



farechoice



The quarterly newsletter for Community Food and Health (Scotland)

Issue 59 March 2012

What's for afters?



This edition's Bitesize features resources for reducing food waste, including the Kitchen Canny toolkit (see page 13).

With the dust just settling on the Scottish Government's national food and drink conference in Perth, with its encouragement to reflect on achievements and look to the future, it is crucial that the increasing pressures on local initiatives do not restrict or distract them from their ability to do likewise.

Community groups and voluntary organisations have a key contribution to make to national priorities around preventing obesity and improving maternal and infant nutrition (read about a range of excellent cooking skills initiatives on pages 8 and 9) but need to continue to have the opportunity to look back at the difference they have made and how best they can continue to make a difference going forward.

At the start of a new financial

year there are no shortage of agencies with new work plans and refreshed strategies, and it is important those at community level have the space and encouragement to consider not only their own future aspirations, but also how these converge with those of local authorities, the health service and other key partners (see Take Stock, pages 10 and 11, for examples of particularly productive partnerships).

'All talk and no action' has been a common criticism over the years but 'all action and no talk' can be just as ineffective. At a time of increasing demand on resources it is more important than ever that local communities engage with and inform local and national planning and delivery.

Going, going ... but not gone

As many Fare Choice readers will be aware, Consumer Focus Scotland, which hosts Community Food and Health (Scotland), is being wound up as a result of UK Government changes in how consumers are to be protected. Alongside this the Scottish Government has approved a three year business plan for CFHS. As a result, negotiations to find the team a new home have been ongoing throughout the winter and are well advanced.

As soon as any definite information is available we will share this with everyone. Watch out for any updates on our website, facebook or in our e-bulletin.



In this edition:

"[I] went from having no cooking skills at all to being able to budget, look at the nutritional value of food and prepare things from scratch." Fife Community Kitchen participant (see page 9)

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.

Health up in smoke . . .

At a community level many of the health concerns that have commonly been kept in separate silos at national level, such as tobacco, alcohol and addiction, are also of concern to those improving access to healthy affordable food. There are quite often shared challenges around engaging communities and making a difference. The following are some thoughts from ASH Scotland:

“In Scotland's most deprived communities tobacco continues to impact on people's health and wellbeing in a way that isn't always visible. We have made much progress in reducing the number of deaths attributable to smoking in recent years, however despite this it is the biggest preventable cause of death and is responsible for a quarter of all adult deaths in Scotland.”

“This is particularly so in poorer communities. 32% of these deaths were in Scotland's the most deprived communities – twice that of the most affluent areas. In these communities, smoking rates are almost five times higher than in rich areas, people smoke more heavily and are less likely to succeed in quitting. This invisible killer not only destroys families, it impacts on health and means families have less to spend on food and housing.”

ASH Scotland has been at the forefront of tackling this key health and social issue for many years.

You can read more about its work, particularly on inequalities, at www.ashscotland.org.uk/projects/inequalities

Fare Choice has over the years highlighted work on food that is linked to other key health concerns (eg. addiction, physical activity). We are keen to continue hearing from community groups and voluntary organisations about their experience of joining the dots and how they face the cross-cutting factor of inequalities.

Team Talk

An update on our recent / forthcoming work.

Fare Choice

As mentioned on the front page, the Scottish Government has agreed the CFHS business plan 2012-2015. In order to make the most of our budget and maximise resources available to us, we will be reducing the number of Fare Choice editions from four to three per year.

We will continue to produce a high standard, relevant and practical publication, without compromising on content or contributions from local experience, which are vital to the application of our newsletter.

We will post more information about changes to the order of the newsletter editions on our website.

Other opportunities to communicate and share news, experience and practice will continue through our website, regular e-bulletin and facebook page. It will be as vital as ever to ensure that you are signed up to our e-bulletin and linked to our facebook page to ensure you have up to date information when it is circulated.

You can sign up for our e-bulletin on our website www.communityfoodandhealth.org.uk/contact/ebulletin.php.

Find us on facebook at www.facebook.com/pages/Community-Food-and-Health-Scotland/133038420113735

Readership survey

To help us with our planning for Fare Choice, we would be very grateful if you could complete and return the enclosed survey to us with your comments. The survey will also be available to complete online.

The survey also contains some questions regarding the publications of Community Health Exchange and Voluntary Health Scotland, organisations that we work closely with. Your responses will help greatly with our partnership working.

Thanks for your help. All returned surveys will be entered into a prize draw.

Free training – Royal Society for Public Health Diploma in Nutrition and Health course, June 2012

CFHS is keen for more people to be able to take part in a REHIS (Royal Environmental Health

Institute of Scotland) Elementary Food and Health course. To help make this happen, we want to support more community food practitioners to become REHIS Elementary Food and Health course tutors.

We are offering seven places for the Royal Society for Public Health Diploma in Nutrition and Health course, being delivered by the Nutrition Training Company in Glasgow from 11-15 June. Holders of the RSPH Diploma in Nutrition and Health may be eligible to register with REHIS to become an Elementary Food and Health tutor.

Further details and an application form are available on our website, or contact Anne. The closing date for applications is Friday 20 April.

