



Evaluation of Fife's Community Kitchen

NHS Fife

Blake Stevenson's Final Report
Appendices

January 2012

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Methodology

The evaluation involved extensive desk-based research and consultation with participants and stakeholders. Each stage of the methodology is described below.

Literature review

We have undertaken a literature review to assess the policy context within which the Community Kitchen operates and to identify examples of similar initiatives elsewhere.

Participant data analysis

We have collected and analysed data from partner organisations on the number and characteristics of service users who have participated in courses at the Community Kitchen.

Stakeholder interviews

We interviewed 21 stakeholders from partner organisations. Table A1.1 lists the stakeholders we spoke to.

Table A1.1: Stakeholder interviewees

Name	Organisation
Cath Cunningham and Laura McIntosh	Adam Smith College
Yvonne Whiteman	Adam Smith College
Mhairi Winton	Adam Smith College
Marlene Robson	Contact Point
Iain Anderson and Catherine Mullan	Fife Community Food Project
Sharon Black	Fife Community Food Project
Candice Wilson	Fife Council
Gayle Harkins	Fife Council
Lynne Kinnersley	Fife Council
Shirley Inglis	Fife Council
Vicky Wilson	Fife Council
Lisa Farrell	Fife Diet
Heather Gilmour and Sharon Sullivan	Fife Gingerbread
Jacqui Muir	Kirkland High School
Lyndsay Clark	NHS Fife
Katie Thomson and Marjory Bruce	Sessional Workers
Julie Dowie	Viewforth Nursery

Appendix 4 contains the topic guide we used to guide these discussions.

Participants' survey



We designed a questionnaire for members of the community who have attended classes at the Community Kitchen. Participants could complete the questionnaire online or by filling in a paper copy and returning it to us by post. We requested support from all partner organisations that use the Community Kitchen in distributing the questionnaire to their service users and the following organisations agreed to help in this way:

- Adam Smith College
 - Step In
 - Get Ready for Work
 - Prince’s Trust
- Fife Council
 - Community Education
 - Criminal Justice
 - Family and Community Support
 - Community Learning and Development
 - Viewforth Nursery
- Fife Gingerbread
- Contact Point
- Enable.

The survey was available for six weeks and we received 64 responses, comprising 52 postal responses and 12 online. We cannot calculate the response rate for online returns because we do not know exactly how many people the link was distributed to. However, we can calculate the response rate to the paper copies distributed. We distributed 230 paper copies and received 52 responses, a response rate of 23%.

A copy of the questionnaire is included in Appendix 5.

In addition to the participants’ questionnaire, we also distributed a survey to 11 children who participated in the Kids in the Kitchen programme in October 2011. We have received two responses to this questionnaire. Appendix 6 contains a copy of this questionnaire.

Participants’ focus groups

We completed three focus groups with participants:

- 12 students from the Step In programme at Adam Smith College;
- eight second year pupils from Kirkland High School; and
- six men from the Levenmouth Men’s Health Group.

The focus group topic guide is included in Appendix 7.

Analysis and report writing

Our evaluation collected a large amount of quantitative and qualitative data. We recorded and analysed this in a number of ways:

- the views expressed in stakeholder interviews were recorded in an Excel spreadsheet and rigorously analysed to identify common and recurring themes as well as points where differing opinions were expressed;
- the responses to the participants’ questionnaire were recorded and analysed using Snap Surveys, which is a sophisticated survey design and analysis tool. We analysed the results of this thoroughly to identify the impact of the Community Kitchen on participants; and
- responses to the participants’ focus groups were recorded in an Excel spreadsheet and analysed to identify common and recurring themes and views.

We have analysed all the data gathered and our findings and conclusions are included in this report.

Review of Similar Initiatives

<p>Community Cooks, Leeds http://www.oblongleeds.org.uk/node/4454</p> <p>0113 245 9610 or email communitycooksoblong@gmail.com</p>	
Location	Leeds, Woodhouse Community Centre
Lead organisation(s)	Oblong for Change
Other organisation(s)	Leeds Country Council (building), The Big Lottery Fund (funding)
Description of the initiative	<p>Aim: For community members to learn about healthy eating and learn how to cook healthy dishes on a budget in order to improve their health.</p> <p>The first course of sessions was run in a community centre by a group of community development volunteers and was open to anyone to participate free of charge. Participants were taught how to make cuisine from around the world and had the chance to interact while eating the meals they prepared. This series has now ended and, now in a new venue, Oblong is searching for funding to run another similar set of sessions.</p>
Funding and management	Grants, initially Big Lottery Fund
Evidence of impact	



Sustainability issues including income generating activities	None, just grants. Looking for another grant in order to run a further set of sessions.
Challenges and lessons learned	Effective marketing was found to be a challenge, meaning that sometimes there were insufficient numbers of participants.

<p>Community Training Kitchen, Inverurie http://www.ouraberdeenshire.org.uk/index.php?option=com_content&task=view&id=635 www.grampianopportunities.org.uk/.../110307.Spring_newsletter_final.pdf</p> <p>Carolyn Lamb (01467 672704).</p>	
Location	Inverurie, Aberdeenshire
Lead organisation(s)	Inverurie Health Improvement Group
Other organisation(s)	Wide variety of community agencies. 13 partnership organisations including NHS Grampian Public Health, Community Learning, educations, substance misuse.
Description of the initiative	<p>The kitchen was initiated by community planning partnerships who saw a need for such a venture. It aims to be a means to support vulnerable individuals and groups with positive nutrition messages and cooking skills, and as a means to promote inclusion and build confidence.</p> <p>This new community kitchen is based in a building that is owned by Aberdeenshire Council in which the initiative built the five station kitchen. Various organisations use it to run cooking classes, with each paying to rent the space. Courses are free to individuals, who must engage in programmes facilitated by the partner agencies. The Confidence to Cook - Training for Trainers classes are starting imminently and this free course aims to give professionals a solid basis to be able to train others in this area and it paves the way for more people and agencies to become involved.</p>
Funding and management	<p>Initial £25,000 from the Fairer Scotland Fund as well as grants from NHS Grampian and a childcare partnership. Organisations have to pay to rent the kitchen for their use, but this does not entirely cover the costs, so further funding is needed.</p> <p>The partnership organisations meet regularly, chaired by Carolyn Lamb, who works in public health. She</p>

	has been more responsible for the project management side of things and the partnership has recently employed a development worker to manage the day-to-day running and upkeep.
Evidence of impact	Too early to assess but the model used is taken from the very successful Huntly Community Kitchen (see below).
Sustainability issues including income generating activities	Further grants are needed, even though organisations using the kitchen pay to do so.
Challenges and lessons learned	Challenges include insufficient initial planning, getting other agencies on board, project manager changes and the practicalities of partnership working, such as obtaining a joint bank account.

