

Publications



**community
food and health**
(scotland)

A feast of knowledge – a taste for learning



‘There is much we can do to help ensure that everyone in Scotland has the opportunity, skills and confidence to access an affordable, healthy and balanced diet for themselves and their families.’

Recipe for Success: Scotland’s National Food & Drink Policy –
Becoming a Good Food Nation, June 2014

We are happy to consider requests for other languages or formats. Please contact 0131 314 5300 or email nhs.healthscotland-alternativeformats@nhs.net

A major reason Scotland's community food initiatives are held in such esteem is their understanding of the challenges they face, their enthusiasm to better understand the difference they make and their commitment to sharing knowledge and learning.

Over the years an enormous amount of knowledge and learning from those tackling health inequalities and promoting social inclusion through the medium of food has been accumulated by Community Food and Health (Scotland). These range from helping local initiatives share some self-evaluation or a practical resource, through to commissioning major independent feasibility studies or impact assessments.

All of these are available, alongside extensive signposting to other relevant material, at www.communityfoodandhealth.org.uk

The following is just some of the more recent knowledge and learning that has been encouraged or enabled by Community Food and Health (Scotland).

To keep up to date with future developments:

- make sure you are receiving Fare Choice, our free quarterly newsletter
- sign up for our e-bulletin
- find us on Facebook – www.facebook.com/likeCFHS
- follow us on Twitter @NHS_CFHS
- don't forget to keep visiting the website.

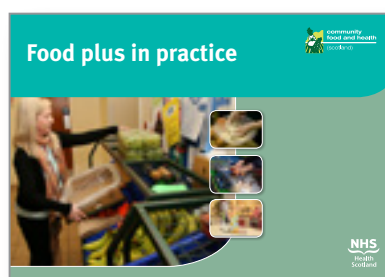
Publications can be downloaded from the relevant sections of our website under 'Publications' (or use the website's search facility). Or contact us for a hard copy.

Learning doesn't stand still

Our free newsletter, Fare Choice, encourages and enables individuals, groups and agencies to talk, learn and do by sharing news, views, evidence and experience on policy and practice.



Publications



Food plus in practice

March 2015

Code: 5119

A publication about community food initiatives that are working to reduce food poverty through delivering a range of services. This publication includes examples of eight community food initiatives that are offering emergency food aid and more.



Annual conference report 2014

February 2015

Code: 5369

Community Food and Health (Scotland) (CFHS) hosted a national networking conference in October 2014. The aim of the conference was to provide a valuable day for those involved in tackling health inequalities through community food activity.



Getting the messages too

The benefit of obtaining nutrition qualifications for practitioners and their organisations

November 2014

Code: 5118

Since 2007, CFHS has supported 51 community food practitioners to obtain a RSPH Diploma in Nutrition, Certificate in Nutrition or Level 3 Award in Nutrition for Healthier Food and Special Diets. This publication reports on a survey carried out in 2014 to identify if and how this investment has benefited the community food practitioners, the organisations they work for and the people they work with.



Second Helpings

National learning exchange on food, mental health and wellbeing

October 2014

Code: 5114

Following on from the Mind the Menu event in 2012, *Second Helpings* offered a further opportunity for organisations working in the field to network and share their practice.

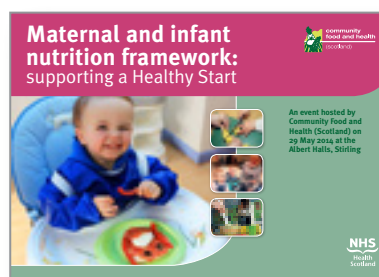


Community café event, June 2014

October 2014

Code: 5225

CFHS held a networking event for community cafés on 26 June 2014 in Glasgow. The aims of the event were to give everyone taking part: the chance to meet staff and volunteers from other community cafés; space and time to think about and discuss the future; the chance to find out about the Edinburgh Community Café Network, the healthyliving award, and the importance of measuring impact.



Maternal and infant nutrition framework: supporting a Healthy Start

An event hosted by Community Food and Health (Scotland) on 29 May 2014 at the Albert Halls, Stirling

August 2014

Code: 5162

This event took place in May 2014 and included learning from previous and ongoing work around Healthy Start programmes in the Forth Valley area that were supported by CFHS.



Emergency food aid: a learning exchange

August 2014

Code: 5105/5106

This report and summary is the product of discussions that included practitioners, planners, policy makers and academics. Discussions centred around viewing emergency food aid as one dimension of wider food poverty and ensuring we understood the nature and scale of causes, need and impact. The consensus was that local responses had to be informed, joined up and not diverting communities from existing activity such as food co-ops, weaning groups, lunch clubs and the like.



Making the case

August 2014

Code: 4998/5174

This publication focuses on the work of community food initiatives working with older people and will be of use to community food initiatives in building and articulating the case for their work with older people and those considering developing work in this area. It gives an overview of the needs, contexts and strategies engaged in developing food work with older people, described in the format of a simple theory of change model. It is based on consultations with community food initiatives working with older people and there are illustrative models for each of their projects in the appendix. There is also a brief review of the limited research evidence to support the contribution of this work to preventative spend.



The new REHIS Elementary Cooking Skills Course

Feedback from community cooking trainers

August 2014
Code: 5115

In 2013 the Royal Environmental Health Institute of Scotland (REHIS) developed a new short accredited cooking course. CFHS supported the availability of this course by providing funding to 13 groups and agencies to register with REHIS and deliver the course in low-income communities. This report provides a summary of the views of trainers and describes the impact it had on the communities where the groups work.



