



**community
food and health**

(scotland)

Strengthening food work across minority ethnic communities

Notes of national networking meeting held on Wednesday 25 January 2012.

Glasgow

Present:	Lyndsey McLellan	Edinburgh Food and Health Training Hub
	Joanna Manners	Edinburgh Food and Health Training Hub
	Tanveer Parnez	BEMIS
	Roz Adams	Bridging the Gap
	Farideh Pardak	Bridging the Gap
	John Casey	Glasgow South CHP
	Nathalie Ouriachi	North Glasgow Community Food Initiative
	Charlie Hastie	Falkirk Council
	Bob Hamilton	Falkirk Council
	Sue Rawcliffe	Community Food and Health (Scotland)

Apologies	Kim Sit	Glasgow Association for Mental Health
	Khalida Hussain	Community Organisation for Race Equality
	Trishna Singh	Sikh Sanjog
	Florence Dioka	Central and West Integration Network
	Shabir Banday	REACH Health

Introductions were made around the table.

Practice Exchange

Tanveer introduced the work of BEMIS. BEMIS was involved in providing the REHIS Elementary Food and Health course to 20 people in 2009 – 2010. Participants from a range of different communities found the materials useful for their work and also with their family and friends. Tanveer spoke of the need for more training opportunities. BEMIS would be keen to be involved in facilitating these across their network.

Lyndsey spoke of the role of the Edinburgh Training Hub. The hub held a showcase event in November which included a session looking at work with black and minority ethnic communities. This highlighted that BME organisations working on food and health are not well networked. As organisations don't have a lot of time for meetings, the hub has set up a facebook group and Lyndsey is providing information on a three weekly basis to organisations on their BME mailing list.

Charlie and Bob spoke about their work developing a community garden in Falkirk. It developed from ESOL classes and people attending those classes looking to become more involved in the local community. It is now gardening and healthy eating with language support and has built links with the local mosque, Baptist church and women's groups in the area. Last year the garden was linked to the celebration of four days of culture in Falkirk. This year that is extending into four weeks of culture which will have a theme around food.

Nathalie spoke about the development of North Glasgow Food Initiative. It was started in 2001 by students at Glasgow University looking to support refugees and asylum seekers who were new to the area. The food co-ops and allotments provide opportunities for people to grow food and use the produce to prepare food. Linked to this are the benefits of physical exercise, fresh air, learning English and socialising. Food work has proved very therapeutic in NGFI's work with people seeking refuge and asylum. It is proving equally therapeutic for people recovering from addictions and long term unemployment.

Farideh spoke about her work as a volunteer with Bridging the Gap over the past six years. She spoke of her belief that food is important for growing people and her experience that food provides the basis for communication between people. Volunteers at Bridging the Gap provide healthy food and have been involved in courses on food hygiene and the Elementary Food and Health course. Growing food and gardening are also very important to the provision of good food and Farideh would like to see more classes where people can learn about and share good food.

Roz added that Bridging the Gap uses food as a means of building integration in the Gorbals. They are currently working with the Healthy Living network on community gardens and the Fruit Barra that provides a stall at the drop in. Roz also believes that their food work has outcomes in terms of improved mental health and wellbeing.

John described his role in relation to food and nutrition across the south sector in Glasgow. There is now a food group that covers the whole of the south of the city. He is working with REACH on an anticipatory care project with the South Asian community and with Oxfam and Karibu on 'T in the pot' - a growing project. He is also involved in training to deliver the cooking programme and food hygiene courses.

CFHS funded learning opportunities

Sue reported on the learning opportunities that had been set up following the discussion at the meetings held in August. Two REHS Elementary Food and Health Courses have been funded – one in Edinburgh provided by the Food and Health Training Hub and one in Glasgow by CFHS. 7 people attended the course in Glasgow and 12 attended the course in Edinburgh.

CFHS have now commissioned Argyll College to provide a RSPH Certificate in Nutrition and Health course in February. 12 places have now been allocated and there is a waiting list in case anyone drops out.

The next stage on from a Certificate course is the RSPH Diploma course. People who held the RSPH Diploma can register to be tutors for the REHS Elementary Food and Health course. There may be a possibility that CFHS can fund places on this. If places are available, Sue will send out details.

Case Study Funding

Sue reported that CFHS have made a grant to CORE to develop a case study on their World Cafe. There is a lot of interest in how the model developed and works and it was felt that this would be useful information to have on CFHS website. There is also the potential to develop further case studies if any organisation feels they have the capacity to do this. Nathalie expressed an interest in this.

Activities for 20102 – 13

Ongoing support to strengthen food work across minority ethnic communities is included in CFHS business plan for the next two years. The focus is on maximising involvement in the national priorities around food and health specifically the Obesity Route Map and the Maternal and Infant Nutrition Framework. Development officer time and a budget is allocated to this.

Discussion covered the range of potential support and what might be most effective.

- **Training/ Learning Opportunities**

There is still a need for further training around basic food and nutrition including the Elementary Food and Health course. It is useful to have targeted courses but organisations also need to get information about the wider learning opportunities available.

There was discussion about the need for a short course for people who are involved in offering food demonstrations which would look at facilitating groups/ ways of engaging alongside the basic cookery skills. This is being looked at in the south of the city by John and Sue suggested that this could be something that CFHS may be able to offer some support to.

Access to food hygiene training remains an issue for many organisations. Sue will follow up the FSA who have not responded to an earlier enquiry on this.

Lyndsey described the sharing scheme which has been set up between community cafes in Edinburgh which allows cafes to share the skills of their paid workers and volunteers.

There is also an interest in learning opportunities around social enterprise and food. Sue highlighted the Community Food social enterprise network. Anne Gibson can provide details on this.

- **Study tour**

Both staff and volunteers would be interested in visits to other projects. Agreed this could be arranged in different parts of the country. Falkirk and Dundee were mentioned as possibilities. Also the possibility of a visit to organisations south of the border.

- **Sharing information and action plans**

Much food work is taking place below the radar and doesn't always feature in reports. Agreed that it is important to find ways of sharing information and action plans that

are simple and not too time consuming. Lyndsey is happy to share experience in Edinburgh with the facebook group.

Articles in Fare Choice are a good way to share more detailed information. CFHS are always on the lookout for articles so don't be shy. Also important to include updates on work in different parts of the country.

- **Seed Funding**

Small amounts of money remain useful to fund food work. This is no substitute for longer term funding of initiatives, but does help to try out new approaches, fund equipment etc. All CFHS funding opportunities are advertised on the website and via the e bulletin and Fare Choice.

- **Meetings/ events**

Networking meetings are useful, but organisations can probably make at most two meetings a year. These could be linked to the idea of a study tour.

CFHS Annual networking conference is a good forum to share practice and is a good place to showcase work in minority ethnic communities.

Follow up

Sue thanked everyone for their time and contributions. She will circulate notes of the meeting and keep everyone updated on developments and future work.