Community Kitchens Northwest (USA) http://www.communitykitchensnw.org/	
Leika Suzumura (LeikaSuzumura@seattletilth.org)	
Location	Northwest US, various
Lead organisation(s)	Community Kitchens Northwest/Seattle Tilth
Other organisation(s)	Many partnerships, including the local community centers, senior centers, Public Health, farms, grocery stores/co-ops, Schools, after school programs, YMCA.
Description of the initiative	<p>Community Kitchens Northwest (CKNW) started out as a volunteer run organisation, initiated by Diana Vinh, a public health nurse. The model has been strongly taken from the Vancouver model (http://www.communitykitchens.ca/main/?communityKitchens).</p> <p>“We started out in 2007 in one community center and quickly caught on to other sites in the city, mostly other community centers, and senior centers. We have recently become a program of Seattle Tilth after we started our application for non-profit status and realized it would be most successful and sustainable to join another established organisation working on similar agendas.”</p> <p>Mission: To create opportunities for people to cook together; building community strength through food and lasting skills for self empowerment.</p> <p>The main agenda of CKNW is to:</p> <ul style="list-style-type: none"> • get more people cooking from scratch • learning how to create balanced meals that are delicious (often on a tight budget) • gather our community around food – bridge people of all ages, cultures, classes, etc. • Many of us see this as a food revolution to redirect the American food culture back to connecting with each other and the land by cooking seasonal foods from scratch.

	Currently starting many programs in schools as after school programs, which are reported to be hugely successful.
Funding and management	<p>Various. Some charge 25\$ to participants, while others are free.</p> <p>Kitchens are run by community members who are skilled in cooking and working well with people. Some are volunteers and others are paid through the organisation that hosts the kitchen or through grants.</p> <p>Currently funded for a specific project in South Seattle called Rainier Valley Eats (www.rainiervalleyeats.org) Still in transition into becoming a program of Seattle Tilth and do not have funding beyond this grant to support our kitchens.</p>
Evidence of impact	Currently collecting data from programmes to see if we can see what impact the community kitchens have on behavior and fruit/veg/whole grain consumption. There are some research articles at the Vancouver site (http://www.communitykitchens.ca/main/?en&CKResearch).
Sustainability issues including income generating activities	<p>Will likely move into having an annual fundraiser, and also continue to work with partner organisations to help support the payment of staff who are leading kitchens for their sites.</p> <p>Also working on setting up a distribution system to make accessing food easier and more cost effective.</p>
Challenges and lessons learned	<p>The main challenges have been securing funding, sustaining leaders who are volunteering. Other challenges come in the logistics of developing partnerships but has been working well so far.</p> <p>Lessons learned are to establish agreements with the kitchen locations that we use to have a clear understanding of the expectations from both partners, developing curriculum and trainings for kitchen leaders to maintain consistent messaging and effective class time.</p>

<p>Cyrenians Good Food Programme http://www.cyreniansgoodfood.org.uk/what_we_do/food_education/index.aspx</p> <p>0131 554 3900 Awaiting further information from Christopher (goodfood@cyrenians.org.uk).</p>	
Location	Across Lothian
Lead organisation(s)	Cyrenians
Other organisation(s)	Fareshare
Description of the initiative	<p>The Cyrenians Good Food programme is a social enterprise with a mission to bring good food and healthy lifestyles to people who are experiencing disadvantage, isolation, poverty and homelessness. It works with people of all ages, circumstances and backgrounds. The opportunities and support that offered are designed to meet their individual needs and help them towards making long-term improvements in their lives.</p> <p>The programme outcomes are:</p> <ul style="list-style-type: none"> • improving health and well-being • providing routes to employment • reducing revolving-door homelessness, re-offending and relapse • improving practice and provision in homelessness services • improving social understanding and community integration <p>The Good Food Project's services include:</p> <ul style="list-style-type: none"> • REHIS accredited training centre offering courses in food hygiene, food and health; and training in the delivery of practical cooking sessions. • Cooking classes and a range of 'hands on' activities which encourage healthy eating, and promote

	<p>social inclusion. These new skills also help participants increase their confidence.</p> <p>The programme delivers over 200 cooking classes each year in the specially equipped kitchen at the Good Food Depot and at satellite venues across the Lothians. The aim of the classes is to inspire people to eat well on a budget, to have the confidence to 'have a go' at making a meal and to enjoy the social benefits good food can bring, through the enjoyment of good company and a meal together with friends.</p>
Funding and management	Various funding sources including income generating activities and a Bank of Scotland Foundation Grant awarded in June 2011
Evidence of impact	
Sustainability issues including income generating activities	<ul style="list-style-type: none"> • Donations of money or food. • Fundraising activities. Eg sponsored walk, supermarket bag packing. • Corporate involvement – support, donations, use of facilities, pro-bono use of company's core business skills and services, secondments, volunteering etc •
Challenges and lessons learned	

<p>Durham Community Kitchen http://www.idea.gov.uk/idk/core/page.do?pageId=14332961</p> <p>Awaiting information from Jill Cooper (jill.cooper@durham.gov.uk / 01388 761607)</p>	
Location	Wear Valley, County Durham
Lead organisation(s)	Coundon And Leeholme Community Partnership
Other organisation(s)	
Description of the initiative	This Community Kitchen was established to tackle obesity and promote healthy eating. It hosts courses on healthy eating, health and hygiene and first aid in the kitchen.
Funding and management	<p>The Department of Health's Communities for Health Programme provided funding for equipment and accessories to establish the Community Kitchen.</p> <p>It is part of a larger project to refurbish CLCP's base to create a community enterprise hub. The Community Kitchen is an integral part of the CLCP's three-year business plan.</p>
Evidence of impact	
Sustainability issues including income generating activities	The Community Kitchen also includes a community café and plans to generate income through a hospitality training programme.
Challenges and lessons learned	

