



## Rich pickings or prime cuts



Dr Bell's Family Centre Cook School (see page 7).

As pressure grows on public funding, it is more important than ever that available resources are invested in achieving effective and sustainable change.

Even disregarding the current economic climate, it is only common sense to prioritise investment in activity that avoids far greater personal distress and public expenditure in the future. Campbeltown Community Organic Garden Home Delivery Service and the Volunteer Befrienders at Orbiston Neighbourhood Centre on page 8 are excellent examples of this kind of 'preventative spend'.

Another area crying out for continued investment is local initiatives that view their community, both in terms of people and place, as an asset. An example of communities being viewed as part of the

solution as opposed to part of the problem, in other words an asset-based approach, is Dr Bell's Family Centre Cook School in Leith on page 7.

Unless left with no choice, few communities work alone and welcome opportunities to co-operate, collaborate and 'co-produce' with other agencies. North Glasgow Community Food Initiative's work with a range of agencies highlighted on page 9 is a good illustration of this.

All of this means that building the capacity of local communities is more important than ever and this involves everything from training and resources to learning exchanges and networking opportunities, as outlined in Team Talk on page 2.

Preventative spend<sup>i</sup>, asset-based approaches<sup>ii</sup>, co-production<sup>iii</sup> and community capacity building<sup>iv</sup> are too important to sit sterile in worthy but often wordy documents. These approaches, if not always the terminology, are already very familiar to local initiatives and should underpin investment in Scotland's community food initiatives in the difficult years ahead.

i [www.scottish.parliament.uk/parliamentarybusiness/16796.aspx](http://www.scottish.parliament.uk/parliamentarybusiness/16796.aspx)

ii [www.scdc.org.uk/assets-scotland/newsandresources/](http://www.scdc.org.uk/assets-scotland/newsandresources/)

iii [www.scdc.org.uk/co-production-scotland/co-production-useful-resources/](http://www.scdc.org.uk/co-production-scotland/co-production-useful-resources/)

iv [www.educationscotland.gov.uk/communitylearninganddevelopment/communitycapacitybuilding](http://www.educationscotland.gov.uk/communitylearninganddevelopment/communitycapacitybuilding)

## 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.

# TEAM TALK

## An update on our recent/ forthcoming work

### Small grants launched

This year's annual small grant scheme was launched on 29 May and will close on 10 August. **(We will not accept late, emailed or faxed applications)**. Groups and agencies are welcome to apply for between £500 and £3000 to develop food and health activities within Scotland's low-income communities. This year, all grant applicants must show how their planned activities will contribute to targets and outcomes in Scotland's three main food and health policies: **Preventing Overweight and Obesity in Scotland – A Route Map Towards Healthy Weight; Improving Maternal and Infant Nutrition – A Framework for Action** and **Recipe for Success – the National Food and Drink Policy for Scotland**. The small grants guidance notes give information about how applicants' planned work could contribute to these policies and the Special Edition Fare Choice provides examples from last year's small grant recipients about how they contributed to these policies.

**More information and applications forms are available on our website or contact Alice or Rita for an application pack.**

### Local food microfunding

Would you like the community you work with to be able to access more locally-grown fresh produce? Are there obstacles that are stopping this from happening?

If you have answered 'YES' to both of the above, you might be interested in applying to our new microfunding scheme. CFHS is looking for applications from community food initiatives that have ideas about how they can reduce or remove the obstacles they face and increase access to locally-grown fruit and vegetables in their communities.

**More information is available on our website, or contact Anne.** The microfunding scheme will run until the end of March 2103, or until all of the funding has been allocated.

### Learning exchanges

CFHS, Community Health Exchange and Voluntary Health Scotland have facilitated a pilot programme of learning exchanges between community-led and voluntary sector health organisations and Scottish Government civil servants. This pilot follows on from joint work being undertaken between the three health intermediaries and discussion as a result of a Scottish Government short-life working group.

The purpose of the exchanges was to bring together policy level decision makers and those carrying out community-led and community based approaches.

On April 11 Scottish Government civil servants from across a wide range of government departments visited: Broomhouse Health Strategy in Edinburgh; Lifelink in Glasgow; Healthy Valleys in rural South Lanarkshire; and Carr Gomm in Edinburgh.

The Scottish Government hosted a reciprocal meeting with some of the civil servants involved and the projects at the end of May. The pilot was useful to develop stronger and wider understanding of people, organisations and communities, and developing and implementing policy. It was also acknowledged that there was a lot to learn from the challenges in co-ordinating meaningful and sustainable engagement with the whole of the community and voluntary sector. A report from this collaboration will be available later in the summer.

### Community retailers map

As a follow-up to the study of community retailers produced by Edinburgh Community Food for us last year, we are now compiling a map containing as many of the community food co-ops, fruit and vegetable stalls and barras and community shops as we can. The map can be found on our website. **If your community retailing outlet is missing, and you would like it included, please contact Anne.**

### New learning and development programme

Our new programme, which will run until the end of March 2013, will be launched by the end of June. **Look out for details of the programme on our website and in our next e-bulletin.**

### Kitchen kit

Having recently completed the first stage of an overhaul of our website, CFHS has a number of practical items available promoting our web address. A limited number of wooden spoons, aprons and shopping bags are available to community food initiatives (max 20 of each) on a first-come-first-served basis, while stocks last.

**Get in touch and we will send you an order form.**

### New face

Jacqui McDowell has joined the CFHS team as a National Development Officer, with a particular interest in impact. Jacqui, who has previously worked with Evaluation Support Scotland, will be with the team until at least the end of September.

### CFHS annual conference

We are currently planning our 2012 conference. The conference will take place during the second or third week of November. At the time of writing we are working to finalise a date and venue.

