



**community
food and health**

(scotland)

www.communityfoodandhealth.org.uk

LEARNING AND DEVELOPMENT PROGRAMME 2012/13

Community Food and Health (Scotland)'s amended learning and development programme includes details of courses that we are running up to end October 2012.

The programme is aimed at community food groups that want to make their organisation stronger and more able to face the challenges that may lie ahead. It is particularly aimed at smaller groups (for example, food co-ops and community cafes). However, anyone working in or with a community food organisation or activity is welcome to apply, especially if you have a role in supporting other community food groups.

All of our learning and development opportunities are fully funded.

If you would be interested in taking part in any of our opportunities if they were held in a different location, or delivered differently (for example, over 2 half-days) please get in touch. We'd also like to know if you are looking for other training but can't find a trainer, or have suggestions for further training courses that CFHS may be able to provide.

We are planning to offer other learning and development opportunities up until March 2013. These will be advertised on our website, in our e-bulletin or in Fare Choice (our newsletter), and on our facebook page. If you would like to receive our newsletter or e-bulletin, please contact us.

The application forms for all of our courses are available from our website, www.communityfoodandhealth.org.uk. For more information about any of the courses, please contact Anne on 0141 226 5261 / 227 8436 or anne.gibson@consumerfocus.org.uk.

PROGRAMME

"It was excellent.....definitely recommend it to others!"

Marketing for growth and sustainability

What is it?

This one-day course will help you to identify how to develop marketing messages for your group, to ensure that your stakeholders - everyone that you work with and for - knows what you do, why, and the benefits you are delivering. It will also look at how best to communicate the value of your group to your stakeholders (including your community and your funders). The course is ideal for anyone who has, or will have, a role in marketing or promoting their organisation.

Who's delivering?

Community Enterprise Ltd

When?

25 September 2012

Times?

10 am - 4.30 pm

Where?

Consumer Focus Scotland, 100 Queen Street, Glasgow

No of places?

12

“... gained a real grounding in a very intricate topic ...”

REHIS Introduction to health and safety

What is it? This half-day REHIS (Royal Environmental Health Institute of Scotland) accredited course aims to raise awareness of the key health and safety issues that all workplaces – including food co-ops and community cafes – need to think about.

The course covers a range of topics, including an introduction to health and safety law, risk assessment, slips, trips and falls, manual handling and accidents and emergencies.

It is ideal for staff and volunteers. Everyone successfully completing the course will be issued with a REHIS attendance certificate.

Two courses are being run, one in Edinburgh and one in North Lanarkshire.

Course One

Who's delivering? City of Glasgow College
When? 30 August 2012
Where? Orbiston Neighbourhood Centre, Bellshill
Times? 9.30 am – 12.30 pm
No of places? 15

Course Two

Who's delivering? West Lothian College
When? 3 October 2012
Where? The Drill Hall, Edinburgh
Times? 9.30 am – 12.30 pm
No of places? 15

“... I got so much out of it ...”

Customer care

What is it? This one-day course will look at customer care and the difference that good customer care can make to community food and community health organisations. It is particularly suitable for organisations that are running fruit and vegetable stalls, community cafés or other activities that involve interacting with customers.

Who's delivering? Abacus Consulting
When? 6 September 2012
Times? 9.30 am – 4 pm
Where? Norton Park Conference Centre, Edinburgh
No of places? 15

“I’d recommend the training to others ... a good balance of information, and exercises and meeting others ...”

Equality and diversity

What is it?	This fun and informative one-day course aims to help participants think about the service and activities they run and the changes they can make to ensure that these are reaching everyone in the communities they work with. The session will include information about equality legislation, cultural awareness and working with diverse communities. The course is suitable for staff and volunteers.
Who’s delivering?	West of Scotland Regional Equality Council
When?	18 September 2012
Times?	9.30 am - 4.30 pm
Where?	Consumer Focus Scotland, 100 Queen Street, Glasgow
No of places?	15

“I would definitely recommend this training to parents and anyone with an interest in food and health”

REHIS Elementary Food and Health course

What is it?	The Royal Environmental Health Institute of Scotland’s Elementary Food and Health course is a 6-hour accredited basic nutrition course, designed to provide participants with a basic knowledge of the link between diet and health. Applications are particularly welcomed from staff or volunteers from community or voluntary organisations working with, or supporting others working with, children aged 0 - 8.
Who’s delivering?	CFHS
When?	22 October 2012
Times?	9.30 am - 4.30 pm
Where?	Ross County Football Club, Dingwall
No of places?	16

“... course was good for generating new ideas...”

Scottish Grocers Federation’s Healthy Living Programme: Training the Trainers

What is it?	This half-day ‘Training the Trainers’ session is ideal for community food practitioners that are supporting staff and volunteers involved in selling fruit and vegetables. The session will provide participants with knowledge and skills about how to care for, promote, and sell fresh produce.
Who’s delivering?	SGF Healthy Living Programme and CFHS
When?	25 October 2012
Times?	10 am – 1 pm
Where?	Central belt – venue to be confirmed
No of places?	16

“found the training very useful and enlightening.....”

Understanding Social Enterprise

What is it?

This ½ day course is for community food initiatives wanting to learn more about social enterprise and the potential it offer. Participants will have the opportunity to explore this dynamic business model, with an insightful case study visit to an established and successful social enterprise, and discover opportunities for their organisation.

An **additional ½ day** is being held on 19 October in Glasgow, for participants wishing to explore social enterprise in more detail.

Who's delivering?	Social Enterprise Academy
When?	5 October 2012, with possible follow-on half day on 19 October
Times?	9.15 am – 1.30 pm
Where?	Re-union, Edinburgh City Centre. PLEASE NOTE: follow-on day will be held in central Glasgow.
No of places?	12

FUTURE TRAINING

We are also planning to run the following learning and development opportunities later this year.

Understanding policy

This course will be ideal for community food practitioners wanting to know more about national and local policy, the link with community food and health work, and how community food initiatives can influence policy.

Royal Society for Public Health Certificate / Level 3 nutrition course

More details available shortly.

WHAT ELSE?

Travel to venues

All of the venues have been chosen because they are accessible by public transport: train and/ or bus.

Because our courses are fully funded, normally CFHS will not meet any travel costs that participants may incur when taking part in our learning and development programme opportunities. However, in exceptional circumstances we may be able to assist. If you would like more information, please contact us.

Catering

A sandwich lunch is provided at our one-day courses.

Refundable deposit

CFHS is committed to providing fully-funded training opportunities. The costs of delivering all of the courses in our learning and development programme (tutor, venue and catering costs) are being met by CFHS. To ensure the maximum use of our resources, we are asking all applicants for our courses for a £50 refundable deposit. This deposit will be returned when an applicant has participated in the course, or if we are unable to offer a place on a course because it is fully booked.



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