Forthcoming CFHS publications

We are currently finalising four new publications.

One of these will discuss some of the issues that groups face when considering setting up and running community cookery courses; this will be based on the experiences of some of the groups and agencies that deliver these in Scotland. The second cookery publication looks at what some groups achieved and learnt when they were funded by us last year to develop their evaluation methods for community cookery courses.

For more information about these two community cookery publications, contact Kim.

'Adding to the mix' includes the experiences of ten community food initiatives that are working in partnership with the private sector. It looks at the factors that have made this partnership working successful, the benefits of working in this way, and the challenges that some of the community food initiatives have faced.

Our publication about the importance of volunteering for community food initiatives and the volunteers working with them will also be available shortly.

For more information, contact Anne.

If you want to be first to hear about any of our new publications, sign up for an email alert at www.communityfoodandhealth.org.uk/contact/.



'Mind the Menu' postponed

We have unfortunately had to postpone this planned seminar in Dundee, looking at food and mental health, which we were organising with assistance from NHS Health Scotland, Trellis and members of the Scottish Mental Health Co-op.

The event, which was intended to highlight local practice as well as explore how this could inform future planning and delivery, had already generated a lot of interest and will take place early in the new financial year.

Look out for the new date on the CFHS website, e-bulletin and facebook page.

Community retailing mapping

In October 2011, CFHS commissioned Edinburgh Community Food to carry out research into community food retailing in Scotland, the report of which is now available.

The research included mapping community food retailers and analysing the work of 12 of these to find out more about how they operate, who they work with and any issues that they may face. CFHS will use the research to help identify how we can continue to support community retailers.

For more information, please contact Anne.

Equality and diversity training

As part of our learning and development programme, 14 community food practitioners recently took place in our Equality and Diversity training, delivered by staff from West of Scotland Regional Equality Council. Based around the theme of food, the training included sessions on the Equality Act, cultural diversity and community engagement, and inputs from two speakers about the importance of food for their cultures. Feedback from participants was very positive.

A short evaluation of our learning and development programme will be available soon.

Putting Healthy Start on the Map

This pilot programme continues to engage with local communities in the Falkirk Braes and Camelon areas of Falkirk. Some of the participating groups have received small amounts of funding to deliver practical cooking sessions alongside promotion of the 'Healthy Start' scheme.

As the pilot draws to a close some final training sessions are being delivered to local pre-school toddler groups, family support workers and a voluntary organisation.

Each of the pilot's participating groups will receive a jointly produced 'Healthy Start' resource pack, full of locally and nationally produced materials covering maternal and infant nutrition. These packs will provide groups with resources to sustain their activities in promoting 'Healthy Start', to raise awareness of maternal and infant nutrition, and signpost families to other local opportunities to improve family health.

A final networking event will bring all the participants together to share their experiences.

A report will be available on the pilot in late spring.

Future work to support communities based on the pilots learning is in development.

Watch out for more information on our website and in our e-bulletin over the summer.

Community retailers 'January promotion'

To coincide with the Scottish Grocers Federation's Healthy Living Programme's 'January Promotion', CFHS funded 15 community food co-ops, fruit and vegetable stalls, and fruit barras to promote their sales of fruit and vegetables during January and February. The community retailers received between £150 and £750. The funding was used for a wide range of promotional activities including meeting the costs of buy-one-get-one-free offers, taster sessions and half-price weeks, the purchase of promotional items, and the purchase of advertising space in local newspapers.

A report on this funding programme will be available shortly.

Maternal and Infant Nutrition

CFHS has commissioned Rock Solid Social Research Ltd, in partnership with Communicable Health and Lowland Market Research, to:

- provide an analysis of the resources utilised by community food and health initiatives to deliver food activities that support the implementation of 'Improving Maternal and Infant Nutrition: A framework'; and
- produce a snapshot of the range and nature of community food and health initiatives delivering activities that support the framework aimed at reducing health inequalities; improving maternal nutrition, breastfeeding and infant nutrition; and reducing obesity among mothers and their infants.

The snapshot will look at six areas of Scotland in particular and will include urban, rural, semi-rural, and island communities.

The research will help us promote the contribution that community and voluntary organisations are making to implement the framework, as well as identify examples of good practice and what support is needed to sustain these activities.

A report from the research will be available in early summer.

We will be developing further work based on any information received throughout our next business plan.

Thanks in advance to all organisations and groups that will participate in this study.

Learning exchanges

CFHS, Community Health Exchange (CHEX), and Voluntary Health Scotland (VHS) are taking forward activities to work towards joint outcomes agreed with Scottish Government in March 2011.

All three are currently working together to facilitate a pilot programme of learning exchanges between community-led and voluntary sector health organisations and Scottish Government civil servants.

The aim of the Learning Exchange is to provide an opportunity to bring civil servants and community organisations together to:

- increase understanding about the role of community-led and voluntary health organisations and the Scottish Government within the context of health improvement, health inequalities, and community development approaches to address these issues;

- increase understanding of the challenges facing both;
- share activities and experiences, knowledge and skills;
- identify commonalities in approaches and challenges; and
- reflect and feed back on learning from the pilot Learning Exchanges.