All on one plate

National networking conference evaluation report

October 2013
Code: 5054

CFHS hosted a free national networking conference in October 2013. The event was for people keen to share experience, evidence, hopes and concerns on all aspects of food, inequality and social justice. The report gives background information about the conference, conference content and the results from an online evaluation survey.



Study tour to London

Approaches to improving food access/addressing food poverty with older people

April 2014
Code: 5052

The study tour took place between 1 and 3 October 2013. Ten people took part in a busy two days, which included 10 different visits/meetings across London. The report provides an overview of the tour and the organisations we visited.

Factsheets



Learning and Development programme 2014: feedback from participants

June 2014
code: 5108

This CFHS factsheet examines the feedback from the evaluations of participants on the 2013/2014 learning and development programme.

‘Folks on the training all seemed very interesting and contributed to the discussions, which made for even better learning.’



The contribution of community food initiatives to national food and health programmes (2013)

April 2014
Code: 5107



The contribution of community food initiatives to national food and health programmes (2012)

November 2013
Code: 5107

These CFHS factsheets provide an overview of the work undertaken by initiatives funded by CFHS in 2012 and 2013 to build on their current work with one or more of the Scottish Government food and health programmes.

‘These groups used the funding to build on and improve their existing work or to develop a new service. It allowed them to improve the knowledge and skills of staff and volunteers, or to buy equipment and upgrade facilities. These basic activities support community food initiatives to continue their work and can improve the experience for participants.’

Studies and evaluations

The nature and extent of food poverty/insecurity in Scotland

Flora Douglas and Associates

July 2015

CFHS commissioned this research to explore the wider context of food poverty/insecurity in Scotland and to develop an understanding of the current level and nature of this to inform future policy and practice. The study looks at the experience of particular vulnerable groups – older people, people living in rural and remote rural areas and those facing destitution.

‘Emergency food aid seeking is increasingly regarded as a sign of a larger food poverty/insecurity problem, and that those using so-called ‘food banks’ represent only a small proportion of the population who are food insecure.’

A review of practical cooking skills activities which focus on promoting an affordable healthy balanced diet for adults, young people and their families within low-income communities in Scotland.

Avril Blamey and Associates

May 2015

In 2014 Community Food and Health (Scotland) as part of NHS Health Scotland commissioned a realist review of community cooking skills activities run by community initiatives and agencies. The review explores issues such as how the social circumstances of participants and the approach of the cooking skills activities can affect the outcomes.

‘The majority of cooking skills courses are “targeting” and appear to be reaching vulnerable individuals and low income communities. This is based on information about the settings, the target populations of those delivering courses, descriptive characteristics of the participants and types of targeting and tailoring being done to address their needs.’

Older people eat well: literature review

Evaluation Support Scotland

May 2014

In early 2014, CFHS worked with Evaluation Support Scotland to commission a short evidence review of the literature on the ways in which the third sector supports older people to eat well. This has now been published as part of the ESS ‘Stitch in Time’ programme.

‘Evidence from studies of malnutrition among older people suggests that there are a number of specific factors that increase the risk of malnutrition among older people and act as barriers to ‘older people eat well’. The evidence in this paper suggests that the third sector may be contributing to addressing these barriers ...’

Evaluation of CHANGES Eat Well – Keep Well programme

Scottish Collaboration for Public Health Research and Policy

April 2014

In 2012/13 CFHS supported CHANGES Community Health Project to carry out a stage one evaluation of its Eat Well, Keep Active programme, as part of its work on the impact of food work on mental health and wellbeing.

‘The course has been well-received and is effective in meeting most of its key indicators for improving the wellbeing of attendees.’

Meta-synthesis of findings from evaluations and qualitative interviews of work involving community food and its impact on mental health and wellbeing

Scottish Collaboration for Public Health Research and Policy

March 2014

This CFHS commissioned study summarises findings from Scottish evaluations of community food work on mental health and wellbeing.

‘Community-based food programmes offer participants the opportunity to develop skills, confidence, and social connections, in addition to learning about and making nutritious food, but current standard evaluation tools may fail to capture many important aspects of change in the lives and behaviours of community-based food project participants with mental health problems.’

Evaluation of the impact of the Scottish Grocers Federation Healthy Living Programme on community retailers

Tracy Leven Research

January 2014

This research looks at the impact of the Scottish Grocers Healthy Living Programme’s training and resources on community retailers selling fruit and vegetables. The research highlights the benefits of both the training and resources, but also their limitations. It also makes some recommendations about how else the programme could support community retailers.

‘Survey responses and case study interviews revealed an appetite for more training opportunities, further advice/information and various resources to help promote and display produce.’

In the coming years it will be more important than ever that initiatives are informed by the best available evidence, and much of that evidence and practical experience rests within communities themselves.

To keep up with, and contribute to, all the knowledge generated and learning shared by Scotland’s communities:

- visit **www.communityfoodandhealth.org.uk** regularly
- join in learning events and share your experience
- subscribe to Fare Choice, our free quarterly newsletter
- sign up for our e-bulletin
- find us on Facebook – **www.facebook.com/likeCFHS**
- follow us on Twitter **[@NHS_CFHS](https://twitter.com/NHS_CFHS)**
- (and most importantly) keep in touch and keep informed.

Community Food and Health (Scotland)
NHS Health Scotland
Meridian Court
5 Cadogan Street
Glasgow G2 6QE

Phone: 0141 414 2890

Email: nhs.HealthScotland-CFHS@nhs.net

www.communityfoodandhealth.org.uk