



community
food and health

(scotland)

Micro funding for work around older people, health and wellbeing. What are we learning?



Community Food and Health (Scotland) aims to ensure that everyone in Scotland has the opportunity, ability and confidence to access a healthy and acceptable diet for themselves, their families and their communities. We do this by supporting work with and within low-income communities that addresses health inequalities and barriers to healthy and affordable food.

Barriers being addresses 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 also getting to the shops

Skills – improving confidence and skills in cooking and shopping

Culture – overcoming ingrained habits

Through our work we aim to support communities to

- Identify barriers to a healthy balanced diet
- Develop local responses to addressing these barriers, and
- Highlight where actions at other levels, or in other sectors are required.

We value the experience, understanding, skills and knowledge within Scotland's community food initiatives and their unique contribution to developing and delivering policy and practice at all levels.

From 1 April 2013 CFHS will become part of NHS Health Scotland, a Special Health Board with a national remit to reduce health inequalities.

Thanks

This report has been made possible by the hard work and contribution of a number of key individuals and organisations: the 20 organisations highlighted in Appendix One that developed ideas and carried out the work that the report draws on; Jane Cotton who facilitated the learning event in Stirling, the workshop at the conference and contributed material to this report based on both of these events; the 20 participants who came to the session in Stirling and generously shared their experiences and ideas; Lucy Aitchison, Eleanor Pratt and Alice Riddell, who shared their experience at the conference workshop in November; and the projects that have agreed to appear as snapshots and those that have shared their photographs with us.

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Background

In August 2011 CFHS launched micro funding for community and voluntary organisations to develop activities using food to promote health and wellbeing for older people. This was a follow-on from case study work undertaken for a report on food services for older people in the community¹ and in line with the themes of the Reshaping Care Implementation Plan.

“Growing community capacity that focuses on prevention and anticipatory support will reduce isolation and loneliness, enable participation, improve independence and wellbeing and delay escalation of dependency and need for more complex care and support.”²

There was a huge level of interest and 20 organisations were funded to March 2012. This was a small fund offering a one-off investment of up to £1,500. The overall amount spent was £23,000. A wide range of initiatives, both in terms of area of work and geography, were funded. Many of the projects were developed and run by older people for older people.

On 12 September 2012 CFHS ran workshops in Stirling to draw out the learning from this work and with the aim of examining the hypothesis that there may be common elements in ‘older people and food’ focused community projects, which contribute the most positive impacts, ie. that could be seen as consistent building blocks for successful projects.

Twenty people attended from all over Scotland. Other projects contributed by sending information because they were unable to be there on the day. The day was facilitated by Jane Cotton from Moray Handyperson Service and Andrew Jackson from the Joint Improvement Team provided an input on the Scottish Government Reshaping Care agenda and the role of the community and voluntary sector within this.

The main findings from the day were presented as part of a workshop at the CFHS annual networking conference in November 2012. This further explored the issues in relation to partnerships and how to identify and resource partnership working, and involved input from three of the groups that received funding.

1 Meals and messages – a focus on food services for older people living in the community in Scotland. CFHS 2011

2 Reshaping Care for Older People. A programme for Change 2011 – 2021. Scottish Government.

Snapshot

Orbiston Neighbourhood Centre

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 old age 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 often do not 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 it can secure additional funding.

The work

There are snapshots of some of the projects throughout this report and a full list of the awards made in the appendix.

The micro funding encouraged a wide diversity of work. Some funding was for essential equipment – pots, pans, and refurbishing kitchens, which meant that organisations could either start to offer food, reopen their community café, or increase their meals provision.

Other funding bought in expertise to run sessions – tutors to deliver cooking classes and/or information sessions on healthy eating. Many targeted particular groups of older people – those living in sheltered housing, people who find themselves cooking for one, older men, and those who have maybe lost interest in cooking.

Some funding was for research and trying out new ideas – could a training kitchen offer a lunch club for older people? Would a home delivery service from a community garden work? What is the best way to support people with dementia to talk about food and healthy eating? How about a cook-off/food-sharing session between older people from three different day centres catering for different minority ethnic communities?

Much of the work involved a high degree of ingenuity and creativity. In one community, home deliveries for older people were linked to people wanting to increase their level of physical activity. In another, an organisation providing support to vulnerable adults created volunteering opportunities and new social contacts by developing a lunch club for older people. In another, research around food, health and wellbeing was used as a catalyst to re-launch an elderly forum as a campaigning community organisation. Overall, the work mobilised a massive volunteer effort, much of it by older people themselves.



