effective services must be designed with and for people and communities;
- maximising scarce resources by utilising all available resources from the public, private and third sectors, individuals, groups and communities; and
- working closely with individuals and communities to understand their needs, maximise talents and resources, support self-reliance, and build resilience.

The Commission is calling on the Scottish Government, local government and other partners to work together as a priority to develop approaches targeted on the needs of deprived communities. These approaches should:

- maximise the contribution that community engagement can make in enabling communities to identify and achieve their own ambitions; and
- allow for particularly innovative approaches to service delivery, for example through specialised not-for-profit providers.

For more information visit www.scotland.gov.uk/Publications/2011/06/27154527/0

Retailers commit to help tackle obesity

Eight retailers have signed up to a voluntary commitment to support consumers to eat the recommended target of five portions of fruit and vegetables per day in response to the Scottish Government's Obesity Route Map. The commitment is being co-ordinated by the Scottish Retail Consortium and has the support of the Scottish Government.

The commitment will be delivered through a menu of options that retailers will select and report on. These include:

- actions to make fruit and vegetables more affordable;
- ensuring products are available to support the 'Healthy Start' scheme;
- stocking products with greater fruit and vegetable content;
- reformulating products to increase fruit and vegetable content; and
- providing advice on how to cook fruit and vegetables and incorporate them into meals.

To read more about this initiative visit www.brc.org.uk/brc_news.asp

UK

Public Sector Equality Duty

The public sector equality duty was created by the Equality Act 2010 and came into force in April 2011. It applies widely to public authorities and to any organisations carrying out public functions.

Organisations subject to the general equality duty must consider the needs of 'protected groups' when delivering services and in employment practices. They must have due regard to the need to:

- eliminate unlawful discrimination, harassment and victimisation;
- advance equality of opportunity between different groups; and
- foster good relations between different groups.

The Equality Act 2010 provides a range of protection for nine 'protected characteristics': age, religion and belief, race, disability, sex, sexual orientation, pregnancy and maternity, marriage and civil partnership and gender reassignment.

For more information on how the equality duty affects voluntary and community organisations

Visit www.scotland.gov.uk/Topics/People/Equality/PublicEqualityDuties

Scoff

An insight into the world of research provided by the members of the Scottish Colloquium on Food and Feeding ... incorporated within the British Sociological Association's food study group (www.food-study-group.org.uk).

Glasgow Remembered: Food and Nostalgia

Despite the growth in food choices and the expansion of international cuisines, there are still many traditional aspects to our diets. Indeed, our nostalgic attachment to food has become an important tool for marketers. Recent years have seen the re-launch of countless food brands from Cadbury's Wispa bar to Arctic Roll while other brands are using nostalgic advertising to promote their longevity, such as the 2008 Hovis commercial depicting 122 years of British history.

The original meaning of nostalgia focused on severe melancholia related to homesickness, but it is now a broader term that more commonly refers to a sentimental longing or wistful memory of days gone by. Although various definitions exist, most highlight the positive emotions associated with objects, places, people, experiences and ideas from the past. The link between food and nostalgia is particularly strong as food is said to have a deep emotive impact from early life through to old age, offering a source of comfort and refuge.

In conjunction with a seminar series on "Nostalgia in the 21st century" I was involved in organising a public writing competition around the theme of "Food and Nostalgia: Scotland remembered." This formed part of the annual "Aye Write" literary and book festival in 2010. The event was funded by the ESRC's Festival of Social Science Programme, the purpose of which is to encourage engagement between academics and the general public. Entries were accepted in any genre including poems, stories and auto-biographical reflections and were judged in three age categories (5-11 years, 12-17 years and adults). Entries were personal and experience-based, focusing on favourite childhood food, family recipes and intergenerational ties, food rituals and eating and cooking performances. They were littered with sensory language and vivid recollections, at times enhanced by the use of Scottish dialect. As an example, one of our shortlisted entries appears below.

Our entries focused on a wide range of Scottish foods including stovies, haggis, porridge, potted herring, fish and chips, shortbread, tablet and macaroni cheese. In many respects our entries reinforced the way food becomes associated with cultural meanings and has an important role in national identity.