Experiences and reflections from the Learning Exchanges will be recorded, evaluated and reported on in late summer.

Community Capacity Building and Co-production: What, How and Why

"The Scottish Government is committed to supporting older people to enjoy full and positive lives in their own homes, or a homely setting, within their own communities, for as long as possible.... Community capacity building and co-production are central to these endeavours and it remains imperative that we continue our efforts to shift the balance of care away from the inappropriate and unnecessary use of acute and institutional provision towards community settings and community-based support."

Nicola Sturgeon MSP,
Cabinet Secretary for Health and Wellbeing

CFHS, CHEX and VHS jointly facilitated two workshops at this event in January. The event was aimed at local Health and Social Care partners in order to bring to life current community capacity building and co-production approaches, demonstrate examples of how positive outcomes can be achieved and help explore challenges and opportunities identified by the Christie Commission.

Governance International, NHS Scotland and Strathclyde Police also contributed to the programme.

Presentations and other resources from the event are available by visiting www.jitscotland.org.uk/action-areas/reshaping-care-for-older-people

Mailing list updates

Thanks to everyone who has returned their mailing list updates. We have had a great response, and are still working through any amendments. Apologies if we have not yet got to your changes with this edition.

Policy

Scotland

CEL 01 (2012) - Health Promoting Health Service: Action in Hospital Settings

Published in January 2012, this CEL (Chief Executive's letter) includes details for NHS Boards about health promotion actions to support health improvement in all hospital settings. One of the actions around food and health is for NHS Boards to continue to encourage and support food co-ops and other social enterprises selling healthy produce in hospitals. It suggests that Boards may wish to support the sustainability of community food initiatives by encouraging (other hospital) retailers to source healthier, local produce from them. One of the performance measures for NHS Boards is the number of sites with community food co-ops and other social enterprises selling predominantly healthier produce in hospitals.

More details about CEL 01 can be found at www.healthscotland.com/topics/HealthySettings/NHSprogrammes/CEL.aspx

Changes to the National Performance Framework

The Scottish Government has updated the National Performance Framework (NPF). The NPF sets out national outcomes and measures to report on progress towards a successful and prosperous Scotland. The changes have been made to reflect learning and improvements in how progress is measured.

Of particular interest to note are:

- a new national outcome related to older people: 'Our people are able to maintain their independence as they get older and are able to access appropriate support when they need it'. and
- a new national indicator related to early years: 'Increase the proportion of babies with a healthy birth weight', has also been added.

To read more about these and other changes visit www.scotland.gov.uk/About/scotPerforms/NPFChanges for more information.

Health and Environmental Sustainability Framework consultation

The Scottish Government, as a result of an expert working group formed through the National Food and Drink Policy, has developed a draft Health and Environmental Sustainability Framework. It

is currently undertaking a consultation on the draft framework to maximise opportunities to join up decision making on health and environmental sustainability in food and drink.

For more information and to provide comments visit www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/national-strategy/healthy/framework

UK

Institute of Health Equity

A new institute is being established to look at health inequalities and the social determinants of health in England. The Institute of Health Equity at University College London is to receive £1million over three years from the Department of Health to look at evidence and practice, both locally and across the world.

The institute will be led by the respected academic Professor Sir Michael Marmot. Two years after the 'Fair Society, Healthy Lives', review that he then led, the institute has produced new data on key health inequalities indicators at local authority level.

Further information on both the institute and the most recent data is available at www.instituteofhealthequity.org

Europe

Regulation of food price speculation (sub

How best to regulate speculation on food prices within financial markets continues to be a key challenge for the EU. The European Commission published proposals to regulate food speculation in October 2011 as part of the review of the Market in Financial Instruments Directive (MiFID). The proposals are now being considered by the council and parliament. However, as currently drafted, the rules are felt by many to be weak and contain significant loopholes. **The World Development Movement has been particularly active around this issue and more information is available at www.wdm.org.uk/food-speculation**

World

National food plan for Australia

Australia has been consulting for the past year over its first ever national food plan.

Progress on the Federal Government's plan, which is intended to include access to affordable and nutritious food, is available at www.daff.gov.au/agriculture-food/food/national-food-plan

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).

How much is enough?

How do we 'finish' eating in family mealtimes?

Knowing when to stop eating is a crucial step in the process of managing one's food intake. There are various physiological, psychological, social and cultural cues to determine whether one has 'had enough' or is 'full' (known as 'satiety' in the academic literature). With so many cues to learn it is unsurprising that children can find finishing their food challenging. When families eat together, we assume that parents are in control of how much, or how little, their children eat. And indeed, a wealth of research demonstrates how the varied ways in which parents feed their families shapes what, and how, their children eat. We were concerned, however, to recover the child's perspective and how it meets the adult's. Mealtimes themselves are the prime site for learning social and cultural eating practices and consequently our study focused on the details of the mealtime interaction between adults and children.