**To make sure you are first to hear**

**about it make sure you are signed up to receive our e-bulletin by visiting [www.communityfoodandhealth.org.uk/contact-us/](http://www.communityfoodandhealth.org.uk/contact-us/) or you can 'Like' us on Facebook at [www.facebook.com/likeCFHS](http://www.facebook.com/likeCFHS) to receive regular updates.**

### Maternal and infant nutrition

The 'Putting Healthy Start on the map' pilot between CFHS and NHS Forth Valley is complete and a report will be available shortly to share learning and experiences. The pilot supported staff to encourage pregnant women and parents with children aged four or under to access 'Healthy Start' and improve maternal and infant nutrition in the Braes and Camelon areas of Falkirk. CFHS will also be publishing a report from research carried out to develop a snapshot of the community and voluntary sector contributions to delivering and implementing the 'Improving Maternal and Infant Nutrition: A framework'. CFHS continues to be involved in a number of working groups that are implementing the framework and developing resources to support the early years sector and support parents and families with maternal and infant nutrition across all settings. More information will be available in the 'current work' section on our website.

**Both publications will be available on our website in July.**

## POLICY

### Maternal and Infant Nutrition: A Framework for Action

Helen Yewdall, the Scottish Government's Maternal and Infant Nutrition Co-ordinator, has provided CFHS with an update on this key policy's implementation.

Helen's full article can be viewed on the CFHS website, and within it she notes that, "the involvement of community food initiatives and third sector organisations in many areas of Scotland is vital to the success of this work, and further partnership work is strongly encouraged", and that, "work is also well on the way to develop the education and training resources needed to improve the skills and

**Whatever your ambitions for food and health in Scotland - policy matters!**

knowledge of the diverse workforce supporting parents and children in Scotland. This work is being led by NHS Education Scotland and NHS Health Scotland and is building on a number of excellent training resources already in use in many areas". Progress is also noted on achieving UNICEF UK Baby Friendly status with NHS Greater Glasgow and Clyde, the first health authority in the UK to have achieved full accreditation throughout all maternity units as well as across every community health partnership.

## National Food and Drink Policy

The latest development has been the establishment of Scottish Food Champions. The new initiative will recognise businesses that offer quality, fresh seasonal produce, as well as promoting where their food comes from.

**More information available from [www.scotland.gov.uk/News/Releases/2012/05/Food-champions24052012](http://www.scotland.gov.uk/News/Releases/2012/05/Food-champions24052012)**

## Health and social care

You have until the end of July to respond to a consultation with major potential significance for food, health and vulnerable communities.

**More information on the consultation over the proposals to integrate adult health and social care in Scotland and how to contribute is available from [www.scotland.gov.uk/Publications/2012/05/6469/3](http://www.scotland.gov.uk/Publications/2012/05/6469/3)** Dates for Scottish Health Council consultation events are available on the Diary page.

## Community Empowerment and Renewal Bill

The Scottish Government launched the consultation on its proposed Community Empowerment and Renewal Bill with the publication of a consultation paper on 6 June. **Visit [www.scotland.gov.uk/Publications/2012/06/7786](http://www.scotland.gov.uk/Publications/2012/06/7786) for more details.**

Community Development Alliance Scotland have already planned a conference on the subject for 28 June in Glasgow. **Visit [www.communitydevelopmentalliancescotland.org/events](http://www.communitydevelopmentalliancescotland.org/events)**

## Front of pack labeling consultation

A consultation has been launched across the UK around food manufacturers and retailers using the same system to show, on the front of packs, how much fat, salt and sugar, and how many calories, is in their products. In Scotland all comments and views on front of pack labeling are to go to Food Standards Agency Scotland by 6 August. Officials in all UK countries intend to share the received consultation responses, so that UK Ministers can consider them. **The consultation document, response sheet and other information is all available at [www.food.gov.uk/news/consultations/consultscot/2012/fop-nutrition](http://www.food.gov.uk/news/consultations/consultscot/2012/fop-nutrition)**

## Childhood obesity

An EU-wide overview of community-based initiatives to reduce childhood obesity, called for by the European Commission in 2010, has been completed and contains a number of findings many Scottish initiatives can relate to. **The 126 page report is available to download from [http://ec.europa.eu/health/nutrition\\_physical\\_activity](http://ec.europa.eu/health/nutrition_physical_activity)**

*"A key factor for success mentioned by many community based initiatives is a strong intersectoral collaboration and a close involvement of a broad range of relevant stakeholders... In addition to the importance of a bottom-up approach, the importance of a top-down support from the policy level was emphasised by several projects."*

## Food policy – local to international

Developing policies is everyone's business. A 'soup test' and 'soda tax' are only two of the innovative policy ideas put forward in a recently launched Food Manifesto from the Fife Diet, **available to download from [www.fifediet.co.uk/2012/04/20/fife-diet-food-manifesto-2012](http://www.fifediet.co.uk/2012/04/20/fife-diet-food-manifesto-2012)**

Food policy is to be the theme for this year's Caroline Walker Trust Lecture in London in November. Kath Dalmeny from Sustain will be presenting "Socks and Sausages: We've come a long way on food policy, but it isn't far enough!" **Visit [www.cwt.org.uk/index.html](http://www.cwt.org.uk/index.html) for more details.**

Globally, following this year's discussions at Camp David in the USA, food is likely to continue to be a major policy area at next year's G8 summit in London with the UK charring proceedings. A number of the country's major non-governmental organisations are already in discussions over how best to influence that gathering. **See [www.guardian.co.uk/society/2012/apr/22/make-poverty-history-2](http://www.guardian.co.uk/society/2012/apr/22/make-poverty-history-2)**

## What does SCOFF do?

This column usually reports upon individual research projects, in this issue however I thought it might be appropriate to round up some of the work that SCOFF does in bringing researchers together and to encourage Fare Choice readers to consider hosting an event in the coming year.