<p>Get Cooking course, Edinburgh http://www.foodandhealthtraining.org.uk/2011/11/21/get-cooking-course-oxgangs-free/</p> <p>Mirren (0131 445 2871)</p>	
Location	Pentland Community Centre, Oxgangs Brae, Edinburgh
Lead organisation(s)	Edinburgh Community Food
Other organisation(s)	CHAI, Food and Health Training Hub.
Description of the initiative	<p>Initiated by community development worker with the aim of developing cooking skills and healthy eating as well as promoting interaction and relationship building.</p> <p>Three courses have run over the last year:</p> <ul style="list-style-type: none"> -P1 and mums -Mums and teenagers -6 week cooking course with REHIS Food and Hygiene Cert <p>All courses were free and based in the community centre.</p>
Funding and management	Managed by Mirren, community development worker, who coordinated the involvement of other organisations and nutrition and community development students. Grant from Edinburgh Community Food.
Evidence of impact	Information has been gathered and Mirren will send report when available.
Sustainability issues including income generating activities	Difficulties with continuity as a result of relying solely on grant funding. Currently seeking more funding to be able to run more.



Challenges and lessons learned	<p>Challenge of combining awareness raising of health and hygiene, while maintaining the fun, friendly atmosphere – necessitated a gentle approach.</p> <p>Also learned that any certificates should be given at the end of a course of lessons in order not to lose people earlier if their main motive is the certificate.</p> <p>Importance of eating together afterwards to facilitate discussion and interaction.</p>
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<p>Knowle West Health Association Community Kitchen http://www.knowlewest.co.uk/2012/01/community-kitchen-cookery-courses-january-%E2%80%93-march-2012/ http://www.knowlewesthealthassoc.org.uk/</p> <p>Tina and Bernie 01179 639569 kitchen@knowlewesthealthassoc.org.uk</p>	
Location	Filwood Community Centre, Barnstaple Road, Knowle West, Bristol
Lead organisation(s)	Knowle West Health Association
Other organisation(s)	Numerous – sometimes work with others to deliver courses, at events, supporting other organisations, as part of grant funding.
Description of the initiative	<p>The Community Kitchen is a part of Knowle West Health Association, which is a voluntary organisation aimed at promoting, protecting and preserving good health and wellbeing for, but not exclusively, local residents of Knowle West in Bristol.</p> <p>The Community Kitchen offers a wide range of healthy cookery courses. Work has been done on a one to one basis as well as with community groups. The Kitchen has also worked with schools looking at Healthy Lunch Boxes for children and can give healthy cooking/eating demos at events.</p> <p>Variety of classes – One Pot Meals, Tasty Take Aways, Children’s Holiday Cookery Classes, Great Food on a Budget, After School Club, Diabetes and Weight Control.</p> <p>There are plans to combine cooking with food growing on an allotment in the future.</p>
Funding and management	Participants pay a nominal fee ranging from £1.50 to £3 per class. The community kitchen receives grants but also conducts income generating activities.

Evidence of impact	Yes, all participants fill out a questionnaire before and after
Sustainability issues including income generating activities	<p>Other organisations with whom it collaborates are charged when there is a budget available, for example when participating in an event. Events catering can also be provided at a price, for example for organisations' AGMs, or meetings held within the centre. Income generating activities are generally limited to four to six times per year in order not to overshadow the core aims of the community kitchen.</p> <p>Knowle West Health Association uses a variety of income generating activities, including</p> <ul style="list-style-type: none"> • collecting used stamps, • individuals and organisations giving regular or one-off donations, donation in memory of a loved one, leaving a legacy or equipment donations. • Fundraising activities are encouraged (sponsored parachute jumps, walks, coffee mornings). • Supporters are encouraged to use www.everyclick.com/kwha as their default search engine when surfing the internet. Every click raises a small amount of money for KWHHA without costing the user a penny. Downloading the Give as you Live application, facilitates raising even more funds when shopping online using the online stores they would normally choose. • Their ethical online shop http://kwha.ethictrade.com/ may also be income generating.
Challenges and lessons learned	<p>After school programme and others aimed at primary school children are very popular and always fully-booked.</p> <p>Participants frequently face individual challenges relating to their commitment and the priority they give healthy eating. In addition, accessing the kitchen is sometimes a problem in terms of the practicalities of reaching an area with poor bus services, but also in terms of dealing with visiting a new area.</p>

<p>Queen Anne Community Center Kitchen http://www.communitykitchensnw.org/cook-with-us/</p> <p>Patricia Barger (pat-bion@att.net)</p>	
Location	Seattle (US)
Lead organisation(s)	Seattle Parks and Recreation Department--Life Long Recreation Program
Other organisation(s)	
Description of the initiative	<p>“Our Kitchen is designed for "seniors" adults over 50 who live alone or in 2 person households. We do not serve families, as most the the NW Kitchens do. Once a month 6 folks gather to cook food which is packaged in individual portions ready for the freezer. We cook 4 main dishes and two side dishes (sometimes one dessert) in about a three hour period in the kitchen of our local Parks community center. I have some goals for the kitchen: Many elders who live alone do not enjoy cooking for themselves and so do not eat as well as they should. We aim to provide dinner portions for 8 days which are healthy, homemade and easy to use.</p> <p>The Kitchen is a sociable, constructive time where they enjoy each other’s company-- chatting and gossiping while they work. I try to introduce unusual foods and do some instruction about nutrition at each session.”</p>
Funding and management	<p>The participants pay a registration fee for each session. \$25</p> <p>Patricia is a volunteer who founded the Kitchen with our staff person. I plan and test menus and oversee the kitchen; he deals with the administration, handles the money and does the shopping.</p>
Evidence of impact	We have done no evaluation. It is too small a program to be a research base. The folks say they enjoy the food, continue to participate and talk to friends about what they enjoy.
Sustainability issues including income generating activities	No fund raising or grants, just registration fee.