In our research we have explored how 'finishing' a meal is not something children (or indeed adult) family members do by themselves, but one that frequently involves everyone present at the meal. The data used for the study is taken from a growing corpus of over 100 hours of video and audio recorded family mealtimes. Predominantly they were of one or two parent families with children under the age of 15 years. The recordings were collected by the families, over a period of a few months and offer extended snapshots of family eating routines. We became particularly interested in the times when the meal, or a course within a meal (for example, when moving from main course to pudding), came to an end. We followed closely the interaction between the family members around establishing whether everyone was finished: what was said, what foods were offered, what gestures and/or facial expressions were made.

The findings highlighted two main issues. First, that during the finishing of each part of the meal satiety 'checks' were carried out by parents. These checks are expressed in different fashions, depending on the age of the child. For example, parents directed young children's (pre-schoolers) attention to the food on their plate. Phrases that were obvious to adults such as 'have you finished?' were used, setting up troubles for the young child around whether the parent is referring to finishing one of the foods on their plate, all of their food on the plate, or the whole meal. Alongside trying to understand what adults are asking them, younger children are frequently struggling to express their bodily sensations (e.g. fullness, hunger, disgust, pleasure) to account for why they have not finished the food on their plate.

The second issue raised in the study was the absence of a clear-cut transition between one food course and the next, or between eating/not eating. Even satiety checks – such as 'have you had enough?' with older children – could be followed by offers of more food. So what seems to be simply 'finishing' a meal turns out to be tied up with further offers of food, persuasion, refusal and acceptance of that extra food; it is as much as social practice as it is an individual one. We can begin to see why both parents and children find finishing their food to be about satisfying much more than their own hunger. Although only preliminary in helping us understand satiety as an everyday practice, the study already points toward further research avenues. We need to understand more about how children learn to manage what and how much they eat, how food is rejected or accepted, and in particular, to capture how these skills vary across families from different social and cultural backgrounds.

Researchers: Dr Eric Laurier (University of Edinburgh) and Dr Sally Wiggins (University of Strathclyde).

**For more information about this research, please contact Sally Wiggins, School of Psychological Sciences and Health, University of Strathclyde, Graham Hills Building, 40 George Street, Glasgow, G1 1QE.
Email: sally.wiggins@strath.ac.uk. Tel: 0141 548 4461.**

A Flavour of

Community-based food and health activity in Scotland



New community kitchen for 'Confidence to Cook'

In early February the Confidence to Cook programme launched a new community kitchen to deliver practical hands-on cookery courses in Inverurie. The Garioch Community Kitchen is another success for the Confidence to Cook programme, which has delivered community cookery since 2003 in Grampian, and is an addition to its community kitchen in Huntly. Both kitchens follow a similar business model and programme. The facilities include three or four domestic-type kitchen workstations and each kitchen also has a height-adjustable workstation and space to eat a shared meal. Trained staff are available to facilitate tailored courses free of charge to eligible community groups or at low cost to others.

Organisations can hire the kitchen to deliver their own training, providing they have completed the two-day Confidence to Cook 'train the trainers' programme and have a current food hygiene certificate. As well as training for trainers, Royal Environmental Health Institute of Scotland (REHIS) accredited Elementary Food and Health (basic nutrition) course and Elementary Food Hygiene courses are also available.

The groups are encouraged to choose recipes from the 300+ page Confidence to Cook handbook, which has information about affordable healthy eating, ideas for food activities and hundreds of recipes, including recipes suitable for microwave cookery. **This can be bought at not-for-profit rates (£30 plus postage and packing) by contacting Fiona Matthew.**

Over 150 people attended the launch at the Garioch kitchen, which included mini-workshops to give groups a taste of what the cookery sessions are like; nursery children got involved in making veg-laden pizzas, the Community Learning and Development team got involved in making soup and a group for adults with learning disabilities made pancakes throughout the day. Clients from Comraich, a local mental health organisation, came along and produced a couple of fish dishes and the local councillor, Martin Kitts-Hayes, took part in the workshops.

A wide range of groups have already signed up to use the kitchen; from young mums and teenagers to adults and schools looking for

independent living sessions. Potential course facilitators also completed the kitchen's first train-the-trainers' course, which took place in January, and all train-the-trainers courses taking place up until June are all filled.

The kitchen has been set up to support the aims of the local Healthy Eating, Healthy Living strategy; it also supports other local plans currently being developed to address obesity. The Garioch kitchen received funding support from Fairer Scotland Fund, Garioch Community Planning Group, NHS Grampian, Aberdeenshire Childcare Partnership and Aberdeenshire Council.

In the future, social enterprise activities such as hiring the kitchen to non-low-income groups will contribute to the ongoing costs of running the kitchen. The group is currently exploring setting up a voluntary group to oversee the day-to-day running and sustainability of the kitchen.

For more information about 'Confidence to Cook' contact Fiona Matthew, Catering Advisor for NHS Grampian, on 01224 558414 or fiona.matthew@nhs.net

For up-to-date information on programmes being delivered in the kitchen, visit www.hinetgrampian.org/hinet/7293.html or contact Carolyn Lamb, Public Health co-ordinator for the Garioch area, carolynlamb@nhs.net

Fife Kitchen evaluation

Whilst Confidence to Cook is celebrating nine years of cookery at the launch of its new kitchen, Fife Community Kitchen is celebrating success after receiving a positive evaluation report from commissioned researchers, Blake Stevenson.