The Scottish Colloquium on Food and Feeding (SCOFF) has been part of the British Sociological Association Food Studies Group since 1994. The group aims to encourage the sociological analysis of all aspects of food and we hold events throughout the UK which provide a forum for stimulating debate amongst academics, practitioners and others interested in social science research on food, diet and eating.

In the little under two years since I took over the role of convenor of SCOFF we have hosted four Scottish events covering a diversity of food topics.

Our first session considered written food culture in contemporary society. This colloquium brought together an international group of researchers along with industry speakers to discuss: historical perspectives on cookery books; nostalgic food memories; and our attachment to cookery books and their authors as everyday companions in our kitchens. Dr Kathy Hamilton kindly contributed an article to Fare Choice following that session, reporting their work collecting poetic accounts of childhood food.

Georgina Cairns of Stirling University's institute for social marketing was the host of our second session. This was particularly valuable in bringing together participants from universities and the NHS to considering policy making within Scottish food culture. Dr Stephanie Chambers talked about a cross-sectional survey project which asked about beliefs in the causes of excess weight, and support for policy interventions. Within this she considered that the cultural complexity of food and obesity is central to more effective future policies. Lively discussion and debate was a strong feature of this session.

The Genomics Forum were our partners for our third session considering links between obesity and genetics. Dr Christine Knight, Policy Research Fellow hosted this seminar, which featured two fantastic speakers: Dr Karen Throsby from University of Warwick, who drew upon her research into obesity surgery and cross-channel swimmers in her presentation, "Fat gene mystery unravelled by scientists". Genes, environments and the war on obesity; and Dr Nik Morton of the Centre for Cardiovascular Sciences, University of Edinburgh, drew upon his interest in the genetic causes and fundamental biological links that underpin obesity as the basis for his presentation, "I blame my genes Dr ... ": Hunting fatness genes to treat obesity? A scientist's perspective.

Our final session of this year was a short lunchtime session featuring the work of Anne Ellaway, Programme Leader for the Neighbourhoods and Health project at the University of Glasgow. Anne has worked for a number of years on research that tries to unpack why where people live might influence their health. As part of this, she has explored how access to food in local areas might differ for people living in more affluent and deprived areas and in this seminar she presented findings and insights from across her research career. This session was particularly well attended by young researchers and Anne was inspirational, encouraging them to develop policy and practice relevant research.

The planning now begins for the coming academic year and thoughts turn to the autumn programme of events. As convenor of the group I am keen that our sessions reflect the interest of our members and the wider community of practitioners and stakeholders in Scotland's food landscape and so I welcome suggestions for topics to be considered and potential venues for sessions, your input helps ensure that our work is relevant and actionable.

**For more information about SCOFF or to make suggestions of sessions please contact Dr Andrea Tonner, Department of Marketing, University of Strathclyde, Stenhouse Building, 173 Cathedral Street, Glasgow, G4 0RQ. Email: [a.tonner@strath.ac.uk](mailto:a.tonner@strath.ac.uk). Tel: 0141 5484461 or visit us on facebook: [www.facebook.com/?ref=logo#!/pages/BSA-Food-Study-Group-Scoff](https://www.facebook.com/?ref=logo#!/pages/BSA-Food-Study-Group-Scoff)**



### Food networking event in the Scottish Borders

CFHS, the Food and Health Alliance, and NHS Borders/Scottish Borders Council collaborated on an event to promote local food access and availability at the Langlee Community Centre in Galashiels in May.

The event was attended by a broad and diverse range of participants all interested in local food access, and all keen to network with each other.

Eric Baijal, Joint Director of Public Health, NHS Borders and Scottish Borders Council, welcomed everyone and stressed the importance of the partnership working reflected in the event, as the most effective way of getting results.

Speakers included Jo Highet from Borders Healthy Living Network, who works with local communities to address health issues and reduce health inequalities; Gary White spoke from Tweedgreen, a voluntary organisation of local people working towards a self-sustaining Tweeddale based in Peebles, about its Food Challenge; and Pete Ritchie from Nourish/Whitmuir Organics, representing the Breadshare Community Bakery, spoke about the community interest company (CIC) not-for-profit bakery business in the Scottish Borders set up by local people.

Pete also kickstarted a discussion on rebalancing and reconnecting food's relationship with health, the economy and the environment.

Presentations and a report from the event are available on our website. It is hoped that the day's discussions can be taken forward in the Scottish Borders by a range of potential stakeholders.

One of the community groups attending was New Horizons Borders (NHB), a user-led mental health charity that aims to raise self-esteem and empower individuals. NHB was awarded funding by CFHS in 2010 to run healthy eating activities

at its drop-in sessions, and in 2011 to develop gardens and gardening sessions with members. The gardens are underway and cooking and eating together in drop-ins has become an important part of its sessions and seasonal celebrations. NHB has also had a recent visit from the Cooking Bus. Members participated in cooking sessions and also learned about nutrition, food safety, and food hygiene to gain more confidence to cook at home and together as a group.

For more information on NHB visit [www.newhorizonsborders.co.uk/index.html](http://www.newhorizonsborders.co.uk/index.html).

### Community food work supporting mental health and wellbeing

PKAVS works across Perth and Kinross and provides support to over 65 people via its mental health and wellbeing services – The Walled Garden and Wisecraft. Both services include work around food.

The Walled Garden in Perth in the grounds of Murray Royal Hospital is open to the public five days a week and offers opportunities to develop new skills and qualifications, and increase employment and volunteering prospects. This can be through growing vegetables, fruit, herbs and flowers in the garden or preparing and serving food in the award winning café. The café achieved the healthyliving award in 2010 and has a focus on providing healthy options.