Outcomes for older people

The projects reported outcomes for older people in the following main areas, all of which can have a direct impact on health and wellbeing.

- Improved food access – access to fresh produce via delivery services, community gardening, food co-ops, and community meals.
- Increased affordability – cooking from raw ingredients rather than processed food, access to smaller quantities/manageable amounts, shopping and budgeting sessions.
- Increased opportunities for social eating – meals, lunch sessions, community cafés.
- Increased access to targeted information on healthy eating/diet – healthy eating sessions, information leaflets, creative approaches involving storytelling/food memories.
- Increased food skills – cooking-for-one sessions, cooking-for-men sessions, cooking with residents in sheltered housing.
- Increased social capital – meeting new people, involvement in community celebrations, revitalising existing groups, intergenerational work, information on other local services/initiatives.
- Increased opportunities for volunteering and building community assets – older people developing and providing activities involving food for their peers.

In addition to outcomes for older people, there were also outcomes for carers in relation to improved food access, opportunities for social contact with other carers and increased social capital. And also for the volunteers involved with the different initiatives in relation to increased confidence and involvement in community activities and increased food knowledge and skills.

Snapshot

Campbeltown Community Orchard and Garden

Campbeltown Community Orchard and Garden (CCOG) is a community garden developed by Kintyre Environment Trust. In 2011 it used the micro funding from CFHS to kick start a local delivery service for isolate older people. Volunteers worked in partnership with local statutory and voluntary agencies and a supportive local taxi firm, to develop a service that delivers fresh, locally grown fruit, vegetables and herbs to isolated older people across the local area. The service has subsequently received funding from Awards for All.

Word about the new service spread via partners and local village volunteer clubs attended by many isolated older people.

Customers report enjoying the fresh fruit, vegetables and herbs (with dirt on like the old days!) and relatives and friends note the lift that the weekly visit from the volunteers provides.

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, or find that there are always too many vegetables in the pack. They also welcome the fact that the project can wash and pre-prepare produce if that is what is needed.

CCOG is now looking to expand the range of produce available and also explore the possibility of offering more local produce and 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

Since this piece was written, Dave Pearson Chairman of CCOG has sadly passed away. Dave gave a huge amount of time and effort to the running of the Community Garden and made it what it is today. Dave was one of the first people to apply for micro funding and travelled to Stirling to share his experience with others.

The learning event

There were four workshop tables at the event on 12 September. Three tables included people who are closely involved in community food projects, either as volunteers or staff. The fourth (Table 4), involved people who are more widely involved in the community as representatives of larger organisations.

The first part of the exercise was to share experiences around each table and talk about what worked, what was difficult, and what could have been better. As many comments as possible were collected on sticky notes and posted in the appropriate categories.

The second part of the exercise, informed by the previous discussions, was to agree on six important elements that people believed contributed to positive impacts for projects. These were put down in no particular order from A-F and then subjected to a pair ranking exercise to identify the top ranking ('if you could only do one thing of the six' scenario) and the bottom ranking element on each table.

Finally, people were asked individually to put up comments on a 'Blue Sky' wish list, to look at future support needs and how these might be addressed.

Pair ranking results

The results from the pair ranking exercise are presented in the following table:

	Table 1	Table 2	Table 3	Table 4
A	Improved social contact and confidence	Storytelling/other creative approaches	Good volunteers and committee	Funding
B	Healthier lifestyles	Partnership working (effective)	Partnership working to increase impact	Right people/ committed, enthusiastic
C	Volunteer recruitment, training and support	Befriending/ connecting type work	Ensuring needs are met – community led project	Clear action plan - SMART
D	Partnership working	Sharing food as a social incentive	Funding – securing long term funding	Resources
E	Sharing of skills and knowledge (intergenerational)	Flexibility to adapt to different needs	Appropriate support and achievable targets	Partnership working
F	Providing transport	Local volunteers (of similar age, location, etc) familiarity	Successful marketing/ profile raising, communication	Policy/strategy

TOP RANKING

BOTTOM RANKING

What works?

In discussions about what has contributed to the success of their projects, participants identified the following:

A responsive community-led service: the importance of being self-determining, easily accessible to people, having an informal atmosphere, having empathy with the people the project is working with, and sharing with others.