Fife Community Kitchen, which opened in the summer of 2010, provides space for up to 16 people at eight work stations, and a large table where groups can eat a meal together. It is based within Adam Smith College in Leven town centre, Fife.

Community food workers are available to facilitate cookery sessions free of charge to eligible groups, or organisations can hire the kitchen to deliver their own cookery training. The project aims to offer 75% of its cookery courses free of charge to groups from low-income communities and aims to income-generate by charging a fee to 25% of groups wishing to hire

the facility. The kitchen is funded and led by NHS Fife, Adam Smith College, Fife Council and Fife Community Food Project.

Blake Stevenson analysed information gathered from participants who attended cookery courses via three focus groups and 64 postal survey responses, and also interviewed 21 other stakeholders.

Almost all of the cookery course participants reported that the training they received helped raise their awareness of what constitutes a healthy diet and of how easy it can be to prepare healthy food. Over half the participants reported that they now eat fewer take-aways and ready meals and 64% reported that they have improved their diet.

One person explained how much they had learnt:

“[I] went from having no cooking skills at all to being able to budget, look at the nutritional value of food and prepare things from scratch.”

The report also concludes that participants and stakeholders view the kitchen as a valuable and well-equipped resource. Community food workers and sessional workers were praised for their ability to engage with a range of vulnerable groups during cookery courses. The positive role of partners was also highlighted, such as the way that the kitchen has been managed and maintained. A few improvements were suggested, such as extending the opening hours of the kitchen into the evenings to reach a wider range of groups. There was also concern about the reach of the kitchen; most of the groups currently using the facility are based within Leven or four other local villages – fewer attend from outside these areas. This will be investigated further to find out if more marketing is required in these areas or whether to consider developing a community kitchen in another area of Fife.

Fife Food and Health Strategy group, who commissioned the research, will now consider the recommendations and decide on appropriate action.

The full evaluation report will shortly be available from www.healthyfife.net **For more information, contact Lyndsay Clark, Senior Health Promotion Officer (Food and Health) 01592 226498 or lyndsayclark@nhs.net**

More information about the Fife and Confidence to Cook community kitchens will be included in a forthcoming CFHS publication that will discuss some of the issues around setting up and running community cookery courses. If you would like more information about this, contact Kim.

Take Stock

Making it happen together

In this issue of Fare Choice we highlight some examples of community food and health activity that is happening as a result of partnerships and relationships between NHS boards and community food and health initiatives and other partners.

East End Kids and Co demonstrates how community food initiatives have a role in increasing access to fresh fruit and vegetables in hospitals for hospital staff and is a key action in CEL (01) 2012 - Health Promoting Health Service: Action in Hospital Settings (see page 6). Grounds4BetterHealth and Pilton Community Health Project show how they are delivering activities to participants using services in an acute hospital setting and a local antenatal clinic for pregnant women.

Several community food initiatives have been retailing in hospitals for years, as reported in CFHS's publication 'Community Food Initiatives retailing in hospitals and health centres', published in 2011. Others are now doing so, including **East End Kids and Co** in Glasgow, which has ran fruit and vegetable stalls in two hospitals and three health centres in the east and north of the city since summer 2011.

NHS Greater Glasgow and Clyde approached East End Kids and Co about establishing the stalls, and provided £2,500 towards the costs of setting these up as a pilot. The NHS Board has been very supportive; however, it took longer to obtain the agreement to set up the stalls than the project had anticipated. The stalls now run without any external funding.

The stall in Glasgow Royal Infirmary runs twice a week, on Wednesday and Fridays, from 10 am to 12.30 pm. The stall in Stobhill Hospital runs on Tuesday and Thursdays between the same times. Both of the stalls are placed at busy areas within the hospital: beside the main entrance in Stobhill, and next to the entrance to Townhead Health Centre in the Royal Infirmary. The health centre stalls each run once a week for 2.5 hours. In addition, East End Kids and Co supplies fruit bags for sale in another two health centres, and is about to supply a third. Each stall is run by a member of staff and one of three volunteers.

The hospital stalls are doing very well, particularly in Stobhill, where it attracts around 70 customers each session and makes about £200



in sales. Customers include hospital staff, visitors and patients, but also local residents looking for a source of fresh, affordable fruit and vegetables. The number of customers using the stall at the Royal Infirmary fluctuates more, and drops in the last week of each month (before payday for many staff).

In the first six months, East Ends Kids and Co sold £17,000 of fruit and vegetables. The small surplus made on these sales was used to cover additional staff, and volunteer and buying costs. A small number of restrictions were placed on what the stalls can sell, particularly in the hospital.

To reduce competition with other retailers, they cannot stock any pre-packaged fruit cups or salads, and the preparation of any fruit or vegetables on the stalls is not allowed, to reduce the risk of infection.

Another way in which community groups can work with the NHS acute sector is to develop food growing or gardening projects within hospital grounds. Some hospitals have a history of growing food in their grounds as therapeutic activities for participants and for use by the hospital. In recent years, some of these are being given a new lease of life by being developed into community gardens.