Wisecraft in Blairgowrie offers training in various craft techniques, selling what is made to the public through its Gifts Gallery. Alongside this, 'Slim pickings', a diet and physical activity programme, includes work with food diaries and information about healthy eating.

Augment is a user-led mental health service initiative working across Angus in the field of collective advocacy, training and peer support. A key element of the organisation's work is the ACE project funded by the National Lottery. This operates from a base in Arbroath and is an employability and resettlement programme working with members who have experience of a wide range of issues including mental health, substance misuse, homelessness and long-term unemployment.

When the project developed its new premises, it planned a kitchen at the heart of the building as somewhere where people can meet, learn new

skills, build confidence and prepare nutritious, healthy food. A meal is prepared every day and served in the café, which is also open to the wider community. For many members who live alone and may be quite isolated, the daily lunch is an opportunity to sit down and eat a good meal with other people – skills development, nutrition and social inclusion all in one.

Both PKAVS and Augment presented workshops at Mind the Menu which was held in Dundee on 6 June. The event focused on how community food work can support mental health and well being. A full report will be available on our website soon.

## 10,000th REHIS Elementary Food and Health course certificate awarded

The Royal Environmental Health Institute of Scotland (REHIS) recently awarded its 10,000th Elementary Food and Health course certificate. Matthew Owens, aged 17, from Biggar Youth Project, received the certificate at the REHIS annual conference in Edinburgh. Food writer Wendy Barrie delivered REHIS courses for Biggar Youth Project in partnership with Biggar High School after it received funding from CFHS. Forty-two participants from the project, including young people, parents, carers and friends have completed this accredited short nutrition course and some courses included a series of cookery workshops held in the High School. Since then the project has expanded its regular food activities to include cookery sessions at its weekly drop-in Youth Café.

The REHIS course has been available since 2006 and is available across Scotland. **For more information about the course visit [www.rehis.org.uk](http://www.rehis.org.uk). For more information about Biggar Youth Project visit [www.theoldauctionring.org.uk](http://www.theoldauctionring.org.uk) and for more information about Wendy Barrie visit [www.wendybarrie.co.uk](http://www.wendybarrie.co.uk)**

Paul Bradley, President of REHIS said

*“We are delighted that Matthew has picked up our 10,000th certificate as it highlights the range of people taking the course and successfully completing it, from school pupils up to adults in the food industry.”*



## Dr Bell's Family Centre Cook School

Dr Bell's Family Centre in Edinburgh officially opened its new Cook School at the end of last year with support from local restaurateur Martin Wishart. Dr Bell's had been inspired by Martin Wishart's cook school in Leith and raised funds to refurbish a kitchen in the local authority-run nursery next door. Since the Cook School opened, Dr Bell's has worked in partnership with Stanwell nursery to share access to the kitchen space. The nursery uses the kitchen to serve a pre-prepared lunch to the children and Dr Bell's Cook School uses the kitchen at other times; Dr Bell's has also delivered cookery activities with the children in the nursery.

Dr Bell's uses the Cook School to complement the work it does to support families in Leith. Food activities are an important part of its support provision – it has a community café serving low-cost healthy meals and arranges community meals. These social food activities are useful for bringing local families into the centre and participants attending activities can also use the crèche. Dr Bell's ran cookery courses before the Cook School by using portable cookers, but this limited the range of recipes it could use. The new kitchen has space at three work stations for up to six people. Steve Cochrane, who delivers the cookery courses, finds that working in small groups is ideal for assisting participants to build their confidence and self-esteem, which Dr Bell's considers as important as promoting good nutrition.

Last year, Dr Bell's received a small grant from CFHS to support cookery courses. One of these was attended by Asian women who wanted to learn how to prepare meals such as pizza and pasta to suit their children's tastes. Like its other cookery courses, messages about healthy eating were carefully interwoven into the course and tailored to suit the group. It also included a visit to the local butcher and fishmonger to show participants how to use cheaper cuts of meat or lower priced fish. Participants take food home with them at the end of each session so that families can try new foods. However, Steve is planning to develop the Cook School so that participants are able to share a meal at the end of cookery sessions and to further emphasise the social side of a shared meal.

Dr Bell's has further plans for the Cook School, building on the partnerships that it has successfully developed by planning work around healthy weaning and food activities with families with babies and young children.

**For more information visit [www.drbellisleith.org.uk](http://www.drbellisleith.org.uk) or contact Steve Cochrane 0131 553 0100 or email [steve@drbellisleith.org.uk](mailto:steve@drbellisleith.org.uk)**

## Home deliveries for older people

Campbeltown

Community Organic Garden (CCOG), one of the first organisations to receive CFHS micro funding for work around food, wellbeing and older people, has received



funding from Awards for All to continue to develop its home delivery service for isolated older people.

Working in partnership with local statutory and voluntary agencies and a supportive local taxi firm, CCOG developed a service that delivers fresh, organic fruit, veg and herbs to isolated older people across the local area. It is proving very popular with customers enjoying the produce and the weekly visit from Sandra who runs the scheme. Sandra is always willing to stop for a chat and help with putting things away if needed.

CCOG has discovered how little its customers need and how pleased they are that they can get two potatoes or three carrots as they say they can feel embarrassed buying small amounts at the supermarket. They also welcome the fact that produce can come washed and prepared which makes it easier to manage if for those with arthritis or other similar conditions.

CCOG is now looking to expand the range of produce available and also explore offering some pre-prepared food such as soups.

*“We in our Community Garden are proud that our embryonic delivery service has met just a few of the health and social needs of isolated older people in our community, but know that there is much more to do.”*

Dave Pearson, Chair

## Cooking classes in sheltered housing

Volunteer befrienders from Orbiston Neighbourhood Centre used CFHS micro funding to run a series of cooking classes with befriending groups in two sheltered housing complexes in Lanarkshire. They planned the classes to focus on food preparation at home and be a ‘hands on’ participative activity which would contribute to the health and wellbeing of the older people who took part.