The right people: this covers everyone from a strong management committee with good policies and procedures, a good committed team of committee members, good staff, volunteers and peer tutors who are well trained and supported.

Transport: having your own transport and being able to offer transport if required is a key ingredient for many projects especially those working in rural areas. In the absence of your own transport, being able to access transport that is affordable and easy for older people to use is important.

Focus on relationship building and building social capital: social contact and the potential for building relationships features in all successful initiatives – with opportunities for social eating, intergenerational projects, gardening and sharing locally grown produce, cooking classes, and holding festive meals to reduce isolation. Successful initiatives draw on and build social capital.

Good communication: being creative in how you communicate what you are doing. This includes developing and using newsletters, photographs, and making sure that other organisations in the area know about your work and how to involve people.

Provide some kind of economic benefit: this includes the savings involved in cooking from raw ingredients rather than buying processed food and offering services where people

Snapshot

Alzheimer Scotland - Action on Dementia

Alzheimer Scotland has developed an allotment as part of the community allotment site in Bellahouston Park in Glasgow and has offered weekly gardening opportunities during the summer to people experiencing memory loss and dementia accompanied by family and friend. Micro funding from CFHS provided initial start-up costs.

It started as a way to encourage people with dementia, especially men, to get out and about and meet other people around a common activity, to promote physical activity and reduce isolation. Over the last two years it has not only created a relaxing environment for gardening activity, but also has developed into an important support for people with dementia and their carers. The group meets one afternoon a week and grows a range of different produce in outside raised beds and their share of a polytunnel. People enjoy growing popular foods such as potatoes and spring onions, and also foods like spinach that people have tried for the first time with recipes from other group members.

Members help to plant, tend and water the vegetables and take away a bag of fresh produce each week to support healthy eating. Other health benefits come from fresh air and exercise, meeting new people and sharing experiences. Carers are able to give each other support and can slip away for a coffee and a chat while the gardening is going on.

This year the group has produced a newsletter, which includes seasonal recipes that use produce that is grown in the garden. Issue one also featured David Bellamy's visit in July to plant a yew tree as part of an open day to celebrate the allotment and the support it provides to people with dementia and their families.

The allotment is supported by a sessional gardener and a number of volunteers.

can buy just what they need, rather than supermarket quantities.

Something tangible to offer/take away: people like to have something to take away. Projects provided a range of things for people to take away - new recipes, fresh produce, herbs, photos, veggie packs, and thermo mugs for keeping soup warm.

Partnership working: effective local partnerships - building links with other relevant services and service providers. This in turn allows initiatives to provide information about, and make links to other services.

Where are the challenges?

When asked about the challenges they faced, participants identified the following key areas

Partnerships: resistance to change, conflicts of interest between organisations, changing priorities and unclear structures, difficulties of engaging and sustaining relationships with key partners.

Funding: short-term funding is a major headache, with projects constantly needing to reinvent themselves to access further funding or continuous funding. This has a serious impact on sustainability of initiatives.

Equipment: projects reported being short of space for the number of people wanting to access their service, not having suitable facilities/kitchen areas and needing basic equipment.

People: projects reported difficulties in getting and supporting volunteers and being able to find the right tutor or volunteers for a particular group.

Reach: some projects reported a sense that they may not be reaching everyone who could potentially use their service and that they may not be reaching the most hard-to-reach. Statutory agencies do not always let people know about community food initiatives.



What could be better?

Looking at how to address these challenges, participants at the event identified the need for:

Easily accessible funding: there is a need for ongoing small amounts of funding and also longer term funding. Also, funding for specific initiatives, eg. befriending scheme linked to food work and for equipment to develop/expand initiatives.

“More micro funding to encourage other activities to bring older people together.”

“If a project is successful – don’t make us change it to fit funding.”

Transport: transport is fundamental to projects working with older people. Many projects rely on volunteer transport/community transport schemes, which are often struggling themselves.

“There is a need for effective community transport for older people.”

Support to become sustainable: projects are aware of what they need to do to become more sustainable, but struggle to find resources for this. Particular areas identified were:

- Space to develop a more coherent approach to recruiting and supporting volunteers and capacity to support more volunteers.
- Time to attend networking/sharing best practice events.
- Time to invest in partnerships and build links/liaise with other groups and organisations.
- Support with evaluation – a project specific evaluation template. Also acknowledgement of, and respect for, the importance of qualitative data.