One of these is the **Grounds4BetterHealth project**, which has been developing community gardens within Galloway and Newton Stewart Hospital grounds in the Wigtownshire area of Dumfries and Galloway for the last 18 months. A grant from the CFHS small grant scheme helped to support part of this development.

The project is NHS-led, but is being developed and supported by a wide range of partners, including other statutory agencies, the third sector and the private sector. It is very much dependent on the help of these and local volunteers to set up and maintain the gardens. Over 50 people have been involved so far and have developed raised beds, sheds and greenhouses, including Dumfries and Galloway college students, who carried out activities as part of their course-work. Contractors have completed some of the major works that were required such as fencing, gates, drainage and pathways. A wheelchair accessible woodland walk at the Newton Stewart Hospital was recently completed as part of the garden and will be further developed with help and advice from the RSPB and Cree Valley Woodlands Trust to ensure that the area is wildlife friendly.

The committee driving the project, and John McNaught, the NHS Community Involvement Worker, are planning for volunteers and local community groups to be able to start growing vegetables and flowers by the spring of 2012. A recent grant from Awards for All will support both current activities and future developments.

For further information, contact John McNaught, NHS Community Involvement Worker, 01671 404267 or email j.mcnaught@nhs.net

This last example highlights how a community health project in Edinburgh is working with local partners to improve the maternal and infant nutrition of pregnant women and their families while attending routine antenatal appointments and attending a pregnancy café.

Pilton Community Health Project (PCHP) in North Edinburgh works with local people to take steps towards better health. A range of activities and groups that support local people learn about living and feeling healthier have been developed by talking to and listening to the community. The project celebrated its 25th anniversary in 2010.

Barri Grubb is Pilton Community Health Project's healthy eating initiative.

PCHP has been involved in local programmes that are supporting pregnant women to make positive choices about themselves and their families. This work is being delivered as part of a health literacy programme within 'Bumpstart' - NHS Lothian and City of Edinburgh Council (CEC) - which works with pregnant women in North East and North West Edinburgh.

Health literacy is the ability to access, understand and act on health information. It is estimated that patients only remember and correctly understand about 25% of the information



that a health professional discusses with them. The extent of low health literacy in Scotland is much wider than commonly thought as it affects more people than just those who have basic literacy and numeracy difficulties.

The NHS CEC Health and Literacy Project delivers the health literacy elements of Bumpstart's programme, using approaches developed through learning from a resource called 'Baby Basics' that is given to pregnant women in New York City at their first antenatal appointment. The guide has been successful and of benefit to low-income families there as it is in a format that is accessible to people who might experience issues with literacy.

Using learning from these successful approaches to engage with pregnant women, the Bumpstart Project runs a weekly Mums Club and Pregnancy Café. The Health and Literacy project already had strong links with PCHP, through delivering cooking sessions and other activities with literacy learners. This relationship is continuing through food activities at the Mums Club and Pregnancy Café.

The **Mums Club** runs at Crewe Medical Centre at the same time as the antenatal clinic. A separate room has been provided for the club where staff from PCHP and a health literacy worker meet with mums attending routine appointments. Some mums have been involved in other PCHP and literacy activities and others are attending for their first time. The room is a hub for information, support and advice where the women can meet each other, share information, and increase their understanding of all the materials they receive to support their health.

The club is ideal for food tasting and food demonstrations, as the space contains a sink and washing facilities. These activities provide a perfect opportunity for raising issues around maternal and infant nutrition, as well as other common issues

like parenting skills and play. Food is a significant focus for women attending in particular around eating better and healthily in pregnancy.

A recent session focused on breakfast ideas as many of the women shared concerns and experiences around morning sickness and what to eat. Ideas for breakfast foods such as granola, yoghurt and fruit were shared in an enjoyable, informative session. PCHP is developing future food demonstrations at the Mums Club and fresh fruit and vegetables are always available to try.

The club has been successful in engaging with women at a time that suits them to talk about issues important to them. PCHP and the health literacy are proactive in introducing relevant resources and topics according to the women's needs, which also complements resources provided by their midwife. These include information and discussion about breastfeeding and weaning, which gives further opportunities for these important issues to be understood.

Midwives collect the women from the club, making time to bring up any issues before the appointment. The women are encouraged to follow up queries in their appointment. Other midwives also drop in to the club and chat to the women who are waiting. This contributes to building up trust and relationships with the women and ensures a positive experience for everyone. The women also comment that they feel more able and confident to ask questions and seek support to clarify information if they have not understood it.

The Bumpstart Pregnancy Café is held at the Haven project in North West Edinburgh. It is accessible to all pregnant women, but targeted at vulnerable parents. The café provides another opportunity to raise health issues in pregnancy. Speakers are invited to along to inform the women on a range of issues and food is a regular topic. A recent session included time with an infant feeding advisor. Infant feeding issues such as breastfeeding and weaning, what to do and when can be covered and discussed in more detail at these sessions than time allows in antenatal appointments.

The women are also signposted to other community resources that will continue to support them once their baby is born. Many women keep in contact with PCHP as they move on to take part in other activities such as cooking classes, which further raises their awareness and builds their confidence around food and feeding their families.