It is often argued that nostalgia is about contrasts that tell us as much about the present as the past. An important theme reflected in the entries was the extent to which food consumption has changed over the years. Examples of shifting consumption patterns included: simplicity to complexity, scarcity to abundance, frugality to waste, local produce to global produce and homemade to manufactured. For many, the simplicity of the past appeared as a welcome contrast to the significant choice offered in consumer culture and the complexity of the consumer decision-making process. What we see through the narratives is an idealisation of the past with any negative emotions filtered out.

Food can serve as a vehicle for person-related nostalgia and several entries focused on recollections of family members with examples of recipes and food utensils that have been passed down through generations and become associated with cherished memories of loved ones. Others talked of place-related nostalgia with examples of food generating memories of home for those abroad. Finally, there was evidence of nostalgia for special events, such as Christmas. Overall our entries imply that food is a context where nostalgic urges are gratified.

**Dr Kathy Hamilton, Department of Marketing,
University of Strathclyde.**

For further information please email kathy.hamilton@strath.ac.uk
or nostalgia-seminars@strath.ac.uk

Other shortlisted entries from the writing competition can be found on our website: <http://www.strath.ac.uk/nostalgia/ayewrite/>

Extraordinary Plainness

Written by Ron McKechnie

*Crowned wi a dark crust,
Outdone only by its burnt bum.
A simple comfort
wrapped in waxed paper.
A plain loaf
Noo a delicacy
Enriched by memory,
But no quite pan loaf.
A piece 'n jam,
Or a sugar piece,
Either way, ecstacy.
The sublime outsider
Hot-buttered.
The stuff o magic
Bread an butter puddings.
An once wi a few fish
It fed a multitude.*

A Flavour of

Community-based food and health activity

St Kath's café

WEA Reaching Forward and Reach Out in Aberdeen are part of the Workers' Educational Association, which provides support for vulnerable unemployed adults to develop their work and life skills, and to improve their quality of life. Last year it received a CFHS small grant to develop a café project. The aim was to build the skills of groups that had already taken part in cookery courses and who were keen to take the next step and serve a weekly lunch for other people using the centre. This also provided a flavour of catering; participants wrote up a menu board, waited on tables and planned, shopped for, and prepared a healthy two-course lunch. Customers provided a donation towards their meal. Eighteen people took part in running the café as part of a rolling programme, including teenage girls, parents, and older people. Eight participants also completed food hygiene certificates.

Few had experience of preparing fresh vegetables or menu planning before taking part. Some people were also initially uncomfortable with eating in front of other people or trying new foods, but gradually overcame this. Several went on to join the Inspire Café Academy; a local project that provides training and support for people with disabilities who would like to work in the catering industry. The Inspire Café Academy also referred people to St Kath's café who were not ready for the Academy.

"I think if I didn't go here I'd have been really struggling at the café Academy. It was a step to move on even preparing the vegetables; I couldn't do anything like that before."

Participant

Making a shopping list and using an automated till at the supermarket was a new experience for some. And although some participants were experienced at managing a restricted food budget, they learnt new ideas that helped them further. Overall, participants said they enjoyed learning about catering and cooking in the relaxed environment of the café. Some also said they learnt how to plan their own meals and had started making shopping lists.

"The other day I bought mince, went home and made my own breadcrumbs, made burgers with some of the mince, then made mince and tatties for my Sunday dinner. Now I wouldn't have tried that before, thought it a bit too complicated for me."

The café ran successfully for around six months, but is now temporarily closed because the worker responsible for the project was made redundant due to funding cuts. However, WEA Reach Out does hope to find ways to provide suitable support for the volunteers and participants to get the café running again.

**For more information contact Annie McIntosh
01224 640811 or email reachout@weascotland.org.uk**

In this edition we also hear from Broomhouse Health Strategy Group in Edinburgh about cooking sessions they carried out:

Healthy eating cookery course for over 50s

A healthy eating course for the over 50s took place over eight weeks between 6 May and 24 June in St Joseph's RC Hall, Broomhouse, Edinburgh.

These sessions revealed that the initial participants did actually cook but expectations were that they were keen to be able to cook in a healthier way for themselves and predominantly their families. They were interested in reducing cholesterol, information about diabetes, emphasis on reducing salt, sugar and fat in their cooking and diets.

