

# Funding opportunities 2017



community  
food and health  
(scotland)

This year we have two funding opportunities for groups and agencies involved in food and health activities in low-income communities. You can apply for either or both of these.

You can find out more about the capacity-building fund, and download application forms, guidance notes and other materials from our website from **Friday 9 June**.

You can find out more about the annual development fund, and download application forms, guidance notes and other materials from our website from **Friday 9 June**.

If you would like an application pack sent to you by post, please call **0141 414 2890** or email **[nhs.HealthScotland-CFHS@nhs.net](mailto:nhs.HealthScotland-CFHS@nhs.net)**



Children from Collydean after-school club enjoying their new garden facilities (see page 6).

## Capacity-building fund (up to £500) – opens Friday 9 June

The aim of this fund is to support groups and agencies running food and health activities to build the knowledge, skills and expertise they need to help deliver these better. Groups can apply for funding for training or learning opportunities for staff, volunteers, or management committee or board members.

The capacity-building fund will close on **Friday 8 December**, or earlier if all of the funding available has been allocated.

## Annual development fund (£500 to £2,000) – opens Friday 9 June

The aim of this fund is to support Scotland's low-income communities to improve their access to, and take up of, a healthy, varied and balanced diet. It is ideal for groups and agencies with a food and health activity planned that can be developed, recruited for, and run within a one-year period. We encourage applicants to consider how some or all of their planned activities could be sustained after the funding has been spent.

The closing date for development funding applications is **Friday 4 August 2017**. You can post your application to us, or email your application to **nhs.HealthScotland-CFHS@nhs.net**

We will not accept late or faxed applications.

# Capacity-building fund

## What the capacity-building fund is for

Our capacity-building fund is aimed at groups and agencies already running food and health activities in low-income areas that want to develop and strengthen their organisations. Applicants will need to show that any funding awarded will build the knowledge, skills and expertise of volunteers, staff or management committee or board members, and demonstrate how this will benefit their food and health activities.

Examples of activities we may consider funding include:

**Supporting groups to take part in training so that they can deliver their services better.**

Edinburgh Community Cafe Network was funded last year to run autism awareness training for some of its member cafes. Fifteen members of cafe staff from seven cafes took part in the training, which was delivered by a local third sector organisation that supports young adults on the autistic spectrum. As a result of the training, some of the cafes are introducing changes to make their spaces more autism friendly.



**Helping organisations to manage their resources better.**

For example, supporting a management committee to take part in finance training, part-funding a manager to take part in leadership training, or funding a member of staff to take part in a course about using social media.

**Helping staff and volunteers gain the skills and knowledge they need to deliver training and learning to people they work with.**

For example, assisting a member of staff to obtain a 'training the trainers' qualification.

## **Ensuring that food and health activities are meeting community needs.**

For example, supporting staff, volunteers and managers to build expertise around community consultation, or running training for community cafe volunteers around making changes to their cafe menu.

To ensure that its customers were able to choose healthier food and meal options in their weekly food shop and in the cafe, Kyle of Sutherland Development Trust's Community Food Stop was funded to run an in-house basic cookery course for its volunteers.



## **Making sure that staff and volunteers understand current nutrition messages and are confident about delivering these to the people they work with.**

For example, part-funding a member of staff to obtain a Royal Society for Public Health nutrition qualification, or meeting all or some of the costs of running a Royal Environmental Health Institute of Scotland (REHIS) Elementary Food and Health course for volunteers or staff.

## **Assisting organisations to make food and health activities as inclusive as possible.**

For example, training staff or volunteers on the implications of the Equality Act, running a learning session for board members on increasing the reach of their food and health activities, or carrying out a Health Inequalities Impact Assessment.

## **Embedding expertise and skills around recruiting, retaining or managing volunteers.**

## **Supporting groups to demonstrate the impact of their food and health activities.**

For example, meeting the costs of members of staff learning about self-evaluation.

## **Assisting groups to plan for the future.**

For example, taking part in training about social enterprise, or running a session for board members about business planning.



Milan Senior Welfare Organisation run a number of food and health activities for the people using their services, including a food co-op, lunch club and healthy eating sessions. Milan used its funding to cover some of the costs of a development day for its staff, volunteers and board members. The aim of the development day was to start to pull together a new business plan.

# Development funding

**All development fund applicants must show how their planned food activities will contribute to outcomes and targets in one or more of the following main food policies or strategies in Scotland.**

## The food and health policies

### **'Preventing Overweight and Obesity in Scotland: A Route Map Towards Healthy Weight' (2010) and 'Route Map Action Plan' (2011)**

This policy focuses on preventing weight gain by changing our environment to make it easier to make healthier food choices and to be more physically active. It emphasises that a significant proportion of the changes we need to see will take place at a community level. It is led by the Scottish Government and the Convention of Scottish Local Authorities (CoSLA). A refreshed Obesity Strategy is expected to be published by Scottish Government later this year.