Bitesize

Use more, waste less

The current economic climate has seen continued interest in ways of addressing food waste so that consumers use up more and waste less food in the home, as well as providing value for money to household food budgets. As mentioned on page 14, the Food Standards Agency will be running a food safety week in June based around the theme of 'food safety on a budget'.

The following are two examples of resources that can be used with groups to learn about food waste:

At the CFHS Conference in November NHS Forth Valley and NHS Fife showcased a resource they have developed jointly called 'What's for Dinner'.

'What's for Dinner' is a resource that supports communities to feel confident about using food ingredients already in the kitchen before buying more, helping to reduce food waste and save money on food shopping. A supporting leaflet includes tips and messages on use-by dates, cooking and freezing foods, and ideas for using leftovers.

The resource will soon be used to train volunteers from Forth Environmental Link, who deliver cooking skills workshops to groups, to focus specifically on food waste. The workshops will include exploring issues such as sell-by and use-by dates, storing leftover food, food safety and cooking bulk recipes that can have multiple uses as well as recipes for leftovers. The emphasis is on using fresh ingredients, particularly fruit and vegetables, and providing practical skills that are transferable and relevant to low-income communities. When trained, volunteers will work with local groups to deliver cooking sessions locally.

For more information on the support volunteers can provide visit www.forthenvironmentlink.org or email donna@forthenvironmentlink.org

This will complement the roll-out of a food waste recycling collection to householders within the Falkirk Council area from April.

'Kitchen Canny' is a practical kit to tackle food waste in the home and has been developed by Changeworks. A pilot project worked with 38 community groups in Scotland, who helped to distribute over 3,000 Kitchen Canny kits.

The kits have been praised as

"An eye-opener."



prompting statements such as,
"I now realise I do waste food when I thought I didn't."

and,

"The amount we were wasting was ridiculous. We are now saving £30 per week!"

Independent analysis of the pilot conducted by the Scottish Institute for Sustainable Technology has shown an average reduction in edible food waste of 37% in participating households. This works out at a saving of approximately £160 per year per household.

The kit guides participants through some quick steps to help with meal planning, cooking, and food shopping, giving the practical know-how to:

- Save money... wasted food cost the average Scottish household £430 a year.
- Save time... less wasted food means less time food shopping.
- Discover skills... to save money, time and energy.
- Help the environment... 570,000 tonnes of food and drink are thrown away by Scottish householders every year.

Changeworks also provides training to community groups to use Kitchen Canny in order to have the greatest impact locally. Interactive workshops allow groups to get to know the kit and issues around food waste.

For more information visit www.kitchencanny.co.uk or call 0131 555 4010 (there is a charge for the kits). For more information about Changeworks visit www.changeworks.org.uk

News

Food and older people

“The food available to the most vulnerable in our society will be the best indicator of the success of our National Food and Drink Policy.”

Comment from Cross Party Group participant.

The first ever joint meeting of the Scottish Parliament’s Cross Party Group on food with its counterpart looking at older people, age and ageing, focused on the recent Consumer Focus Scotland/CFHS study into the food needs of older people in the community. A lively discussion was reinforced by the participation of a number of the community and voluntary organisations from across the country that had helped produce the report.

The meeting also heard about the intended creation of Scotland’s first ‘community food hub’ in Lanarkshire, as well as a demand for food that is ‘good, clean and fair’ by visitors from Italy’s Slow Food Movement.

Further information on the Cross Party Group on Food is available at www.scottish.parliament.uk/msps/Food.aspx and the ‘Meals and Messages’ report is downloadable from the CFHS website.

Enterprise Growth Fund success

Congratulations to Lanarkshire Community Food and Health Partnership and Edinburgh Community Food, both of which have recently been awarded investment funding from the Scottish Government’s Enterprise Growth Fund. The Fund, which received 600 applications, is supporting 60 third sector organisations that are aspiring to become, or become more, enterprising.

The two community food initiatives will be using their funding to generate additional commercial sales, re-investing surpluses made into their charitable activities, to support their long-term sustainability and reduce reliance on grant funding.

Edinburgh Community Food has been awarded £45,800 to build on its experience of working with the private sector and develop three key areas of work: corporate customers; retail outlets; and corporate and private customer nutrition sessions. It intends to develop these through a range of activities that build the capacity of the organisation, including marketing, staff training and customer relations management programmes. In addition, the funding will enable Edinburgh Community Food to meet the costs of the increased staff hours and additional transport required.

Lanarkshire Community Food and Health Partnership is using its £97,000 Enterprise Growth Fund award to improve its delivery capacity and to employ a Commercial Manager. This new role will focus on increasing the volume of local produce sold through the food co-ops and improve the sales and profitability of its social enterprise, Fruits and Roots, which sells fresh produce to a range of commercial and retail customers.

Food Safety Week 2012

The theme for this year’s Food Safety Week (11 to 17 June), organised by the Food Standards Agency, is ‘food safety on a budget’. With many people seeing food as an area where they can cut waste and save money, quality advice that allows them to do so without compromising their health or their families health is crucial.