The participants reported previously cooking fairly traditional fare, for instance stews, mince, soups, pastas and salads. There was much gratification when a chef from Fits Cooking, demonstrated consistently easy to follow recipes that tasted incredible each week, furthermore they were healthy. The participants learned how to cook healthy curries, breads, risottos, pastas, soups and desserts to name a few, as well as acquiring cost cutting skills with regard to ingredient shopping. In no time participants were keen to shop for, prepare and cook with new and healthier ingredients and they did it with gusto.

Some of the members who took part had previous medical conditions that had prompted them to participate in the cooking course in order to have some control over their health. There was a person with diabetes, a stroke survivor, a cancer survivor, a grandmother hoping to feed her family healthier foods, and a semi-retired nurse who simply wanted to stay healthy.

The greatest advantage of having the power to control features of their health was the psychological benefits for the participants, after a few short weeks they could now confidently provide healthy meals for their family when previously this had not been achieved.

By the final week, as well as coming away with healthy recipes, they all left with more friends, had worked fabulously together, had great fun doing it and were very sad that it was over. The feedback was very positive and they were keen for further courses.

"I have totally reformed my cooking skills - this course has been great."

"This is the first time in my entire life (and I am well over 50) that I have created something from start to finish without it being a disaster. It was so easy to make."

Male, full-time carer for wife

"It's the first time have ever cooked a whole meal - I would love to learn more. This was a godsend to our family."

**For more information contact Melanie Boyle
info@healthstrategygroup.org.uk**



Take Stock

Spreading consistent nutrition messages through the REHIS Elementary Food and Health course

In 2006, the Royal Environmental Health Institute of Scotland (REHIS) launched its Elementary Food and Health (EF&H) course. Since then 9000 people have successfully completed the course and received accreditation. This Take Stock looks at the impact of the course on a handful of organisations that have used it.

The course was developed by a range of organisations, including CFHS, to make sure that people across Scotland had access to training that provides consistent and accurate nutrition messages. This is particularly important for volunteers and staff working in community food initiatives.

Since 2006, CFHS has aimed to increase awareness of and accessibility to the course by targeting and providing funding for a range of groups (835 individuals) to complete it. This has included:

- low-income communities (2006);
- those working with people affected by homelessness (2007);
- people working in the learning disability support sector (2008);
- young people and youth workers in (2009);
- community based mental health organisations (2010); and
- people working across minority ethnic communities in (2011).

We have also funded some groups to deliver practical activities, such as cookery sessions or menu development, to assist them to put their new learning into practice.

New course for carers of adults with a learning disability

A working group specialising in learning disability has developed a basic nutrition course tailored to those working in the learning disability care sector. The 'REHIS Elementary Food and Health for carers of adults with a learning disability' course was launched in June 2011 and is already attracting interest. CFHS funded four pilot versions earlier this year. Most participants indicated that they would make changes within their support work around food shopping, cooking or menu planning:



"I will attempt to do a weekly meal planner with someone I support, to try different things and promote 5-a-day."

Pilot course participant

Making a difference to people with learning disabilities

Enable Scotland employs around 1700 staff to support people with learning disabilities across Scotland. In 2007, CFHS provided funding through its small grants scheme for Enable Scotland to start delivering the REHIS EF&H course and to develop a half-day 'Nutrition and Health' course. Enable line managers who complete the EF&H course and 'Becoming an effective trainer' course are able to deliver the half-day course to their staff teams in various parts of Scotland. Managers currently deliver the half-day training and this group meets up several times a year to discuss how they are getting on. They agree that teaching nutrition within support teams gives staff the chance to discuss and agree on how to provide consistent care and guidance around food and health issues to the people they support.

"One line manger and a staff member, who both attended the REHIS EF&H course, have made a difference in a service where other staff were very much in the habit of filling up biscuit and cake tins at all times and had been offering these to someone using services on a regular basis. The older gentleman has difficulties in choosing his food and he was happy to have staff choose on his behalf. As a result he was overweight. Now he has access to a wider range of healthier snacks he has lost approx 1½ stones and this has improved his ability to walk more. This work has changed the culture of the staff team."