Everyone involved has been surprised by how much the groups got out of the classes. They initially thought that they would not be able to teach anything new to pensioners. The groups ended up learning about new ingredients and healthier eating. They were introduced to wraps, squash, and sweet potato and learned how to use prepared and tinned foods to save time and economise. Participants received recipe cards

to take home and share with other people, and worked together to prepare a communal pot of soup.

As well as a great learning activity, the classes brought together people who live in close proximity but do not often meet each other and can live solitary lives. The classes brought back older residents who had not been regular attenders at group sessions and built links with a neighbouring sheltered housing complex. All the participants said that they enjoyed the sessions and were glad they had the opportunity.

For the volunteer befrienders, organising the classes and extending the support they are able offer to the people they befriend has led to increased confidence, self-esteem and personal satisfaction. The befriending project in Orbiston is supported by Big Lottery Fund and Parish Development Fund and has a limited budget. It would like to extend this model if they can secure additional funding.

## Recipe for a World Café

*“Food is an integral part of life and sharing a meal can be seen as a welcoming into the customs and traditions of the culture of those who have prepared it and as a bonding experience to create friendships and a sense of community.”*

CORE (Community Organisation for Race Equality) has written up its successful World Café model for others to learn from. The case study covers the background and history to the World Café, the essential features of the model, the recruitment and training of volunteers, healthy recipe development and building links with individuals and communities. It ends with the recipe for setting up a successful World Café:

### Method

- Step 1 Recruit and keep volunteers
- Step 2 Select a venue in your community
- Step 3 Decide on a relevant theme each month
- Step 4 Publicise the event
- Step 5 Network with others
- Step 6 Appoint a leader for the night
- Step 7 Work as a team
- Step 8 Make tasty, diverse, but healthy food
- Step 9 Smile

*“Repeat the above method until the community has formed a smooth, friendly blend of diverse cultures and ethnicities with improved diet, knowledge of healthy eating and confidence in their fellow man!”*

Read the full case study at  
[www.communityfoodandhealth.org.uk/publications/world-cafe-case-study/](http://www.communityfoodandhealth.org.uk/publications/world-cafe-case-study/)



## North Glasgow Community Food Initiative - Healthy Start Antenatal Cooking Sessions

### Background

North Glasgow Community Food Initiative (NGCFI) has been involved in work with NHS Greater Glasgow and Clyde (NHSGGC) to:

- support parents and pregnant women develop cookery knowledge and skills in relation their babies; and
- make the best use of the Healthy Start scheme vouchers and vitamins by providing a programme of cooking and information sessions to eligible families.

NGCFI is a community health project run by staff and volunteers with the aim of improving awareness of healthy living in North Glasgow. Current activities include: retail of low-price fruit and vegetables in a number of venues, a delivery service, a garden/allotment project, cookery activities, weaning workshops and outreach work.

Volunteers are the backbone of the organisation. They are involved in all aspects of the organisation and carry out a broad range of activities.

NGCFI has operated since June 2001 and was initially established by students at Glasgow

University in response to research that identified a need for:

- provision of affordable fresh fruit and vegetables to encourage local consumption; and
- local projects for the whole community including new community members from minority and ethnic communities that were being housed in the area.

Healthier Wealthier Children (HWC) is a collaboration between NHSGGC, local authorities, Glasgow Centre for Population Health and Voluntary Sector Money Advice Services, to reduce child poverty. HWC is working with antenatal and community child health services to target pregnant women and families with young children who may be at risk of child poverty due to a range of circumstances. This activity builds on work that meets objectives outlined in the Scottish Government Health Directorates Chief Executive Letter (CEL) 36 for improving nutrition for families living in disadvantage.

Money issues and budgeting were integrated into pilot antenatal cookery classes in North West Glasgow as part of HWC activity. Take up of Healthy Start vouchers had been low. Also,

although Weaning Fayres in the area were well-attended, some women consulted at antenatal clinics expressed a reluctance to attend as a result of their own perceived lack of confidence and knowledge. Both issues led to the development of a short-life working group to identify ways of increasing awareness of the vouchers and improving parent's skills and knowledge.

The working group consisted of representatives from local Health Improvement Teams, Oral Health Teams and NGCFI. Effective relationships with local health visitors, midwives and community organisations had already been developed. As a result, the 'Healthy Start Antenatal Cooking Sessions' were planned in partnership with members of the short-life working group with NGCFI delivering the practical cooking element. Dietetic support was also provided, with an oral health practitioner and a HWC Development Officer also participating.

The aims of the sessions were to:

- Encourage good maternal and infant nutrition by increasing parent's basic cooking skills, knowledge and confidence.
- Enable families to make good choices in the preparation of their own meals and homemade infant foods as alternatives to pre-made baby food.
- Raise awareness of the Healthy Start scheme vouchers and vitamins and highlight their benefits through purchasing fruit, vegetables and milk.
- Raise awareness of oral health in pregnancy and with infants.

## Recruitment

Midwives had identified some women who could benefit from extra support before their babies were born. These mums were targeted through informal chats at antenatal clinics about what they already knew about infant feeding. Other referrals came from health visitors and oral health practitioners.

Eighteen participants were identified, with numbers reduced after further discussion with parents (due to not being eligible for Healthy Start Vouchers and inability to attend due to other scheduled commitments).

## How were they delivered?

The sessions focused on national and local guidance and materials already being used to ensure consistent messages were shared about infant feeding and the pilot met quality standards.

Three sessions were offered in total, which were mainly practical in format. Participants did not need to attend all three and could decide which ones were most relevant.

**Session 1** – How to prepare and cook first foods

**Session 2** – How to prepare finger foods

**Session 3** – How to prepare and cook meals for all the family

Eight people attended who included dads, a grandparent, and pregnant women.