Snapshot

The Beacon Club

The Beacon Club offers day care to older people with dementia. The club aims to improve the quality of life for people with what is often a socially isolating condition, as well as support them to continue to live in their own homes for as long as possible.

Micro funding was used to provide a series of sessions focusing on healthy living. This included reminiscence work, storytelling sessions, craft workshops, music and cooking. The range of activities was designed to provide enjoyable and fun ways to communicate the message of the value of healthy eating.

Sessions included:

- An introduction to healthy eating and discussion around memories of cooking and favourite recipes.
- Telling the story of ‘stone soup’ and then preparing all the ingredients to make a pot of soup together. This involved discussion around the tastes, textures and smells of the food and how that influences food choices and tastes.
- The importance of sweets and cakes to celebrations. Members talked about how rationing had made having a treat difficult during the war years. The group decorated biscuits and cakes at this session.
- The eatwell plate – and playing two food-based card games together with enjoying a fruit platter.
- A walk in the Broomhouse garden herb patch to smell and taste the herbs and talk about how they can be used as seasoning rather than too much salt.
- Craft sessions using a variety of fruit and vegetables as inspiration for colourful paintings and designs that were combined into a colourful wall hanging focusing on healthy eating.
- Music and singing sessions focusing on food and old familiar songs that members enjoyed together with music and movement sessions.

Links were made with Broomhouse Health Strategy Group to provide information around healthy eating and access to its food co-op and home delivery service.

A facilitative environment/being part of the wider picture: health, wellbeing and older people is a complex and fast moving policy and practice area. This is difficult for small organisations to keep track of and for them to thrive in.

Policy informed from the bottom up and less top down, funding to link up social care and other health activities, less red tape, care packages that include community activities that help older people stay connected, an environment where food is on the agenda, were all covered. Participants were also interested in CFHS publishing examples of good practice.

“We need to be kept in touch with changes to care provision – how will a home delivery service be able to function in the new care environment?”

Projects are also keen to be part of the wider fabric of support for older people within their communities.

“Nurses, doctors and NHS workers should bring people to local volunteer activities.”

Partnerships: in the pair ranking exercise each table gave some rating to partnerships/ partnership working. This suggests that there is recognition that partnership working can increase the overall impact of initiatives. However, in discussion people also spoke about the amount of resources (time, effort, and patience) required to build partnerships that may not always bring the return they hoped for.

As partnership working seemed to be so important in the pair ranking exercise, it was explored in more detail in the workshop at the CFHS annual networking conference in November. Participants used a jigsaw format to identify which were their most important partners and why. It also explored ideas of mutually supported partnerships – where linked organisations make an equal investment in supporting the links – equally contributing to regular networking activities both in terms of resources and staff time.

The issues were further explored in one of the afternoon open space sessions at the conference.



This discussion highlighted four key areas:

- Workers in the statutory sector equally face frustrations and constraints in terms of partnership working. They can often start partnerships to support a particular area of work and then find their budgets reduced or priorities changed and have little opportunity to influence that. This can lead to bad feeling and misunderstandings between sectors. It is useful to see the shoes that others have to walk in.
- Effective partnerships are often much more dependent on the individuals involved than we often think. In the absence of baseline expectations in terms of preventative provision, it is often down to the willingness of particular individuals within the local system to share information, resources, budget and control. This can also sometimes be the case with larger voluntary sector organisations squeezing out community-based initiatives.
- If partnerships are to be effective they must be adequately resourced. Organisations need resources to be effective partners, including time and expenses to go to meetings, host visits, and attend conferences and networking events.
- Opportunities to meet informally without 'professional' labels are invaluable. Surprisingly it is not always obvious which sector people are from or whether they are paid workers, unpaid workers, someone who uses services or provides them.

Snapshot

Lanarkshire Community Food and Health Partnership

Lanarkshire Community Food and Health Partnership used micro funding to roll out a healthy eating, nutrition advice and food access project with a group of 25 older people in Wishaw.

The group met to agree on the elements that were most important to them from a range of topics including healthy cooking classes, understanding food labels, food safety, using leftovers, cooking for one, and nutrition advice for older people.