Enable Trainer

As well as continuing to deliver these courses, Enable plans to start delivering the new REHIS EF&H course for carers of adults with a learning disability course. As with its other courses, members of the public and people from other organisations will be able to book a place on the course and these are also available through the Individual Learning Account.

For more information contact
Susan Strain 0141 226 4541 or email
susan.strain@enable.org.uk

Supporting minority ethnic communities

Earlier this year CFHS offered opportunities for community-based organisations working with minority ethnic children, pregnant women and families to train in food, nutrition and health. Improving maternal and infant nutrition is a key priority and there is evidence that more food and health work needs to be delivered within minority ethnic communities. Training opportunities included the REHIS EF&H course, the RSPH Certificate in Food and Health and registration with REHIS as an EF&H tutor.

Nine organisations that provide food and health activities or specific services to minority ethnic communities were funded. Approximately 60 staff, volunteers and community members have completed the REHIS EF&H course. Some groups also ran cookery sessions to support participants put their learning into practice.

The impact of this support has so far been demonstrated in a number of ways:

- The REHIS EF&H course has helped to reinforce healthy eating messages and how cultural, social and religious issues influence diet and eating habits.
- Staff members working with children learned how they can assist improved nutrition for early years and are cascading this down to other staff members.
- Volunteers are able to contribute to planning and delivering events with a food and health component to groups. Volunteers feel more knowledgeable about purchasing and providing food to minority ethnic communities especially where the food offered might be their only meal of the day.

Some of the participants are new residents in Scotland. This learning is contributing to improving their understanding and knowledge about healthy eating.

Most participants were able to cope with the topics and new terminology. Delivering the training in accessible chunks helped participants learn.

Falkirk Association for Mental Health

Staff and service users attended REHIS EF&H training provided by NHS Forth Valley community food workers. Course content and delivery was excellent and the REHIS materials were described as 'good, plain reading'.

As a result, participants learned about what constitutes a healthy diet and were keen to make changes. Fruit, juices and smoothies are now offered at meetings rather than tea, coffee and

biscuits. Healthier recipes are being tried at the regular drop-in lunches and course participants are putting together menus for social events. The organisation has also secured funding from health promotion to offer a course on practical cooking skills.

'Good Food, Good Health' joint award

Edinburgh Cyrenians and REHIS recently launched this course. It provides participants with basic knowledge in nutrition and develops their skills and confidence to deliver practical in-house cooking classes to vulnerable groups. These sessions support and encourage healthier eating, cooking and budgeting and consistent messages about food and health. Training is followed by eight weeks of cooking classes to provide on-the-job experience. Overall, the joint award enhances the skill of practitioners adding value to existing services, and increases the sustainability of the food and health focus within organisations.

For more information, including costs, contact ChrisStevenson@cyrenians.org.uk or call 0131 554 3900

"The staff member found the course very enjoyable and informative. She came back very enthusiastic, and with the necessary skills and resources to take the cooking classes forward with service users."

Other impacts and future steps

CFHS has also funded eight individuals to complete the Royal Society for Public Health (RSPH) certificate in Nutrition and Health course and ten individuals to complete the higher level RSPH Diploma course. Both these courses contribute to the development of tutors for the REHIS EF&H course. Taking part in these higher level courses had a positive impact on their work. Several are now registered REHIS EF&H course tutors and deliver this course to people in the community and voluntary sector. This is an important development towards building community capacity to deliver the training more widely and within specific communities and disseminate consistent and accurate nutrition and health information.

Bitesize

Edinburgh Community Cafés

Edinburgh Community Cafés is a group of 20 plus cafés that meets to encourage mutual support, sharing of ideas and resources, and healthy and sociable café-going in Edinburgh. Established in autumn 2010 following a capacity building pilot project run by the Food and Health Training Hub and CFHS, the group has developed a number of initiatives it is really proud of. The group is being supported by the Hub.

Its new website, www.edinburghcommunitycafes.org.uk, lists all the cafés in the network and how to get to them, what volunteering opportunities are available, and events coming up.