'Fun First Foods' (NHS Health Scotland guide) was a useful resource for materials for the sessions. Each session was delivered over two hours. Participants learned through a combination of observing demonstrations and preparing recipes themselves. Everyone was encouraged to try the foods prepared, especially meals or food items that they were not familiar with. The pace of the session was in keeping with participants' learning, questions and concerns. Meals for infants such as first weaning foods (carrot and sweet potato mash, apple and pear) and family meals such as shepherd's pie were made.

The practical element also included:

- Key weaning healthy eating messages (using the Eatwell Plate) and food safety.
- Information on the developmental stages of baby (Ready Steady Baby).
- Oral health.
- Promotion of the Healthy Start Vouchers and vitamins including information on NGCFI fruit and vegetable community outlets where vouchers are accepted.
- A HWC financial wellbeing check



The pilot was particularly useful in demonstrating what quantity of fruit and vegetables could be bought for the value of the Healthy Start voucher (£3.10) and what could be made from them. Staff also provided energy-saving advice like cooking in bulk, freezing extra portions and keeping lids on pots while cooking. The participants significantly appreciated the cost comparisons between home-made and pre-bought foods, as well as their nutritional contents.

Participants received a pack containing Healthy Start information, Fun First Foods, the Eatwell Plate, a food labelling guide, Oral Health and Pregnancy Guide, a list of local dentists, and £3.10 worth of fruit and vegetables at each session. They also received a masher, a peeler, an ice cube tray (for freezing small portions of mashed foods) and a wooden spoon. NGCFI provided equipment for the cooking sessions.

## Evaluation

Participants were asked to complete two self-assessment forms: information about their experience of the Healthy Start Scheme; and a form completed before and after the session to track and assess baseline information and any changes as a result of the session/s. At the end of the pilot participants were asked to complete two formal feedback forms. Staff noted observations and anecdotes. Staff completed questionnaires based on their reflections.

## Impact

Participants had the opportunity to learn to make basic and more complex foods and reported an increase in their confidence and skills. This included:

- Cooking with fruit.
- What you could buy and cook with £3.10.
- Portion sizes, using ice cube trays to freeze food and avoiding waste.
- Mashing foods to correct consistencies for infant feeding stages.
- Cooking family meals that everyone can eat rather than separate meals.
- Looking after own and infant's oral health.

Changes in behaviour included:

- Reducing reliance on pre-made baby foods in favour of home-made foods.
- Saving money by preparing foods in advance and freezing portions for later.
- Confidence to try simpler meals at home and build up confidence to try others.

- Awareness of food labelling and nutritional contents of foods.
- Awareness of the links between food intake, health and development.

## Next steps

NGCFI received a small grant from CFHS to roll out this initiative in North Glasgow. Several local groups have expressed an interest in being involved and participating and activities are currently taking place.

A review of the pilot has supported changes to how the model is being delivered. These include:

- Two practical sessions instead of three to reduce the commitment needed from participants.
- Evaluations of long-term skills development.
- Scheduling sessions at a time when more parents can attend.
- Consider barriers to language and literacy.
- Other skills – food budgeting.
- Seeking referrals through community organisations such as family centres.

**For more information about NGCFI, visit**

**[www.ngcfi.org.uk](http://www.ngcfi.org.uk)**

**More information on HWC and a report on the cooking sessions is available at**

**[www.nhsggc.org.uk/content/default.asp?page=](http://www.nhsggc.org.uk/content/default.asp?page=)**



## World Food Day

In this International Year of Co-operatives, it is only appropriate that agricultural cooperatives are the theme for this year's World Food Day on 16 October.

Further information is available from [www.fao.org/getinvolved/worldfoodday/en](http://www.fao.org/getinvolved/worldfoodday/en) and look out for local events and activities you can get involved in. For more information on International Year of Co-operatives visit [www.co-operative.coop/2012](http://www.co-operative.coop/2012)

## Exam success

Congratulations to the nine participants who took part in our Royal Society for Public Health's Certificate in Nutrition and Health course, delivered in March by Argyll and Bute College. Five of the participants achieved credit passes in the exam, with Fiona Paterson from the healthy living award team being awarded honours.

## Peoples and Communities Fund

Another new fund that could be relevant to some community food activity is the People and Communities Fund (PCF) which supports community organisations to grow and strengthen by delivering outcomes to meet and respond to the aspirations of their communities. At least £6million is available for allocation in each of the three years from 2012/13 to 2014/15, with two main priorities: employability and preventative action. The fund is aimed at registered social landlords and other community anchor organisations, such as community development trusts.

To check eligibility and get more information on how to apply visit [www.scotland.gov.uk/Topics/Built-Environment/regeneration/community/pcf](http://www.scotland.gov.uk/Topics/Built-Environment/regeneration/community/pcf)

## Funding for community growing

A £600,000 package of support to encourage the development of more community growing has been announced by the Scottish Government. £450,000 of the funding has been allocated to the Central Scotland Green Network Development Fund and will be distributed to community growing projects over three years. The remaining £177,500 has been allocated to organisations supporting the growth of the sector such as the Federation of City Farms and Community Gardens, Trellis and Greenspace Scotland. The announcement coincided with the launch of a new website [www.growyourownsotland.info](http://www.growyourownsotland.info) and builds on the recommendations made to government last year by the Grow Your Own Working Group [www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/own](http://www.scotland.gov.uk/Topics/Business-Industry/Food-Industry/own)

## Communities and Families Fund

Funded jointly by the Scottish Government and the Big Lottery Fund Scotland, the Communities and Families Fund aims to give children the best start in life by supporting local communities to 'improve the quality of life of children (pre-birth to 8) through greater access to early learning, play and child and maternal health support' and to 'enable communities to shape and deliver support for families'. 'Projects that support better nutrition for young children' has been highlighted in the publicity as one example of what they would like to support. There are no deadlines and applications, for grants of up to £10,000, can be submitted at any time. Visit [www.biglotteryfund.org.uk/communitiesandfamiliesfund](http://www.biglotteryfund.org.uk/communitiesandfamiliesfund)

## Scottish Community Alliance

The Community Retailing Network and the Federation of City Farms and Community Gardens are just two of the community-led organisations that have chosen to be part of the Scottish Community Alliance, which 'campaigns for a strong and independent community sector in Scotland'.