Challenges and lessons learned	It is a challenge to work within a very limited budget and still provide quality protein and other ingredients. Our kitchen facility is old and small and presents logistical problems in getting the cooking done in the time available.
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<p>Snoqualmie Valley Community Kitchen http://www.communitykitchensnw.org/cook-with-us/</p> <p>Terrie Irish (Terrie@SummerInAJar.com)</p>	
Location	
Lead organisation(s)	
Other organisation(s)	Church
Description of the initiative	<p>“Since I’ve been working on equipping folks of all ages with meal/cooking skills I have to make the most of the one available kitchen. Right now I have a partnership with the church so I can run our non-profit, KidsCook www.kids-cook.org, teaching 5th graders how to cook from scratch in a privately funded afterschool program.”</p>
Funding and management	<p>Funded by 7 of the 8 participants, leaving enough to fund the 8th participant. Since the 8th participant didn’t have the cash, they carried their responsibilities through hospitality, by taking a portion of homemade soup we made each month to someone within the church community who was lending the use of their kitchen. Structured in the spirit of Habitat for Humanity with the idea of sweat equity, making the “cash donation” less demeaning. Ultimately everyone all had a job to do.</p>
Evidence of impact	
Sustainability issues including income generating activities	<p>“Had to forego the CK so to use the kitchen for KidsCook but would like to run another CK in the future when it is possible to find a suitable public kitchen. Food preservation skills are also taught to augment food security and nutrition via a pantry of home grown or locally grown produce.”</p> <p>www.summerinajar.com</p>
Challenges and lessons learned	<p>The greatest limiting factor is finding public kitchens.</p>

Newcastle Community Kitchen http://healthycity.org.uk/newcastlefood/pages/catalog/cooking_skills17/community_kitchen35.php?cat_id=17&number=0	
Alex McGregor 0191 226 3600	
Location	Cruddas Park, Newcastle
Lead organisation(s)	
Other organisation(s)	
Description of the initiative	The Community Kitchen aims to offer local residents the chance to cook healthy meals and learn about nutrition. It offers accredited courses including Basic Food Hygiene and Basic Cooking and Nutrition. The Kitchen has five ovens and rise and fall units, which are accessible for children and people with disabilities.
Funding and management	
Evidence of impact	
Sustainability issues including income generating activities	
Challenges and lessons learned	

<p>Huntly Community Kitchen hi-netgrampian.net/hinet/file/3372/HuntlyFoodHealthReport.doc http://hi-netgrampian.net/hinet/file/5891/HFHGReport2010.pdf fiona.matthew@nhs.net 01224 558414, calvin.little@nhs.net 01467 672729</p>	
Location	The Linden Community Centre, Huntly
Lead organisation(s)	
Other organisation(s)	NHS Grampian, including a dietician, catering advisor and food access advisor; Homestart, Surestart, VSA, Aberdeenshire Council, Outreach and Community Learning, the Credit Union and the Aberdeenshire Towns Partnership. REAP (Rural Evaluation and Planning)
Description of the initiative	<p>Huntly Food & Health Group launched the community training kitchen within the Linden Centre in September 2009. This is a community facility which aims to promote and raise awareness of Healthy Eating messages through practical hands-on cookery sessions. The main objective is to have fun through practical cookery in a safe and supportive environment, gaining an understanding of the importance and benefits of a healthy balanced diet, promoting independence, building confidence and developing new skills.</p> <p>The fully equipped purpose built kitchen with disabled access includes a height adjustable workstation accessible for wheel chair users and small children. The kitchen can accommodate a maximum of eight people for practical sessions, with a seating area to encourage groups to sit and enjoy the food they have prepared and maximise the social aspect of the training experience.</p> <p>The facility has been accessed by a range of members of the community from young parents, crèche, primary and secondary schools, youth groups, community groups – substance misuse, mental health, older people, socially isolated individuals, ante natal groups etc.</p>

	Capacity building training is offered to people working with groups in the form of REHIS Food Hygiene and REHIS Food and Health along with Training for Trainers. This package of training equips professionals and volunteers to deliver sessions to their client groups. Two young mums, who were referred to Confidence to Cook by their Health Visitors, have gone on to complete this training and are now being supported to deliver sessions to their peer group.
Funding and management	Various grants
Evidence of impact	<p>Feedback has been very positive - a young mother of two reported “I’m now cooking fish, previously I didn’t know what to do with it, my family are enjoying new foods such as mackerel pate, my partner is eating couscous, it’s a food he’d never heard of, I’m shopping differently buying fresh herbs, ginger etc. all as a result of attending Confidence to Cook sessions and accessing simple, healthy recipes.”</p> <p>Evidence gathered to date suggests the kitchen has had a significant impact and is promoting health and wellbeing and tackling health inequalities in Huntly. The HFHG are now focusing on establishing a robust monitoring and evaluation process to ensure the impact of the kitchen can be fully identified.</p>
Sustainability issues including income generating activities	
Challenges and lessons learned	