It is setting up a volunteer pool, to provide cafés with an extra pair of hands when needed, or with a volunteer's particular expertise. This is part of a wider plan to encourage volunteer development and provide more opportunities for socialising. The group has some exciting plans for the future. These include developing a promotional map that includes all the community cafés. It hopes to launch the map this autumn, during a 'community café fortnight', when the cafés will be invited to run special events, menus or exhibitions. It also intends to encourage healthy eating by running a reward scheme over the winter months for customers eating in participating cafés.

Community cafés bring a wide range of benefits to their communities, their customers and their volunteers. Edinburgh Community Cafés wants to make more people aware of these benefits through their activities.

For more information about Edinburgh Community Cafés or the Food and Health Training Hub please contact Lyndsey McLellan on 0131 467 7326, lmclellan@edinburghcommunityfood.org.uk



If your organisation is running a food co-op in a sports or leisure centre, please let CFHS know.



East Dunbartonshire Food Co-op opens in Kirkintilloch Leisure Centre

Since its launch in March 2010, East Dunbartonshire Food Co-op has welcomed over 11,500 local customers who have spent an amazing £42,500 on fruit and vegetables. The project is growing fast and volunteers are now operating three food co-ops and developing a further two with the support of local partner organisations.

The project aims to improve the health of local communities and in the long term support Scotland's goal in preventing ill-health from major diseases such as cancer and heart disease, through ensuring that local communities have access to good quality fresh fruit and vegetables.

The project is a local partnership between East Dunbartonshire Community Health Partnership and Hillhead Housing Association. The project is also supported by East Dunbartonshire Council, third sector organisations, and local volunteers in the overall delivery of the project. Volunteering is at the heart of the project. By 26 July volunteers had given over 5000 hours of their time.

One of the newly established food co-ops operates once a week within Kirkintilloch Leisure Centre. This may be the only food co-op that is running a sports or leisure centre in Scotland. The Centre is managed by East Dunbartonshire Leisure and Culture Trust. The Trust manages Cultural Services, which provides a range of opportunities for children, young people, adults and families across the arts, museums, creative learning and literacy in libraries within East Dunbartonshire. Running a food co-op at the Leisure Centre has brought added value by promoting additional health and wellbeing support and advice to the wider community.

For more information, contact Kirsty Flannigan, kirsty.flannigan@ggc.scot.nhs.uk, 0141 355 2400.

News

Closure of Stirling Health and Wellbeing Alliance (SHWA)

SHWA has advised CFHS that it closed in August 2011. SHWA had been running since 1997. SHWA worked across eight regeneration areas in Stirling to improve health and wellbeing and tackle health inequalities.

Well North Project in South Skye and Lochalsh

Well North is a pilot project looking at the use of anticipatory care approaches to reduce health inequalities in remote and rural areas in the north of Scotland by promoting healthier lifestyles and reducing the risk of major health problems in the future. Funding has been provided by the Scottish Government to work with five health boards to pilot innovative methods.

NHS Highlands has a two-year programme running in South Skye and Lochalsh. The project is using a community development approach to support existing staff and communities to improve access to a healthy diet and physical activity by supporting and strengthening what already exists, including making links with community food initiatives.

To generate interest in activities and support local initiatives the project invited applications for support from the Well North team. The response was excellent and awards were made to ten

initiatives that will:

- increase opportunities for physical activity;
- increase communities' knowledge and access to food;
- reach people most at risk of health inequalities; and
- can be sustained beyond the project timescale.

Some of the activities include the creation of a community garden and other food growing opportunities; the delivery of cooking courses; fun physical activity sessions based around circus skills; and lunch and activity sessions with older people.

For more information about the groups involved please contact Sarah Bowyer, Well North Project Leader on 01599 530945 or email Sarah.Bowyer1@nhs.net

NHS Health Scotland Early Years Conference 2012

This annual event will be held at the Stirling Management Centre on 1 March 2012. This year the focus will be the Scottish Government's 'Getting it Right for Every Child' (GIRFEC). This event is an opportunity for all sectors working in early years to come together to network and share policy and practice.

More information will be available in November; however a call for abstracts from Maternal and Early Years Network members to deliver parallel sessions at the conference is currently underway.