Further information on the week, including useful explanations around use-by and best-before dates, plus available resources and support is available on www.food.gov.uk/safereating/hyg/germwatch/

Healthy Start: Chief Medical Officer vitamin D letter

A letter restating the importance of Vitamin D supplements particularly for at risk groups such as pregnant women, infants and young children has been sent by the Chief Medical Officers for the UK, including Sir Harry Burns, Chief Medical Officer for Scotland.

Read the letter at www.scotland.gov.uk/Resource/0038/00386921.pdf. For more information about Healthy Start and Healthy Start Vitamins visit www.healthystart.nhs.uk

On the move

Voluntary Health Scotland moved office in February from Melville Street in Edinburgh to the SCVO office premises at 15 Mansfield Place in Edinburgh. This move will enable the team to continue focusing on working towards a merger with the Long Term Conditions Alliance Scotland (LTCAS).

www.vhscotland.org.uk/

Publications

NHS Health Scotland Healthy Living Publications update

The NHS Health Scotland suite of Healthy Living public facing resources will be updated in 2012-13 and support is needed to guide the development of these national publications.

The publications relate to; Child Healthy Weight, Food and Health and Physical Activity and Healthy Weight in Scotland, across all age stages. By offering your support those involved will gain valuable experience of being part of a national steering group and an insight into resource development.

For more information and to get involved see the latest news section of our website.

Eatwell

A new site has been established by the Food Standards Agency Scotland to reinstate all the very popular eatwell information and resources. Following the removal of nutrition from the FSA's responsibilities in England and Wales, the intention is for this new site to be developed as Scotland's own eatwell site. www.eatwellscotland.org

Family food

Statistics from DEFRA's 'Family Food 2010' study show that the pressure of food shopping on UK household budgets is still high. The survey shows that the purchase of fruit and vegetables is on a downward trend, particularly amongst low-income households. It shows that there is a relationship between lower income and the consumption of fruit, vegetables and fibre and higher levels of NME's (non-mild extrinsic sugars).

Interestingly, it also showed that 4% of fresh fruit and vegetables entering households in 2010 were coming from gardens and allotments.

For more information on the study visit: www.defra.gov.uk/statistics/foodfarm/food/familyfood

A guide to eating well for children and young people in care

NHS Forth Valley has developed a guide for carers looking after children (over five years of age) and young people in Local Authority care within Forth Valley. The guidance has been developed mainly for residential settings, but will also be useful for carers and families providing foster care.

The guide sets out the main principles supporting 'Nutritional Guidance for Children

and Young People in Residential Care Settings 2011' and includes tips on best practice, useful resources and training opportunities, to help support carers to increase their knowledge and skills around food and health.

For more information contact NHS Forth Valley Department of Nutrition and Dietetics on 01786 434046.

The Scottish Government guidance can be downloaded at www.scotland.gov.uk/Resource/Doc/341988/0113780.pdf

Asset-based approaches to delivering public health services

NHS Health Scotland has produced a briefing paper to define what is meant by asset-based approaches.

This paper is intended to provide a useful platform for developing and evaluating interventions using these approaches that could contribute to improving health and reducing health inequalities.

The paper can be found at www.healthscotland.com/resources/publications/publications.aspx by using the search facility.

Action research

The Scottish Community Development Centre (SCDC), funded by Education Scotland, has developed a new resource to help community and voluntary groups to carry out research in their local communities.

'Action Research by, in and for Communities: a practical guide to community-led research', is based on SCDC's experiences of delivering community-led action research programmes, where over 90 groups carried out research to help them achieve positive change in their communities.

For more information and to download the guide visit www.scdc.org.uk/what/community-led-action-research/ARC/

Greener Scotland

The 'Greener Scotland' campaign was launched by the Scottish Government in January. This overarching campaign will involve a new interactive website, accompanied by advertising and a roadshow.

The website has a wide range of information, resources and advice to help people in Scotland save energy, reduce waste, travel smarter and eat greener.

For more information visit www.greenerScotland.org

Diary

MARCH

The Nutrition Society - Scottish Section Meeting

26 - 27 March 2012

Kings College Conference Centre, Aberdeen

More info: www.nutritionssociety.org/scottish-section-meeting-2012

National Salt Awareness Week

26 March - 1 April

More info: www.actiononsalt.org.uk/

The Social Enterprise Exchange

Tuesday 27 March 2012

SECC, Glasgow

More info: www.socialenterpriseexchange.com/programme/

APRIL

REHIS conference 2012

'Protecting the public in the environments in which they live, work and travel'

18 - 19 April 2012

Royal College of Surgeons, Edinburgh

More info: www.rehis.com/event/rehis-conference-2012

MAY

Loch Fyne Food Fair

19 - 20 May 2012

More info: www.lochfyne.com/Events/Loch-Fyne-Food-Fair

National Vegetarian Week

21 - 27 May 2012

This year's focus is on breakfast

More info: www.biodynamic.org.uk/events.html

JUNE

Food Safety Week

11 - 17 June 2012

This year's theme is 'food safety on a budget'

More info: www.food.gov.uk/safereating/hyg/germwatch/

National Men's Health Week

12 - 18 June 2012

More info: www.mhfs.org.uk/mens_health_week.php

Royal Highland Show

21 - 24 June 2012

More info: <http://royalhighlandshow.org/>



**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