Get Cooking! Training Course, Wales http://www.physicalactivityandnutritionwales.org.uk/page.cfm?orgid=740&pid=29568	
Awaiting information from Sarah Thomas at the NFWI-Wales Office, telephone number 02920 221712 or email s.thomas@nfwi-wales.org.uk	
Location	From April 2005 to March 2007, Get Cooking courses were held in Anglesey, Ceredigion, Carmarthenshire, Clwyd-Flint, Glamorgan, Pembrokeshire and Powys Montgomery.
Lead organisation(s)	National Federation of Women's Institutes
Other organisation(s)	Food Standards Agency (FSA) and the Welsh Assembly Government (WAG), Communities First in Holywell, Sure Start in Welshpool, Bettws LIFE Centre and youth clubs in Anglesey
Description of the initiative	The Get Cooking! training course helps young people aged between 14 and 25 to learn basic cooking skills in a community setting. The aim of Get Cooking is to provide trainers with a toolkit to teach young people, broadly between the ages of 14 and 25 and others some basic cooking skills in a community setting. Through Get Cooking young people learn basic cooking skills so that they feel a sense of achievement and enjoy the experience. The Food Standards Agency developed a trainer's guide and weekly recipe resources for Get Cooking. Get Cooking! comprises six weekly sessions and, by the end of the course, it is expected that people will feel more motivated about cooking for themselves. They are also expected to understand some basic principles concerning healthy eating and food hygiene so they can apply them to their own health and well-being.
Funding and management	In 2005 NFWI were awarded a Health Challenge Wales Voluntary Sector Grant to deliver 28 Get Cooking courses. There is central co-ordination from the NFWI head office in Cardiff, with the Food Standards Agency Wales and a project steering committee. There is a local nominated lead in each federation. The courses are organised in partnership with a range of different agencies that work with and support young people including, Communities First in Holywell, Sure Start in Welshpool, Bettws LIFE Centre and youth clubs in Anglesey.
Evidence of impact	http://collections.europarchive.org/tna/20100927130941/http://food.gov.uk/wales/nutwales/nutseriesreportsbranch/wal011report
Sustainability issues including income generating activities	NFWI are currently seeking funding to continue Get Cooking! with parents.



Challenges and lessons learned	
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Impact of Cook Well Dundee http://www.fhascot.org.uk/Resource/assisting-dietary-change-in-low-income-communities-assessing-the-impact-of-a-community-based-practical-food-skills-intervention-cookwell-2000-2002	
Location	Dundee
Lead organisation(s)	
Other organisation(s)	
Description of the initiative	This research developed, implemented and evaluated a transferable, community-based, food-skills programme in Dundee, aimed at increasing consumption of fibre-rich starchy carbohydrates, fish, vegetables and fruit and decreasing the consumption of fat in adults living in low-income areas.
Funding and management	
Evidence of impact	Immediately after the intervention participants increased their fruit consumption by the equivalent of one portion per week. However, this effect was not sustained 6 months after the end of the intervention phase. No changes were detected in fat intake or consumption of other key foods. An increase in the percentage of people cooking from basic ingredients was recorded and participants also reported increased confidence in cooking from basic ingredients, cooking basic menu items (lentil soup and white sauce). These increases were sustained 6 months after the intervention and were also noted in the qualitative interviews carried out at this time.
Sustainability issues including income generating activities	
Challenges and lessons learned	

<p>Confidence to Cook http://hi-netgrampian.net/hinet/file/6876/CommunityKitchenOptionAppraisalExecSummary.pdf http://www.hi-netgrampian.org/hinet/file/606/PilotReportExecutiveSummary.pdf http://www.communityfoodandhealth.org.uk/show.php?contentid=95</p>	
Fiona Mathews 01224 558414	
Location	Summerhill Community Centre in Aberdeen
Lead organisation(s)	Aberdeen City Council & NHS Grampian
Other organisation(s)	For use by any local community group
Description of the initiative	<p>Confidence to Cook (C2Cook) was developed in partnership with Aberdeen City Council and NHS Grampian to bring cookery skills into the community with emphasis on areas of inequality. Although the initiative is based in Aberdeen the Aberdeenshire area can use it and the resource pack can be utilised throughout Grampian.</p> <p>The training kitchen is situated in Summerhill Community Centre and comprises five fully equipped, purpose built workstations which can accommodate up to ten people in any one session. The aim of the kitchen is to provide practical hands-on cooking sessions whilst addressing issues of confidence and building skills and knowledge focusing on areas of inequality.</p> <p>In addition to the kitchen facility, the skills and expertise of the steering group afford us the opportunity to provide accredited training in nutrition and food hygiene and also training for trainers. This training is fundamental to enabling community groups to facilitate their own groups whilst ensuring key messages in nutrition and food hygiene remain consistent.</p>

	The main aim of Confidence to Cook is to address issues relating to confidence and skills in food preparation and to provide training to further enable others to train.
Funding and management	The Confidence to Cook project was founded in March 2004 with an initial set-up funding for the training kitchen and training packs of £23,000 from Aberdeen City Health Improvement Fund. It has subsequently been successful in receiving funding from Healthy Living Network, Food and Focus, and Community Food and Health (Scotland).
Evidence of impact	
Sustainability issues including income generating activities	
Challenges and lessons learned	

Management and Operation of the Community Kitchen

Table A3.1 summarises some key points related to the day-to-day operation of the Community Kitchen.

Table A3.1: Details of management and operation of the Community Kitchen

Issue	Summary
Opening hours	The Community Kitchen is available for hire between 9am and 3pm from Monday to Friday for minimum two hour blocks. The Kitchen may be hired out on Saturdays at the discretion of Adam Smith College.
Cost	The Community Kitchen is available free of charge to partner organisations and service users from the 20% most deprived SIMD neighbourhoods. The charge for groups outside this is £1 a head or £20 for a two hour session. The Kitchen aims to have 25% of its use as income generating activity and 75% as non-income generating services for vulnerable groups.
Booking	Only partner organisations can book the Community Kitchen. Requests for bookings are handled by Adam Smith College and can be made online, by phone or in person.
Size and capacity	The Community Kitchen has eight work stations but participants can pair up to share each station. Stakeholders felt that the maximum capacity of the Kitchen is 16 people.
Maintenance Maintenance (continued)	Adam Smith College is responsible for the day-to-day maintenance of the Kitchen. Each course leader/facilitator has the responsibility of ensuring that the Community Kitchen is cleaned at the end of each session.