Visit www.healthscotland.com/resources/networks/early-years.aspx to find out about NHS Health Scotland Maternal and Early Years Network



Camuscross and Duisdale Initiative Community Garden at Cruard, Isle of Ornsay

Community food initiatives play a key role in supporting older people living at home to eat well

On 21 June CFHS, together with Consumer Focus Scotland, launched the report **meals and messages**, a focus on food services for older people in the community.

The report outlines the findings from a survey of all local authorities in Scotland of food services they provide, views from older people who use those services and case study material on the range of services offered by community and voluntary organisations.

The case studies from the Western Isles, North East Edinburgh and Moray, highlight the key role community food initiatives play in providing food activities to support older people living at home.

These include breakfast clubs, lunch clubs, services targeted at specific minority ethnic communities, cooking classes, allotments and grow-your-own projects, food co-op outings and trips that include meals, healthy eating and nutrition advice.

All these activities mobilise a huge volunteer effort. The case studies also provide some clear messages about what makes a good food service.

Consumer Focus Scotland (CFS) is calling on the Scottish Government, CoSLA and other key partners to develop a benchmark for food service for older people across all local authority areas. CFS is asking for good information to be available locally on entitlements and what is available for older people, their carers and professional advisors. It is also calling for funding and support to be made available to community and voluntary organisations to allow them to build their capacity to support older people in communities to access the food they need to keep healthy and well.

A full report on the launch event together with the presentations is available on the website. To order copies of **meals and messages** contact Sue.



Publications

A bite and a blether - case studies from Scotland's lunch clubs

This CFHS publication brings together case studies from six different lunch clubs in Scotland: Lossiemouth Senior Citizens' Luncheon club; Sunlite Café; Alyth Senior Citizens' Lunch and Socialising Club; Dixon Community Minority Ethnic Day Care and Activity Centre; Mearns and Coastal Healthy Living Network; and Castlemilk Pensioners' Action Centre.

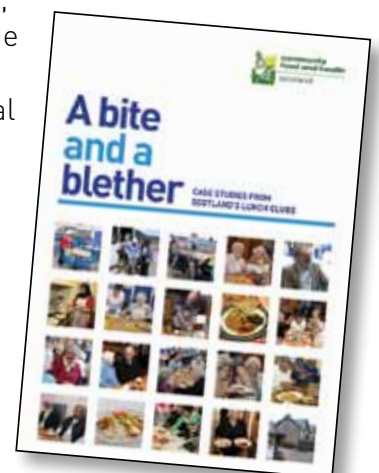
All operate slightly differently, reflecting both the rich diversity of different communities across Scotland and the resources they have to work with. The basic model however is the same, the opportunity to have a meal, usually an affordably priced meal, and to meet with others.

The publication looks at the outcomes of lunch clubs for the older people who attend them, the essential elements that need to be in place, and contains some ideas on the future of lunch clubs.

It provides a picture of the important role that lunch clubs play in fostering health and wellbeing, overcoming social isolation and ensuring older people are supported to eat well, and also highlights the huge volunteer effort, mainly provided by older people themselves.

"Lunch clubs with a bit of support at the start are a really good example of sustainable groups which can make a real difference to older people The clubs we're involved with continue to go from strength to strength. Each club has its own characteristics depending on the members and volunteers involved which make for a really robust dynamic model."

Ed Garrett, Manager of Mearns and Coastal Healthy Living Network, which has supported the development of several lunch clubs across rural Aberdeenshire.



Nutrition in community settings

The Welsh Assembly Government has published an all-Wales pathway for the management of malnutrition in the community, together with a supporting resource pack. The pathway is for anyone who comes into contact with people who would benefit from help and support with nutrition.

For more information visit

<http://wales.gov.uk/docs/dhss/publications/nutritioninthecommunity/110512finpublishedbooken.pdf>

NDR-UK new resource - Weight Loss You Can See!