Four sessions were offered:

- 5-a-day and using leftovers
- Using seasonal vegetables
- Cooking for one and using oily fish
- Healthier desserts and healthy eating

Each participant was given recipes and produce used in the sessions to try at home for free.

The Thursday sessions were supported by a fruit and vegetable co-op that has continued beyond the sessions to encourage longer term healthy eating.

In addition four quarterly sessions were offered on local seasonal produce – what and when to buy to reduce buying costs.

At the end of the sessions, 32% of participants said that they would increase their fruit and vegetable consumption over the next 6-12 months, 42% said they would possibly increase it and 26% said that they would not increase their consumption as they thought they already ate enough fruit and vegetables. As cost was one of the barriers to healthy eating identified by participants, a batch of recipes with the costs of ingredients broken down and portion costs was developed for the group.

Key lessons

This was a small-scale piece of work designed to stimulate activity in the field of food, health and wellbeing involving older people. Despite its small scale, some key lessons are emerging that are perhaps worth sharing more widely.

- Small amounts of funding can generate an enormous amount of activity at a local level. It can be very useful to stimulate activity, pilot new approaches and encourage creativity. Our experience is that there is a large amount of interest in developing activities involving food and older people.
- Work that involves food can have a range of outcomes for older people with impact beyond supporting them to eat well. Food is a very useful mechanism for engaging older people, addressing social isolation, and building links and networks.
- Organisations have clear ideas about the different elements that contribute to successful projects. The right people, transport, a focus on relationship building, some tangible benefits and being responsive to community needs, are all important.
- Organisations know where the challenges are. Building effective partnerships is a major challenge for small organisations with limited resources to invest in them. Short term project funding, limited equipment, and being able to attract the right people, all create challenges.
- Organisations speak of needing support to become sustainable, the importance of a facilitative environment to work in and their desire to be part of the wider fabric of support for older people in their communities.



Appendix

CFHS offered micro funding (a one-off investment of up to £1,500) to constituted community and voluntary organisations to develop activities that use food to promote health and wellbeing for older people. Priority was given to organisations that involved older people in identifying, planning and delivering activities.

Twenty different initiatives were funded across Scotland.

Golden Age Group, North Tolsta

The Golden Age group is a group of 14 -16 older people that meet regularly in the village of North Tolsta on the Isle of Lewis. Funding was allocated for the group to explore the possibility of providing a regular meal/lunch club in a local hotel.

Stornoway Old People's Welfare Association

Stornoway Old People's Welfare Association runs the Retirement Centre in Stornoway that is used by a diverse group of older people in the town. The Centre provides hot nutritious meals twice per week for its members, supported by a group of volunteers who prepare the meals. Funding was allocated to cover the cost of upgrading kitchen equipment to increase meals provision, following a refurbishment of the building.

Campbeltown Community Orchard and Garden

Campbeltown Community Orchard and Garden occupies $\frac{3}{4}$ of an acre in the walled garden of Auchinlee Eventide Home in Campbeltown. Volunteers grow vegetables, fruit and herbs. Pilot funding was allocated to support the development of a delivery service for isolated older people, increasing their access to prepared fruit vegetables and herbs.

Broomhouse Health Strategy Group, Edinburgh

The food co-op shop in Broomhouse sells low cost, good quality fruit, vegetables, eggs, milk, pulses and bread. The Health Strategy Group has developed a model to provide a home delivery service to older people in the area. The deliveries are provided by walking buddies – volunteers who want to increase their levels of physical activity. Funding was allocated to support the service to move to being volunteer led.

Orbiston Neighbourhood Centre/Utheo Ltd, Bellshill

BeFriend In Bellshill is a befriending project for older people living in the Bellshill area of North Lanarkshire. Volunteer befrienders identified an interest from two groups of older people living in sheltered housing to set up cooking/nutrition sessions. Sessions are designed to increase social interaction between residents in the two sheltered housing complexes and to encourage participants to cook for themselves at home.

Alzheimer Scotland Action on Dementia, Glasgow

Alzheimer Scotland Action on Dementia supports people with dementia to live well in their communities. Funds were allocated to develop an allotment space for people with dementia within the Bellahouston Park Community Garden in Glasgow. This is a space for people with dementia and their carers to grow their own fruit and vegetables as well as meet with other people with dementia and members of their wider community.