Issue	Summary
	<p>Each course leader is encouraged to refer to the Kitchen Guide, a document which describes what is available in the Kitchen, sets out standards of cleaning that should be adhered to, and provides instructions for using the kitchen and the equipment provided, including health and safety and hygiene considerations</p>
<p>Promotion and awareness raising</p>	<p>The Community Kitchen is promoted among organisations in the area by Fife Community Food Project. The main method of awareness raising is word of mouth, for example presentations at team meetings, and leaflets have been distributed among organisations.</p> <p>Partner organisations contact Fife Community Food Project when they want to initiate a programme at the Community Kitchen, and Fife Community Food Project development workers initiate programmes and promote them to the public themselves.</p>
<p>Target client groups</p>	<p>The Community Kitchen is available for partner organisations to use with any of their service users, but the main target is disadvantaged or vulnerable members of the community including young families, teenage parents, homeless and low income groups.</p>

Stakeholder Interview Schedule

Introduction

Blake Stevenson Ltd, a social research agency, has been commissioned by NHS Fife to carry out an independent evaluation of the Community Kitchen based at Adam Smith College. To help us with this, we would like to ask you about your views of the Community Kitchen and its impact.

Involvement

1. Please describe your role and your involvement with the Community Kitchen.
2. What's your overall opinion of the Community Kitchen?

Project aims

3. How would you describe the aims of the Community Kitchen? Are these appropriate?

Development

4. Were you involved with the development of the Community Kitchen? If yes, how would describe the process of developing the Community Kitchen? Would you do anything differently if you were developing another Community Kitchen?

Promotion and target groups

5. How is the Community Kitchen promoted among organisations and potential beneficiaries? How effective is this? How could it be improved?
6. What are the Community Kitchen's target groups? Has it been successful in reaching these groups? If not, why?
7. Are there any additional groups that the Community Kitchen could target?

Monitoring, evaluation and reporting

8. Do you record any details of your beneficiaries that use the Community Kitchen? If yes, what details do you collect? What do you do with these details?
9. Do you collect any feedback from beneficiaries that use the Community Kitchen? If yes, how? What has this shown? Can you send us the feedback or a summary of it?
10. How is the impact of the Community Kitchen evaluated? Could this be improved?
11. Do you make or receive any reports on the progress of the Community Kitchen? If yes, please explain.

Management and co-ordination

12. How effective are the arrangements for managing and co-ordinating the Community Kitchen?
13. How effective is partnership working between the organisations involved in running the Community Kitchen?

Impact

14. What has been the impact of the Community Kitchen on:
 - Beneficiaries? (*prompt for dietary changes, health, social, financial and other benefits*)
 - Your organisation? (*prompt for attendance at Train the Trainer training – what impact has this had? How could it be improved?*)
15. Can you provide any evidence or examples of the Community Kitchen's impact?

Strengths and improvements

16. What are the strengths of the Community Kitchen? What works well?
17. What could be improved about the Community Kitchen?
18. Are there any barriers that prevent people using the Community Kitchen? (*Probe but do not prompt for: location, lack of awareness, discomfort at entering an educational establishment*). How could these be overcome?

Sustainability and funding

19. What is being done or what could be done to make the Community Kitchen more sustainable? (*Probe for income generation or funding opportunities*).

Future development

20. Are there any opportunities for further developing or improving the Community Kitchen?
21. Is there any scope to establish additional Community Kitchens in Fife? Why/why not? If yes, where do you think additional Kitchen(s) should be established? How could these be funded?

Other

22. Do you have any other comments about the Community Kitchen?

Thank you for your time

Participant Questionnaire

Evaluation of Fife's Community Kitchen

Survey of Community Kitchen Participants

Tell us what you think about the Community Kitchen and enter a prize draw!

NHS Fife has asked Blake Stevenson, a social research agency, to evaluate the Community Kitchen based at Adam Smith College's Levenmouth Campus.

We would like to know what you think about the Community Kitchen. We are particularly interested in how the courses or classes you have attended there have helped you.

Please take a few minutes to complete this questionnaire. Taking part is entirely voluntary and anonymous.

As a thank you for your time, you will be entered into a prize draw to win £100 in supermarket vouchers if you complete the questionnaire.

Please complete this questionnaire by Friday 23 December.

If you have any questions, you can phone Ian Christie at Blake Stevenson on 0131 335 3700 or email ian@blakestevenson.co.uk.

Consent

- 1. Please tick both of the following boxes to indicate you give consent to take part in this survey.**
- I understand that taking part in this survey is **voluntary** and that I do not have to complete the questionnaire nor answer every question*
 - I understand that taking part in this survey is completely **anonymous** and my name will not be used in any reports or other materials produced as a result of this research*

Courses you have attended at the Community Kitchen

- 2. Which course(s) have you attended at the Community Kitchen? Please tick all that apply.**
- 16+ Lifeskills
 - Fife Diet Cooking Classes
 - Men's Cooking Club



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- | | | |
|--------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> Contact Point Cooking Classes | <input type="checkbox"/> Get the Balance Right | <input type="checkbox"/> Prince's Trust Cooking Classes |
| <input type="checkbox"/> Cook and Eat | <input type="checkbox"/> Get Ready for Work | <input type="checkbox"/> Savoy Tasters |
| <input type="checkbox"/> Cooking in the Community | <input type="checkbox"/> Kids in the Kitchen | <input type="checkbox"/> Step In |
| <input type="checkbox"/> Dads and Lads | <input type="checkbox"/> Kirkland High School Group | <input type="checkbox"/> Teen Mums |
| <input type="checkbox"/> Eating for Work | <input type="checkbox"/> Lifeskills | <input type="checkbox"/> Viewforth Nursery Cooking Classes |
| <input type="checkbox"/> Family Fruits | <input type="checkbox"/> Master Mums | |
| <input type="checkbox"/> Family Learning Days | <input type="checkbox"/> Men's Tasters | |
- Other (please specify)

3. When did you first attend a course at the Community Kitchen? Please tick one option.

- 0-6 months ago 7-12 months ago More than one year ago

Your health

4. How would you describe your health in general before you first went to the Community Kitchen? Please tick one option.

- Very good
 Good
 Fair
 Bad
 Very bad

5. How would you describe your health in general now? Please tick one option.

- Very good
 Good
 Fair
 Bad
 Very bad

Your diet

6. Thinking about any changes in your diet since you first went to the Community Kitchen, how far would you agree with the following statements? Please tick the appropriate option in each row.

Since going to the Community Kitchen...

- | | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
|-------------------------------------|--------------------------|--------------------------|----------------------------|--------------------------|--------------------------|
| I now eat more fruit and vegetables | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



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I now have a more balanced diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I now make meals using fresh ingredients more often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I now eat fewer takeaways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I now eat fewer ready meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I now add less salt to food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I now eat less food that is high in fat and/or sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Overall, how has your diet changed since you first went to the Community Kitchen? Please tick one option.

- My diet is more healthy than before*
- There has been no change in my diet*
- My diet is less healthy than before*

The benefits of healthy eating

8. What benefits, if any, have you gained as a result of eating a healthier diet? Please tick all that apply.

- | | |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <i>I feel more healthy in general</i> | <input type="checkbox"/> <i>I have gained weight</i> |
| <input type="checkbox"/> <i>My family and/or friends now eat more healthily too</i> | <input type="checkbox"/> <i>I find it easier to maintain a healthy weight</i> |
| <input type="checkbox"/> <i>I have more energy</i> | <input type="checkbox"/> <i>I find it easier to cope with a long-term health condition</i> |
| <input type="checkbox"/> <i>I can take part in more sport and exercise</i> | <input type="checkbox"/> <i>I have increased confidence</i> |
| <input type="checkbox"/> <i>I have lost weight</i> | <input type="checkbox"/> <i>I spend less money on food</i> |
- Other (please specify)*

9. Please add any comments you would like to explain the benefits you have gained as a result of eating more healthily.

Impact of the Community Kitchen on your diet

10. How much has the Community Kitchen helped you make your diet healthier? Please tick one option.

- A lot* *A little* *Not at all*

11. What or who else has encouraged you to eat a healthier diet? Please tick all that apply.

- Family/friends
 Teachers/lecturers
 The media (TV, radio, internet, newspapers, magazines etc)
 Colleagues
 Your doctor or other health professionals
 Other (please specify)
-
-

How has the Community Kitchen helped you?

12. We'd like to know how the Community Kitchen has helped you, if at all. How far would you agree with the following statements? Please tick the appropriate option in each row.

The Community Kitchen has...

	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
... helped me understand what a healthy diet is	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... made me more aware of the importance of eating healthily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... given me ideas for easy-to-prepare healthy meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... given me ideas for healthy meals that are quick to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... given me ideas for affordable healthy meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... made me more aware of where I can buy healthy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... improved my skills in using the equipment and utensils required to prepare and cook healthy meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... helped me to use different types of fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... helped me to use different types or cuts of meat or fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... made me more confident about cooking meals from basic ingredients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... made me more confident about following a simple recipe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... helped my family eat more healthily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

13. Were you given a cookery book ('Cooking with Confidence' and/or 'Cook Well Live Well') to take away with you from the Community Kitchen?

- Yes
 No

14. If yes, have you used the book to cook any meals for yourself, your family or friends?

- No
- I've used it a few times
- I've used it once or twice
- I use it a lot

15. Please add any comments you would like to explain how the Community Kitchen has influenced your diet.

Barriers to healthy eating

16. Is there anything that stops you from eating more healthily just now? Please tick all that apply.

- I'm not sure what a healthy diet is
- I don't have the equipment or utensils required to prepare and cook healthy food
- It's too difficult to prepare and cook healthy food
- I don't know how to use the equipment and utensils required to prepare and cook healthy food
- It takes too much time to prepare and cook healthy food
- I don't like cooking
- Healthy food is too expensive
- I don't enjoy 'healthy' food
- It is difficult to find places to buy healthy food
- My family and/or friends don't like healthy food

Other (please specify)

Benefits of the Community Kitchen

17. We've asked you how the Community Kitchen has influenced your diet but we'd also like to know about the other benefits that going to the Community Kitchen has had for you. How far would you agree with the following statements? Please tick the appropriate option in each row.

Going to the Community Kitchen has...

	<i>Strongly agree</i>	<i>Agree</i>	<i>Neither agree nor disagree</i>	<i>Disagree</i>	<i>Strongly disagree</i>
... improved my confidence	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
... helped me spend less money on food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- ... helped me make new friends
- ... helped me enjoy cooking more
- ... helped me learn new skills
- ... helped me find a job
- ... helped me get into education or training

18. Has going to the Community Kitchen had any other benefits for you? If yes, please list these below.

19. Thinking about all the benefits of going to the Community Kitchen for you, which has been the main or biggest benefit? Please tick one option.

- My diet is healthier*
 - My family's diet is healthier*
 - I have improved my confidence*
 - I spend less money on food*
 - I have made new friends*
 - I enjoy cooking more*
 - I have gained new skills*
 - Going to the Community Kitchen helped me find a job*
 - Going to the Community Kitchen helped me enter education/training*
- Other (please specify)*

20. Please add any further comments you would like to explain the benefits of the Community Kitchen for you.

Satisfaction with the Community Kitchen

21. How satisfied were you with the trainers at the Community Kitchen?

- Very satisfied*
- Satisfied*
- Not very satisfied*
- Not satisfied at all*

22. How satisfied were you with the course materials?

- Very satisfied*
- Satisfied*
- Not very satisfied*
- Not satisfied at all*

29. What age are you?

- Under 16
- 16-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65-74
- 75+

30. Where do you live?

- Anstruther
 - Buckhaven
 - Cowdenbeath
 - Dunfermline
 - Glenrothes
 - Kennoway
 - Kirkcaldy
 - Leven
 - Lochgelly
 - Methil
 - Newport-on-Tay
 - St Andrews
 - Tayport
 - Windygates
- Other (please specify)
-
-

31. Do you live:

- Alone
 - With friends or flat/housemates
 - With family
- Other (please specify)
-
-

32. What is your ethnic group? Please tick one option.

- White: Scottish
- White: other British
- White: Irish
- White: gypsy/traveller
- White: Polish
- Other white ethnic group
- Mixed or multiple ethnic groups

- Pakistani, Pakistani Scottish or Pakistani British*
- Indian, Indian Scottish or Indian British*
- Bangladeshi, Bangladeshi Scottish or Bangladeshi British*
- Chinese, Chinese Scottish or Chinese British*
- Asian, Asian Scottish or Asian British*
- African, African Scottish or African British*
- Caribbean, Caribbean Scottish or Caribbean British*
- Black, Black Scottish or Black British*
- Arab, Arab Scottish or Arab British*
- Prefer not to say*
- Other (please specify)*
-

33. Do you consider yourself to have a disability?

- Yes
- No

Prize draw entry

Please provide your name and telephone number or email address below. This information will only be used for the purposes of the prize draw and we will only contact you if you win the prize draw.