NDR-UK, formerly known as SNDRi, has published clear, visual and easy-to-read resources to support staff who are working with individuals engaged in weight loss programmes. The resource is in three parts:

Weight Loss You Can See! – explaining energy deficit diets

Pictorial meal plans – using real food items to explain food portion sizes from each of the food groups

Blank food diary – which can help individuals plan meals and snacks throughout the day with a similar layout to pictorial meal plans

There is a charge for these resources; however customers in Scotland will receive a small discount. For more information visit www.ndr-uk.org

Scottish Directory of Funding for Third Sector Organisations 2011

SCVO has published a directory of potential funding sources for third sector organisations. There is a small charge for the directory. **For more information visit www.scvo.org.uk/information/publications**

Vitamin D

Vitamin D is a necessary nutrient for us all, especially for good bone health. NHS Health Scotland has produced two advice leaflets - for health staff to use with patients, and for the public explaining the benefits of getting enough vitamin D as part of a healthy diet. The leaflets have been distributed in a range of health settings, especially those aimed at women and early years.

The leaflets are available to download at www.healthscotland.com/documents/5273.aspx and www.healthscotland.com/documents/5274.aspx

Healthy eating for adults with learning disabilities – pilot report available

The Healthy Eating, Healthy Living Project in Glasgow developed a multi-media educational pack on healthy eating for adults with learning disabilities. The course included practical cookery sessions, food tasting and supermarket visits in order to learn basic healthy eating messages. The project received the Gold CoSLA Excellence Award for Tackling Inequalities and Improving Health in 2011. **A report on this work is available to download from the CFHS Publications Library.**

New CFHS publications

Two new CFHS publications are now available.

‘Community food initiatives retailing in hospitals and health centres’ looks at the work of several community food initiatives that are, or have been, running fruit and vegetable stalls in hospitals and other health service premises. The publication looks at the impact of the stalls, the factors that influence their success, and the policy context that supports this work.



‘Flying off the shelves’ is a guide for community food retailers about increasing sales. The guide includes ideas and suggestions about the right location for a stall, making the most of the produce being sold, encouraging sales and promoting a stall. The guide has been produced to complement the resources made available to community food initiatives through our work with the Scottish Grocers Federation's Healthy Living programme.



Both publications are available on our website, or contact us for a copy.

The Scottish Antenatal Education pack

The Scottish Antenatal Education pack has been developed and launched to prepare professionals to deliver consistent parent education, to pregnant women and their partners. The core syllabus includes messages to support maternal and child health and parenting, in addition to labour and birth. The pack was developed in partnership by NHS Health Scotland, Health Care Improvement Scotland and NHS Education Scotland.

For more information and to download the pack, please visit www.maternal-and-early-years.org.uk/the-scottish-antenatal-education-pack.

Diary

SEPTEMBER

Fife Showcase for Community Growing Projects

Friday 23 September 2011

Ore Valley Business Centre, Lochgelly

More info: www.communitygrowingsolutions.co.uk/News--and--Events.php

Nourish annual conference

Friday 30 September 2011

Two day event on the future of local and sustainable food in Scotland

More info: <http://nourishconference2011.eventbrite.com/>

OCTOBER

Money Well Spent: Economic evidence and community-led health

Tuesday 4 October 2011

CHEX practice development seminar, Edinburgh

More info: aileen@scdc.org.uk

Federation of City Farms and Community Gardens national networking event

Friday 7 October 2011

Scottish National Heritage Headquarters, Battleby

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

A roadmap for change: making Christie a reality

Friday 7 October 2011

Holyrood conference on the Christie Commission report on the future delivery of public services in Scotland

More info: <http://roadmapforchange.holyrood.com/>

Scottish Older People's Assembly

Tuesday 25 October 2011

Edinburgh International Conference Centre

More info: www.agescotland.org.uk

NOVEMBER

Fare Futures CFHS annual networking conference

Thursday 3 November 2011

Carnegie Conference Centre, Dunfermline

More info: www.communityfoodandhealth.org.uk

Quality, Public Health and Scotland: improving standards in a changing climate

Thursday 10 and Friday 11 November

Macdonald Aviemore Resort

More info: www.fphscotconf.co.uk

NEXT YEAR

NHS Health Scotland Early Years Conference 2012

Thursday 1 March 2012

Stirling Management Centre

More information available soon



**community
food and health**
(scotland)

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For updates on community food and health between issues of Fare Choice, please visit our website to sign up for our monthly e-bulletin

www.communityfoodandhealth.org.uk