For more information on the alliance see [www.localpeopleleading.co.uk/](http://www.localpeopleleading.co.uk/)

## KEEP UP TO DATE

Visit our website [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk) and sign up for our e-bulletin. 'Like' us on facebook at [www.facebook.com/likeCFHS](http://www.facebook.com/likeCFHS) to receive regular updates.





## Culture kitchen

In the lead up to the Commonwealth Games in 2014, the Hidden Gardens is developing an exciting programme of local, national and international exchanges involving the sharing of seeds, recipes, stories, artwork, and ideas about how to make our global food system more sustainable.

**For more information visit [www.thehiddengardens.org.uk/about-the-project.php](http://www.thehiddengardens.org.uk/about-the-project.php)**

## Local food

Nourish is working with Elmwood College, Lantra and Skills Development Scotland to develop a certificated course for those wanting to start, or brush up their skills on, growing and marketing food for local markets. **More information available on [www.nourishscotland.org.uk](http://www.nourishscotland.org.uk) and the programme's own facebook page [www.facebook.com/newfarmerprogramme](http://www.facebook.com/newfarmerprogramme)**

## Village SOS

The Village SOS Roadshow rolls into Dunfermline on 28 June. The event at the Carnegie Conference Centre is part of a Big Lottery/BBC initiative to launch a rural revival and inspire people to start community businesses that will breathe new life into their areas and create jobs. There will be an opportunity to hear expert hands-on advice from rural and enterprise specialists including Plunkett Foundation, Co-operatives UK and DTA Scotland.

**For further information and to book your free tickets visit [www.villagesos.org.uk](http://www.villagesos.org.uk)**

## IMPACT Awards

South Lanarkshire's Healthy Valleys Initiative has won a prestigious GlaxoSmithKline (GSK) IMPACT Award for its outstanding contribution to improving health.

Lesley McCranor, Manager of Healthy Valleys, said: "We are delighted to have won this prestigious national award as this achievement recognises the dedication and commitment of the Healthy Valleys team of staff, volunteers and company directors in its vision to reduce health inequalities in the Clydesdale area.

Katie Pinnock, Director, UK Corporate Contributions at GSK, said:

*"This empowerment model is impressive, and is reflected in its strong outcomes and significant achievements. This is a prime example of what can be achieved by community-based organisations."*

Healthy Valleys has made particularly impressive headway in maternal health, doubling the number of young mothers attending vital health care appointments to 98%. The Grassroots Project - an early intervention programme for vulnerable mums-to-be and families with children aged up to five years old - received funding from the National Lottery Good Cause Funding in April.

**A case study about the project will be available on our website shortly. [www.kingsfund.org.uk/press/press\\_releases/gsk\\_winners.html](http://www.kingsfund.org.uk/press/press_releases/gsk_winners.html)**

# PUBLICATIONS

## Harvesting evidence from the field

*“Food is a particularly good issue to mobilise communities around; it is practical, tangible, visible, cross generational, appeals to almost everyone...Food is important to communities, and the closer people can be to growing, distributing, preparing and sharing food, the more explicit this importance will be.”*

Following on from last year’s popular study looking at the impact of community food initiatives on national outcomes, the experience of a number of local projects in the design and delivery of local outcomes has been compiled on behalf of CFHS by the Scottish Community Development Centre. The result, **Not only ... but also:**



celebrating the contribution of community food initiatives towards developing local outcomes’, illustrates and analyses community engagement with local outcomes.

Two other recent publications from CFHS provide information and share experiences that address two key areas of community food and health work: volunteering and setting up community cookery courses.

**The Vital Ingredient** highlights examples of volunteering in community food and health work and demonstrates the value of volunteering for the volunteers and the community food initiatives they are involved in.

*“... working at the food co-op has given me more confidence in myself, structure to my day and something to talk about of value.”*

**What’s cooking in Scotland? Part One** will benefit any community initiative by learning about how other groups and agencies are addressing the practical challenges of setting up cookery courses, including health and safety and food safety issues. Groups that are already delivering courses will find this publication useful to find out how others are doing it and improve their effectiveness.

*“I enjoy going to the cooking course. It gives me more confidence in meeting new people and cooking different things.”*

All publications can be downloaded from our website or call us for copies.

We are really grateful to all the community initiatives who took the time to speak to us about their activities so that others can learn from what they are doing.



## Cooking in the Community in 5 Easy Steps

This manual has been developed by Community Food Workers in Fife, and is a reflection of their shared experiences. It is intended to support organisations and their workers, who seek to promote healthy lifestyles within their local community through practical food activities.

**It can be downloaded from the CFHS website.**

## COOK SCHOOL *fresh*

COOK SCHOOL *fresh* is a free resource to help with practical cooking, produced by Focus on Food, which also operates the Healthier Scotland Cooking Bus. The new resource features recipes, cooking skills and wider learning opportunities, via a website and an iPhone and Android App. **You can check out the resource and download the app from [www.cookschoolfresh.co.uk/index.php](http://www.cookschoolfresh.co.uk/index.php)**

## Growing up in Scotland

The latest research findings from this study were launched in May and include a report on ‘Overweight, obesity and activity’. Possible influences that impact on children’s overweight or obesity and activity levels were considered: parental factors (mainly mother) and family and neighbourhood factors that might limit a family’s ability to pursue a healthy lifestyle.