Name

Telephone number

Email address

Thank you very much for completing this questionnaire.

Questionnaire for Kids in the Kitchen Participants

Kids in the Kitchen Questionnaire

We hope you enjoyed the Kids in the Kitchen classes that you went to in October! We'd like to know what you think about Kids in the Kitchen so please answer these questions. You can ask an adult for help if you need to.



1) What is your age?

2) Are you a boy or a girl?	Boy		Girl	
-----------------------------	-----	--	------	--

3) What did you think about the following parts of Kids in the Kitchen?			
	☺ I liked it	☹ I wasn't sure	☹ I didn't like it
Learning about how to eat healthily			
Trying new foods			
Trying cooking			
Having fun in the kitchen			
Learning about food hygiene			

4) Did you try any new foods at Kids in the Kitchen?	
Yes	
No	

5) If yes, what did you try? Please write the new foods you tried and circle whether or not you liked it.			
	☺ I liked it	☹ I wasn't sure	☹ I didn't like it
<i>Example: banana</i>	☺ <i>I liked it</i>	☹ <i>I wasn't sure</i>	☹ <i>I didn't like it</i>
	☺ I liked it	☹ I wasn't sure	☹ I didn't like it
	☺ I liked it	☹ I wasn't sure	☹ I didn't like it



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	😊 I liked it	😐 I wasn't sure	😞 I didn't like it
	😊 I liked it	😐 I wasn't sure	😞 I didn't like it

6) What did you **like** about Kids in the Kitchen? 😊

7) What was the main thing you **learned** from Kids in the Kitchen?

8) What did you **not like** about Kids in the Kitchen? 😞

9) Please read the sentences below and decide if they are true or false

You should always wash your hands before preparing food	✓ True	X False
You should always use a different knife to cut raw and cooked meat	✓ True	X False
You should never put food in the fridge	✓ True	X False
You should never clean the kitchen	✓ True	X False

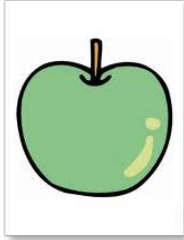
10) Do you think these foods are healthy or unhealthy?			
 Apple	 Healthy	 Not sure	 Unhealthy
 Crisps	 Healthy	 Not sure	 Unhealthy
 Fruity crepe	 Healthy	 Not sure	 Unhealthy
 Banana muffin	 Healthy	 Not sure	 Unhealthy
 Chocolate muffin	 Healthy	 Not sure	 Unhealthy
 Oat bar	 Healthy	 Not sure	 Unhealthy

● ● ● ● ● ● ● ●

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11) Which of these foods do you **prefer to eat**?



Apple

or



Crisps



Pancakes with bacon

or



Fruity crepe



Banana muffin

or



Chocolate muffin



Oat bar

or



Chocolate bar

Thanks for answering these questions!

Please return your questionnaire by **20 January** using the pre-paid envelope to:

Ian Christie
Blake Stevenson Ltd
1 Melville Park
Edinburgh
EH28 8PJ



If you have any questions, you can phone Ian on 0131 335 3700 or email ian@blakestevenson.co.uk

If you'd like to enter a prize draw to win £100 in gift vouchers, please write your name and contact details below and return this sheet of paper with your completed questionnaire.

Name:

Telephone number:

Email address:

Participant Focus Group Topic Guide

Introduction

NHS Fife has asked Blake Stevenson Ltd, a social research agency, to evaluate the Community Kitchen based at Adam Smith College. To help us with this, we would like to ask you about your views of the Community Kitchen and how it has helped you.

(Researcher to explain content of information sheet and obtain completed consent forms).

(Researcher to hand out gift vouchers and signature sheet).

Introductions

1. Please tell us your name and your favourite type of food.

Involvement

2. What courses have you attended at the Community Kitchen?
3. Why did you go to the courses at the Community Kitchen? *(Probe to see if they chose to go or if it was mandatory)*

Impact

4. How would you describe your diet before attending course(s) at the Community Kitchen? What type of food did you eat?
5. What stopped you buying, cooking and eating healthily or more healthily? *(Probe for lack of awareness of what a healthy diet is, lack of knowledge/skills, lack of affordable produce, lack of motivation, dislike of 'healthy food' etc)*
6. Has there been any change in your diet since you attended course(s) at the Community Kitchen? What food do you now buy, cook and eat?
 - *If there has been a positive change*, how did the course(s) lead to this change? How did the course(s) help you buy, cook and eat more healthy food? What skills/knowledge did it give you?
 - *If there has been a positive change*, have you noticed any benefits of a healthier diet? *(Prompt for improved health/wellbeing [and ask for any evidence of this, eg reduced blood pressure/lower cholesterol], improved confidence, increased energy, reduction in money spent on food etc)*
 - *If there has been no change, or a negative change*, why? Would you like to buy, cook and eat different/more healthy food? If yes, what would help you? If no, why?
7. Were you given a cookery book to take away with you ('Cooking with Confidence or 'Cook Well Live Well')? If yes, have you used these since? How have you used it?



8. Has attending course(s) at the Community Kitchen had any other benefits for you? (*Prompt for social benefits [meeting new people, taking part in group activities etc], improvement in skills [and knock-on effect, eg entry into education or employment], etc*)

The Community Kitchen

9. What did you think of the course(s) you attended at the Community Kitchen?
- How satisfied were you with the trainers?
 - How satisfied were you with the course materials?
 - How satisfied were you with the Community Kitchen as a venue? How easy is it to access? Did anything put you off going to the Community Kitchen? Why? Were you put off by going to a college? Why?
10. How could the course(s) be improved?
11. How could the Community Kitchen be improved?

Other

12. Do you have any other comments about the Community Kitchen?

Thank you for your time