Lanarkshire Community Food and Health Partnership

A partnership initiative between LCFHP and local group Made for U to roll out healthy eating, nutrition advice and food access project with older people attending the Thursday Club in Wishaw. Thursday Club members determine the programme for a series of four sessions with additional sessions being provided on local seasonal produce. Sessions are supported by a fruit and veg co-op.

Soroba House Hotel and Training Academy, Oban

Funding was allocated to a community interest company to support the development of a new lunch and social club for older people in Oban. A training restaurant on site allows older people attending the club to choose what they would like to eat and preparing and serving meals provides valuable training opportunities for trainees.

Meet-n-Eat Sessions, Thurso

Funding was allocated to support volunteers from key community support services to provide a lunch club facility for older people in the town. The development is a means for adults with learning disabilities and older people to work and learn together about healthy eating and building networks of support and friendship.

The Safety Zone, Bargeddie

Support to a group of older volunteers in Bargeddie to re-establish a volunteer-run community café in their area as an accessible meeting place for older people to socialise and learn together. Funding was allocated to cover equipment and supplies for the first few weeks of the café's operation until such time as it can become self-sustaining.

Tullibody Healthy Living Initiative

Contribution towards the cost of 300 thermo mugs distributed to local older people at the annual Christmas lunch. The mugs were used to support a promotion on how hot food and drinks help to keep you warm and healthy through the winter.

Central and West Integration Network, Glasgow

The Stay Well Activity programme supports lunch clubs for people from black and minority ethnic communities to adopt a healthier lifestyle. Funding was allocated to support healthy eating classes in three different day centres. A final session brought together participants from each of the day centres to share their cultures through sharing recipes and cooking together.

Parkinson's Self Help Group, North Lanarkshire

The Parkinson's Self Help Group (North Lanarkshire) offers information, support, respite and friendship to people with Parkinson's and other neurological conditions, and their carers and families. Funding was allocated to upgrade the kitchen in a new respite lounge facility so that volunteers can provide nourishing meals for members in a homely setting.

Edinburgh Food and Health Training Hub

Edinburgh Food and Health Training Hub worked with organisations and older people across Edinburgh to develop a recipe and nutrition resource for use by groups of older people. Funding was allocated to provide practical cooking sessions alongside the roll-out of the training around the booklet to up to 500 older people across the city.

Weigh to Go - Food, Wellbeing and Peer Education Project, Dunterlie

Weigh to Go is a recently constituted voluntary group supporting healthy weight in Barrhead. Funding was allocated to pilot work around food, wellbeing and peer education. This includes weekly food and health information sessions and a ten week peer education programme that enables older people to share information and experiences around healthy eating and wellbeing.

The Broomhouse Centre – The Beacon Club

The Beacon Club aims to improve the quality of life for people with dementia supporting them to live independently within the community. The club runs two days a week offering 16 places. Funding was allocated to develop a pilot project covering healthy eating, nutrition and movement involving reminiscences workshops with a professional storyteller, sessions with a musician and creative arts workshops.

Orbiston Neighbourhood Centre/Utheo Ltd, Bellshill

Orbiston Neighbourhood Centre is developing a pilot programme to support older men who are learning to look after and cook for themselves. The aim is to benefit men who are now living alone (i.e. recently bereaved) or those who now have the main responsibility for cooking and food. Funding was allocated to train and equip volunteers to offer home visits and basic food preparation sessions to provide support to six to eight men over a period of 16 weeks.

Edinburgh Cyrenians Good Food Programme

The Cyrenians Good Food Programme is a social enterprise that delivers over 200 cooking classes a year to people who are experiencing disadvantage, isolation, poverty, homelessness and social exclusion. Funding was allocated to develop, run and evaluate a shopping and food budgeting programme with older cooking class participants.

South Kilmarnock Elderly Forum

The South Kilmarnock Elderly Forum serves the south and central areas of Kilmarnock, investigating and promoting local issues for older people. Funding was allocated to hold an event within the Kilmarnock area focusing on food and how older people can influence the provision of food as part of change fund developments in the area.

West End Community Centre, Alness

The West End Community Centre supports people in the Alness Kirkside, Teaninich and Firhill areas of the town. Discussion with local groups identified two groups of older people in need of support with eating well – those who find themselves on their own and cannot cook and those who have lost interest in cooking. Funding was allocated to provide cooking classes targeting these two groups.



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a Special Health Board with a national remit to reduce health inequalities.