### **'Improving Maternal and Infant Nutrition: A Framework for Action' (2011)**

This policy framework aims to improve nutrition for pregnant women and families with babies or children under the age of four. Although the health service provides a major component of the framework, it also highlights the vital role of 'significant others' and 'supportive environments', such as communities, as crucial to its success. It also aims to increase awareness and use of the Healthy Start voucher scheme. Pregnant women and families eligible for free vouchers can spend these on milk, infant formula and fresh or frozen fruit and vegetables.

### **'Good Food Nation'**

Good Food Nation aims to develop a nation that appreciates and has access to healthy and sustainably produced food. The policy aims to counter the perception that caring about food should only be for those who can afford to do so. A Good Food Nation Bill is in the pipeline.

All Scottish policies can be found at [www.gov.scot](http://www.gov.scot)

All of the food and health policies fit within the aims of the Scottish Government's National Performance Framework, and its overarching plan to make Scotland healthier, smarter, wealthier, fairer, safer, stronger and greener.

Other Scottish policies may also be relevant for some applicants. For example: The Community Empowerment Act, or the learning disability strategy, The Keys to Life. Both of these policies mention food-related activities.

Also worth considering is the report to the Scottish Government from its independent working group on food poverty. 'Dignity: Ending Hunger together in Scotland', has a focus on treating people in food insecurity with dignity as the core principle that runs through all potential solutions.

[www.gov.scot/Publications/2016/06/8020](http://www.gov.scot/Publications/2016/06/8020)

## National food and health programmes

If they are able to do so, we also encourage applicants to show how their planned activities will work towards, link with, or work in partnership with one or both of these national food and health programmes.

The **healthyliving award** is a national award for the catering sector in Scotland, including community cafes and lunch clubs, to encourage changes to catering practices and ingredients.

The **Scottish Grocers Federation Healthy Living Programme** supports convenience stores in low-income areas to promote the sale of healthier foods, such as fruit and vegetables. It provides staff training, marketing materials and resources. It has also worked with CFHS to support community shops, co-ops or fruit and vegetable barras.

# What previous years' development funding recipients did

## Hints and tips for applying for development funding

**In 2016, we awarded around £60,000 to 38 groups to develop and run food and health activities. We have a similar budget this year. We have recently received updates from those funded in both 2015 and 2016. Here's how they have been getting on.**

### Contributing to the aims of national food and health

All those applying for development funding must show how their food and health activities contribute to actions within one or more of the three main food and health policies. Here's how the Breastfeeding Network achieved this.

**The Breastfeeding Network (BFN)** is a Scottish registered charity that is an independent source of support and information about breastfeeding and infant nutrition for women, families and communities.

It used the funding to employ a breastfeeding peer supporter to develop short interactive sessions to be used with vulnerable children and young people in schools in Ayrshire and Arran. It also used the funding to supply the resources that were required for these sessions. The sessions were developed age-group suitable, and covered three aspects: (1) what a mammal is, what mum and baby pairs are called and fun facts about mammals feeding their babies (nursery – P4); (2) the benefits of breastfeeding, talking about breastfeeding out and about – we eat in public why can't a baby? – and discussion cards to start conversations about breastfeeding and formula feeding (P7); and (3) having a baby, including the people who

will look after us and our baby, information about breastfeeding, safe sleep and caring for a baby.

The sessions helped to increase the knowledge of breastfeeding as a normal way for a mum to feed her baby, giving appropriate information about how this helps gives babies the best start, which aligns with the aims of the Maternal and Infant Nutrition Framework around the importance of breastfeeding.

### Needed and wanted

As applicants have only one year to complete their activities, it is important to show these are both needed and wanted by those that will benefit from them. Here's how Clydeview Gardening Group went about this.

**Clydeview Gardening Group** was established in 2015, set up by and for the tenants of Clydeview supported housing for older people. When the tenants moved into their new accommodation, which is owned and managed by Dunbritton Housing Association, there were several resident meetings to establish what would be important to the residents going forward. As well as the need for a shared social space, it was noted that many of the tenants missed having a garden, and it was agreed to set up the gardening group, with a view to developing the outside space for food and flower growing.

With funding from CFHS, alongside funding from Awards for All, the group has established garden plots and accessible raised beds. They also plan to grow excess fruit and vegetables to have healthy eating lunches with other residents.



Post-course evaluation has shown an increase in fruit and vegetable intake of participants, an increase in cooking frequency, a decline in the use of ready meals, and positive comments about food and trying new food were high.

**I have learned a lot about how to cook more healthier and feel more energetic.**

**Course participant**

### **Improving access to, and take up of, a healthy, varied and balanced diet**

As well as providing activities that are wanted, applicants must aim to promote uptake of a healthy balanced diet by providing consistent and credible information. Here's how Edinburgh Community Food achieved this.