**To read the reports in full visit [www.crfr.ac.uk/gus/publictype.html](http://www.crfr.ac.uk/gus/publictype.html).**

## Try before you buy

LEAP - Learning Evaluation and Planning is 'a values based approach to planning and evaluating work with communities', developed by the Scottish Community Development Centre, which many Fare Choice readers will be familiar with. **It is also available as an online software application at [www.planandevaluate.com](http://www.planandevaluate.com) and currently free for a trial period to allow you to try before you buy.**

## Healthy people, healthy planet

LiveWell for Life, the recently launched European initiative to promote sustainable diets, has now set up an e-bulletin. **For useful information and contacts from across the continent visit [www.livewellforlife.eu](http://www.livewellforlife.eu)**

## Eatwell resources

The Food Standards Agency has a limited number of eatwell plate mats and eatwell board games available free of charge for those working in Scotland. The eatwell plate mat is an excellent resource for all age groups to learn about what a healthy balanced diet should look like. The eatwell board games were designed for primary-aged children but have been useful with other age groups too. **For more information and to request a copy of these resources, contact Jillian Gay, email: [Jillian.Gay@foodstandards.gsi.gov.uk](mailto:Jillian.Gay@foodstandards.gsi.gov.uk)**

## Glasgow Harvest toolkit

Glasgow Harvest was developed as part of the Sow and Grow Everywhere (SAGE) strategy by NVA (a Scottish arts charity funded by Creative Scotland and a number of UK trusts and foundations) to celebrate local food production. Community groups are being encouraged to organise their own celebrations of food they have grown and produced. The toolkit has been developed to guide groups through the process of running a public food event or meal and based on their experiences of Glasgow wide events in 2010 and 2011.

**For more information and to download the toolkit visit [sowandgroweverywhere.org/glasgow-harvest](http://sowandgroweverywhere.org/glasgow-harvest). See the Diary page for a Glasgow Harvest event in July.**

## Review of research on cookery courses

Late last year, the Department of Health in England provided funding for the Evidence for Policy and Practice Information and Co-ordinating Centre (EPPI-Centre) to review research into home cooking courses for adults in the UK. To be included in the review, evaluation reports had to report findings on the outcomes of the courses or about the way the training was delivered or received. Reports focused on outcomes were also required to have used a comparison group design to evaluate the impact. The researchers found 13 studies that met these criteria. However, the researchers also assessed the studies for selection, attrition and reporting bias and only found one report that it concluded showed reliable findings about the difference that home cooking courses can make to participants. Overall, because of the shortage of studies that met its criteria, the review was inconclusive about the impact of cookery courses. The review also has some information about how five of the courses were run and evaluated, including some costs. NHS Health Scotland is also planning a literature review on the evaluation of community cookery. It plans to use a wider range of criteria, including looking at evaluation reports that used either qualitative or quantitative methods to evaluate work.

CFHS is currently working on a publication 'What's Cooking in Scotland? Part Two, which will report on how 11 groups have developed their evaluation methods around community cookery, including what methods they used to follow up participants three months after a course had finished. **For more information contact Kim. The Eppi- Centre review can be found at <http://eppi.ioe.ac.uk/cms/Default.aspx?tabid=3322>**

## Making Local Food Work's 'Exploring your Impact' tool

Making Local Food Work is a five year programme funded by the Big Lottery Fund.

A partnership of seven organisations provides advice and support to community food enterprises across England. It commissioned research to explore how community food or other enterprises can measure the impact that they make. **Practical tools developed from the research are available to download by visiting [www.makinglocalfoodwork.co.uk/Exploringyourimpact.cfm](http://www.makinglocalfoodwork.co.uk/Exploringyourimpact.cfm)**

# DIARY

## JUNE

### Royal Highland Show

21 - 24 June

Ingliston, Edinburgh

More info: [www.royalhighlandshow.org](http://www.royalhighlandshow.org)

### Community Shops Fortnight

23 June - 7 July

More info: [www.communityshops.coop/community-shops-fortnight](http://www.communityshops.coop/community-shops-fortnight)

### Village SOS Roadshow

28 June

Dunfermline

More info: [www.villagesos.org.uk](http://www.villagesos.org.uk)

## JULY

### BSA Food Study Group Conference: Food and Society

2 - 3 July

London

More info: [www.britsoc.co.uk](http://www.britsoc.co.uk)

### Public Consultation on Health and Social Care Integration

Glasgow 4 July, Dumfries 5 July, Edinburgh 19 July

More info: <http://scottishealthcouncilevents.eventbrite.co.uk>

### Glasgow Harvest

28 July

Grayfriars Garden, Glasgow

More info: [www.thehiddengardens.org.uk/glasgow-harvest.php](http://www.thehiddengardens.org.uk/glasgow-harvest.php)

## SEPTEMBER

### Scottish Food and Drink Fortnight

1 - 16 September

More info: [www.scottishfoodanddrinkfortnight.co.uk/](http://www.scottishfoodanddrinkfortnight.co.uk/)

## OCTOBER

### World Food Day

16 October

More info: [www.fao.org/getinvolved/worldfoodday/en/](http://www.fao.org/getinvolved/worldfoodday/en/)

### BBC Good Food Show

19 - 21 October

Glasgow

More info: [www.bbcgoodfoodshow.com](http://www.bbcgoodfoodshow.com)

## NOVEMBER

### CFHS annual networking conference 2012

November - date and venue TBC

More info: [www.communityfoodandhealth.org.uk](http://www.communityfoodandhealth.org.uk)



community  
food and health

(scotland)

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healthier  
scotland  
SCOTTISH GOVERNMENT

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](http://www.communityfoodandhealth.org.uk)

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