**Edinburgh Community Food (ECF)** received funding in 2015 to run a 12-week practical cooking and nutrition course for men in recovery from drugs/alcohol misuse. Up to eight men could attend each of the classes. The classes included key healthy eating messages, as well as budgeting, basic cooking skills, food hygiene and making healthier food choices. Following the course, a further 12 cooking sessions took place in a less structured environment. ECF aimed to provide 'a safe, social space; and increase the number of people eating healthily and cooking/eating healthily on a budget'. Although numbers participating fluctuated, engagement in the activities and the cooking was reported as excellent.

### **Working in partnership**

Working in partnership with other organisations and agencies not only avoids duplicating work, or 'reinventing the wheel', but can help make the best use of resources at a time when limited funding is available. Applicants are encouraged to link or work with partners relevant to their work or area.

**Glen Housing Association** received funding in 2015 for the development of a culinary garden in the outside play area of Collydean Community Centre, which is used by the Collydean after-school club.

The children from the after-school club were key contributors to the project. As well as learning gardening skills, they attended workshops on nutrition and preparing food. A number of local organisations also contributed to the project, including Fife Council, Scott Pallets, Aberlour Child Care Trust, the Eco School Project and also local volunteers.

The community centre now has a greenhouse, raised beds and a well-kept garden area, as well as gardening equipment. It is hoped that all users of the community centre will have the opportunity to spend time in the garden and help to grow and harvest it.

### Impact beyond food and health

All applicants are encouraged to think about how their planned activities might support participants or a community in ways beyond food and health. Many funding recipients report on the social benefits their work has, which is sometimes an underrated, but important outcome.

**The Carrick Centre** is a social enterprise with a charitable status. It functions as an events and activities centre for the North Carrick community in Ayrshire. Following the installation of its training kitchen, it received development funding in 2016 to provide cookery training to groups with additional support needs.

So far it has delivered two eight-week healthy cookery courses, which 16 young people with additional support needs have completed. They have also delivered a professional cookery course (attended by 11 young people with barriers to employment) as well as one-off cookery and baking sessions for school-aged children.

Pre- and post-course evaluations have shown an increased knowledge of nutrition and cooking skills, as well as an increase in participants' confidence and independence, and social engagement.

**The results have been staggering – much more confident about nutrition, preparing meals for others, and general confidence and independence.**

**Funding recipient**

### Sustainable food activities

All applicants are encouraged to show how some or all of their planned food activities could continue after any CFHS funding has been spent. Many of the groups already discussed have plans to continue their activities in the longer term.

**Arran Community Land Initiative** received funding in 2015 to develop a 'showcase' community allotment within its rental allotment site. This was to encourage and inspire first-time food growers, increase their confidence and show the range of food that can be grown.

Groups of all ages have volunteered on the allotment, and have attended workshops on growing, harvesting and cooking, using produce from the allotment. Over 60 sessions were held during 2016.

Going forward, the allotment will be a community resource used for workshops and courses. Together with the community orchard and planned picnic area, and plans for additional onsite facilities, it's hoped that the area will develop into a food-growing hub for the community.

**... funding allowed us to start a growing journey on site, which has developed into a larger project already, and has huge potential going forward.**

**Funding recipient**



# Find out more

## Local food and health work and policy

To find out more about food and health work in your area, visit your local authority and local NHS Board websites, or contact your local Health Improvement Team. Some areas have healthy living centres or community food workers.

To find out more about the national food and health policies, visit the Scottish government's website [www.gov.scot](http://www.gov.scot)

For information about the UK 'Healthy Start' scheme [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

The Scottish Government are likely to make changes to the Healthy Start scheme in the next year or so, once powers are transferred for this scheme from the UK Government, to the Scottish Government.

## More information about the national programmes

healthy living award  
[www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)

The Scottish Grocers Federation Healthy Living Programme (SGFHLP)  
[www.scottishshop.org.uk/healthy-living](http://www.scottishshop.org.uk/healthy-living)

CFHS work with SGFHLP  
[www.communityfoodandhealth.org.uk/2012/work-with-retailers](http://www.communityfoodandhealth.org.uk/2012/work-with-retailers)

## Information about nutrition

Your local NHS Board will be able to tell you about the availability of healthy eating resources, leaflets or other help. NHS Boards will employ health improvement or health promotion staff and dietitians who will be able to tell you how they can help.

Accurate nutrition information is also available online from:

Food Standards Scotland  
[www.foodstandards.gov.scot](http://www.foodstandards.gov.scot)

The British Dietetic Association  
[www.bda.uk.com](http://www.bda.uk.com)

The Royal Environmental Health Institute of Scotland (REHIS) accredits a six-hour basic nutrition course – the Elementary Food and Health course. This is available across Scotland [www.rehis.com](http://www.rehis.com)

CFHS has a wealth of publications, information and resources (recipes, guides and case studies) about community food initiatives and their activities on its website [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)

## About us

CFHS was set up following recommendations in the Scottish Diet Action Plan. Our overall aim is to improve Scotland's food and health by supporting work with and within low-income communities that improves access to, and take up of, a healthy diet. We are funded by the Scottish Government and are part of NHS Health Scotland, a Special Health Board with a national remit to reduce health inequalities.

## Contact us

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